



January 2009 Highlights

Shambhala Meditation Centre

670 Bloor Street West #300 | 416.588.6465 | toronto@shambhala.org

3 Saturday. Introduction to Meditation. This half-day program introduces beginners and those wanting a refresher to the practice of meditation. By donation. 10am to 1pm.

7 Wednesday. The Four Thoughts that Turn our Mind to Practice. Our modern lifestyle affords us many comforts, many distractions, and in turn, many excuses for delaying practice. An antidote passed down for centuries by Tibetan teachers is the examination of four reminders: precious human birth, impermanence, karma, and the sufferings of samara. It exposes the truth of our habitual daily life of avoiding pain and seeking gain. Through contemplative exercises, these four reminders help internalize our understanding of things as they are, and shape our motivation for practice. 4 Wednesdays. 8:15pm. \$30.

9 – 10 Friday and Saturday. Art of Being Human: Shambhala Training, Level I. The first in the series of Shambhala Training weekend programs. In this course, we glimpse unconditional goodness as the ground of our existence. Opening to ourselves with gentleness and appreciation, we begin to see our potential as genuine and compassionate human beings. Friday 7pm to 9pm and Saturday 9am to 6pm. \$150.

11 Sunday. Awakening the Sacred: An Introduction to Shambhala Art. With Stephane Bedard. This one-day course introduces the Shambhala Art program, which has five parts and is open for artist and non-artist alike. The day will include some meditation and various exercises such as collage, poetry, and object arrangement. Shambhala art takes a hands-on approach to creativity. \$75. 9:30am to 6pm.

12 Monday. What's offered at Shambhala Center? An informal talk about the Shambhala centre. 8:15pm.

17 Saturday. Bodhi School. A monthly program for children and teenagers from 5 to 14 years that will inspire them to explore meditation through the arts and guided imagery. 10 am to 12 noon. By donation.

18 – 25. Sunday to Sunday. Meditation Intensive. Join us for all or any part of this week-long intensive. Suitable for beginners and experienced meditators. Qualified meditation instructors will be available for meditation instruction and meditation interviews upon request. See reverse side of calendar for dates and times. By donation.

24 – 25. Ngondro and Vajrayana Practice Weekend. Concurrent with meditation intensive. Also includes stroke practice. For qualified students only.

27 Tuesday. Sacred Symbols. An ongoing exploration of the meaning of shrines and chants. 8:15pm.

Ongoing Events

Open Evenings

Every Monday, Tuesday and Wednesday evening at 7 pm, the Shambhala Meditation Centre is open, offering meditation instruction, group meditation practice, and regular public talks.

Learn to Meditate

Meditation instruction is available at 7 pm on Monday, Tuesday and Wednesday evenings.

Buddhist Practice & Study Nights

Held every Tuesday evening at 7 pm. Everyone welcome. See calendar for upcoming classes and talks.

Yoga on Tuesdays

Participate in a one hour yoga class every Tuesday at 5:30 pm. Everyone welcome. By donation.

Visit us on the web at toronto.shambhala.org

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
*Events with asterisks are restricted to qualified participants.				1	2	3 Introduction to Meditation, 10am to 1pm.
4	5 Open Evening.	6 Open Evening. Yoga, 5:30pm to 6:30pm. Emptiness, 8:15pm.	7 Open Evening Four Thoughts, 8:15pm.	8	9 Art of Being Human	10 Art of Being Human
11 Shambhala Art, 9:30am to 6pm. Emptiness class.	12 Open Evening. Talk: What's offered at Shambhala Center, 8:15pm.	13 Open Evening. Yoga, 5:30pm to 6:30pm.	14 Open Evening. Four Thoughts, 8:15pm.	15	16	17 Bodhi School, 10 am to 12 noon.
18 Meditation Intensive, 10 am to 12 noon and 1pm to 3pm.	19 Meditation Intensive, 10am to 12 noon and 7pm to 9pm.	20 Yoga, 5:30pm to 6:30pm. Meditation Intensive, 7pm to 9pm..	21 Meditation Intensive, 10am to 12 noon and 7pm to 9pm.	22 Meditation Intensive, 7pm to 9pm.	23 Meditation Intensive, 10am to 12 noon and 7pm to 9pm.	24 Meditation Intensive ,10am to 12 noon & 1-3 pm. Also Ngondro & Vajrayana.*
25 Meditation Intensive, 10 am to 12 noon & 1pm to 3pm. Also Ngondro & Vajrayana.*	26 Open Evening	27 Open Evening Yoga, 5:30pm to 6:30pm. Sacred Symbols, 8:15pm.	28 Open Evening Four Thoughts, 8:15pm.	29	30	31

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