



March 2009 Highlights

Shambhala Meditation Centre

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

2 Monday. Motivation. A talk and open discussion on the motivation that starts us on a spiritual path. 8:15pm.

6 to 8. Friday evening to Sunday. **Birth of the Warrior: Shambhala Training, Level II.** In this, the second in the series of Shambhala Training workshops, we begin to appreciate that there is no fundamental obstacle to experiencing basic goodness. Prerequisite: Level I. Starts Friday at 7:30pm. \$150.

10 Tuesday. Sadhana of Mahamudra. Join us in the recitation of this liturgy by Chogyam Trungpa, which addresses the spiritual materialism of our time. 7pm pm. Also on Thursday, March 26.

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

15 Sunday. Milarepa Day. Milarepa Day celebrates the life of Milarepa and other lineage holders in the Kagyü tradition. 9am to 8pm.

21 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 Saturday. Ikebana: The Art of Japanese Flower Arranging. An introductory workshop. Preregistration required by Wednesday, March 18. See our website for details. 1:30pm-4:30pm. \$30.

22 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.

24 Tuesday. Journey without Goal. A classic introduction to the path of vajrayana Buddhism based on talks by Chogyam Trungpa Rinpoche. Five Tuesday evenings starting March 24, plus a one-day intensive on Sunday, April 26. Everyone welcome. \$50.

25 Wednesday. The Four Foundations of Mindfulness. A four-week course for beginning, intermediate, and advanced meditators who wish to deepen their meditation practice and learn about a range of meditation techniques. \$30.

27 to 28. Friday evening and Saturday. **Shambhala Vision: Open Mind, Full Heart, Fearless Confidence.** A special program with visiting teacher Dorje Loppon Lodro Dorje on the core principles of the Shambhala path and how they help us see our ordinary, everyday life experiences as meaningful and even profound. Starts Friday evening at 7pm and runs all day Saturday. Friday talk only: \$20. Friday and Saturday program: \$100. Everyone welcome.

27 to 29. Friday evening to Sunday. **The Vajrayana Path and the Way of Shambhala.** A special program with the Dorje Loppon Lodro Dorje for Shambhala tantrikas. Friday and Saturday run concurrently with Shambhala Vision program. For authorized students only. \$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.

Visit us on the web at toronto.shambhala.org

March 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Open Evening. Talk: On Motivation, 8:15pm.	3 Open Evening. Milarepa class.	4 Open Evening. Four Immeasurables.	5	6 Birth of the Warrior.	7 Birth of the Warrior. Padmasambhava Feast 7pm.*
8 Birth of the Warrior.	9 Open Evening.	10 Open Evening Yoga Sadhana of Mahamudra 7pm. Milarepa class.	11 Open Evening Four Immeasurables	12	13	14 Introduction to Meditation. Werma Feast 5pm.*
15 Milarepa Day, 9am to 8pm.	16 Open Evening.	17 Open Evening. Yoga.	18 Open Evening.	19	20	21 Bodhi School. Ikebana, 1:30-4:30. Vajrayana weekend.* VY Feast 6pm.*
22 Nynthun 10 - 1pm. Vajrayana weekend.* Ashe Society 2pm.* Werma, 4pm. *	23 Open Evening.	24 Open Evening. Journey without Goal.	25 Open Evening. Four Foundations of Mindfulness.	26 Sadhana of Mahamudra, 7:30pm.	27 Shambhala Vision with the Dorje Loppon.	28 Shambhala Vision with the Dorje Loppon.
29 Vajrayana Path with the Dorje Loppon.* Werma feast.*	30 Open Evening.	31 Open Evening. Journey without Goal.	*Events with asterisks are restricted to qualified participants.			

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