



January 2010 Highlights

Shambhala Meditation Centre

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

2 Saturday. Introduction to Meditation. This half-day program introduces beginners, and those wanting a refresher, to the practice of meditation. 10am to 1pm. Preregistration is not required.

3 to 10 Sunday to Sunday. Winter Meditation Intensive. Join us for all or any part of these meditation sessions. Each meditation session consists of sitting and walking meditation. See reverse or website for exact times. Everyone welcome.

10 Sunday. Three-Yana Practice Day. Part of the winter meditation intensive, everyone is invited to practice including, shamatha, ngondro, and other practices. 10 am to 5pm.

12 Tuesday. Enlightened World: Talks by Sakyong Mipham Rinpoche. A three week class based on videos of talks by Sakyong Mipham Rinpoche. Runs for three consecutive Tuesdays . \$20. 8:15pm.

13 Wednesday. Are you in your late teens to early thirties? We are a group of youngish people who are interested in gathering together twice a month to do a little meditation, discuss dharma, hang out and talk about things that are relevant to us. 8:15pm. Also on January 27.

13 Wednesday. Talks on Meditation. For three consecutive Wednesdays, we'll present a video on meditation by a different teacher, followed by a discussion. \$20. 8:15pm.

14 Thursday. Sadhana of Mahamudra. Join us in the recitation of this liturgy by Chogyam Trungpa, which addresses the spiritual materialism of our time. Also on Thursday, January 29. 7:30 pm.

15 to 17 Friday to Sunday. Warrior in the World: Shambhala Training, Level III. In this, the third of the Shambhala Training weekend workshop series, we will develop confidence in all aspects of our daily life. Prerequisite: Shambhala Training Level II. \$150. Starts Friday at 7:30pm.

23 to 24 Saturday and Sunday. Daoist Qigong - Levels One and Two with Sophie Leger. Offered exclusively at Shambhala Centres, Daoist Qigong (also spelled Ch'i Kung) is a system of exercises that cultivates strength of body and calmness of mind. This program is the prerequisite for Level III, which will be held with Qigong master, Eva Wong, in April. \$150. 9am to 5pm both days. Please preregister online as enrollment may be limited.

25 to February 22 Monday. Way of Shambhala: Joy in Everyday Life. This five-week course is the third in the Way of Shambhala series. It introduces practical methods to develop ongoing kindness toward ourselves and others. By training in virtue and compassion, we cultivate a gentle and fearless heart. Prerequisite: Either Shambhala Training Level III or Contentment in Everyday Life. \$80. Runs five consecutive Mondays, starting at 7pm.

30 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. 3pm to 5pm. \$10 suggested donation.

Ongoing Events

Learn to Meditate

Meditation instruction is available on Tuesday and Wednesday evenings at 7 pm, as well as at other introductory events listed in our calendar.

Open House

Every Wednesday evening starting at 7 pm, the Shambhala Meditation Centre offers meditation instruction, introductory talks, and classes.

Shambhala Buddhist Study Night

Every Tuesday starting at 7 pm, these evenings include meditation instruction, talks, and classes.

Group Meditation Practice

Join us for group sitting meditation practice every Monday, Tuesday and Wednesday from 7pm to 8pm, as well as at other scheduled events listed in our calendar.

Visit us on the web at toronto.shambhala.org

January 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2 Introduction to Meditation, 10am.
3 Winter Meditation Intensive, 10am to 5pm.	4 Winter Meditation Intensive, 10am to 12:30pm and 7pm to 9pm.	5 Winter Meditation Intensive, 7pm to 9pm.	6 Winter Meditation Intensive, 10am to 12:30pm and 7pm to 9pm.	7 Winter Meditation Intensive, 7pm to 9pm.	8 Winter Meditation Intensive, 10am to 12:30pm and 7pm to 9pm.	9 Winter Meditation Intensive, 10am to 5pm
10 Winter Meditation Intensive, 10am to 5pm. Three-Yana Day.	11 Group meditation, 7pm to 8pm.	12 Enlightened World, 8:15pm.	13 Teens to 30s. 8:15pm. Talks on Meditation, 8:15pm.	14 Sadhana of Mahamudra, 7:30pm.	15 Warrior in the World, Level III, 7:30pm	16 Warrior in the World, Level III, 8:30am.
17 Warrior in the World, Level III, 8:30am.	18 Group meditation, 7pm to 8pm.	19 Enlightened World, 8:15pm.	20 Talks on Meditation, 8:15pm.	21	22	23 Daoist Qigong - Levels One and Two, 9am.
24 Daoist Qigong - Levels One and Two, 9am.	25 Group meditation, 7pm to 8pm. Joy in Everyday Life, 7pm.	26 Enlightened World, 8:15pm.	27 Talks on Meditation, 8:15pm. Teens to 30s. 8:15pm.	28	29 Sadhana of Mahamudra, 7:30pm.	30 Bodhi School, 3pm.
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