



June 2009 Highlights

Shambhala Meditation Centre

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

1 Monday. Rinchen Terdzod: A Slide Show Presentation. Join us for a slide show presentation by Craig Mollins, a member of the Toronto centre who spent three months with Sakyong Mipham Rinpoche this past winter in Orissa, India for the Rinchen Terdzo empowerments. 8pm. By donation.

5 to 7 Friday to Sunday. Drala. With Kunga Dawa. Continuing on the Sacred Path of the Warrior, we will explore the depth of perception, and engage the elemental and magical strength inherent in the world. The principle of drala refers to the sacred energy and power that exists when we step beyond aggression. Prerequisite: Windhorse. Cost: \$150.

7 Sunday. Sadhana of Mahamudra. Join us in the recitation of this liturgy by Chogyam Trungpa, which addresses the spiritual materialism of our time. 7:30pm. Also on Monday, June 22 at 8:15pm.

13 to 14 Saturday and Sunday. Ordinary Magic and the Way of Seeing. Introduction to Miksang Contemplative Photography, Level 2. This workshop introduces the heart of the Miksang practice: exploration of the fields of perception. Prerequisite: Miksang Level One. For more information, visit www.miksang.org.

14 Sunday. Nynthun: Sunday Morning Meditation. Join us for all or any part of this session of sitting and walking meditation. Meditation instruction available upon request. 10am to 1pm.

17. 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. For more info, contact Nat at natroman@hotmail.com.

20 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.

21 Sunday. Midsummers Day. Join us for a picnic as we celebrate the summer solstice at Rattlesnake Point Conservation Area. Check our website for details. Everyone welcome!

26 to 27 Friday and Saturday. The Art of Being Human, Shambhala Training Level I. Shambhala Training is a progressive series of weekend workshops that uses the wisdom of meditation to introduce students step-by-step into the path of working with one's mind in the context of everyday life. It is founded on the basic principle that the practice of meditation can help people of all walks of life and followers of any spiritual tradition become more awake in their own lives and more compassionate and courageous with the world around them. In The Art of Being Human, 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. The program includes meditation instruction, talks, periods of meditation practice, and discussion. Cost: \$150.

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.

Shambhala, Shambhala Meditation Center, Shambhala Center, and Shambhala Training are registered service marks of Shambhala International (Varjadhātu).

Visit us on the web at toronto.shambhala.org

June 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Rinchen Terdzod – Slide Show, 8pm.	2 Open Evening.	3 Open Evening with 2 hour sitting practice from 7pm to 9pm.	4	5 Drala.	6 Drala.
7 Drala. Sadhana of Mahamudra, 7:30pm.	8 Open Evening.	9 Open Evening. Journey without Goal.	10 Open Evening. Meditation Discussion Group, 8:15pm.	11	12	13 Ordinary Magic.
14 Ordinary Magic. Nyinthon, 10am to 1pm.	15 Open Evening.	16 Open Evening. Journey without Goal.	17 Open Evening. Loving-Kindness meditation practice, 8:15pm.	18	19	20 Bodhi School, 10am to 12pm.
21 Midsummers Day.	22 Open Evening. Sadhana of Mahamudra, 7:30pm.	23 Open Evening. Journey without Goal.	24 Open Evening with 2 hour sitting practice from 7pm to 9pm.	25	26 Art of Being Human.	27 Art of Being Human.
28 Stroke and Gesar practice, 2pm.* Werma Feast, 5pm.*	29 Open Evening.	30 Open Evening. Journey without Goal.	*Events with asterisks are restricted to qualified participants.			

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