



March 2010 Highlights

Shambhala Meditation Centre

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

2 Tuesday Sacred Symbols. Join us at 8:15pm following regular Tuesday evening sitting practice for an introduction to the meaning of shrines and chants at the Shambhala centre.

3 Wednesday Cultivating Gentleness and Strength. A six-week, Wednesday evening course based on the video, Cultivating Gentleness and Strength, with Sakyong Mipham Rinpoche, Pema Chodron, and Acharya Adam Lobel. 8:15pm. \$50.

5 – 6 Friday and Saturday. The Art of Being Human, Shambhala Training Level I. The Art of Being Human is the first in the series of Shambhala Training weekend programs and the Way of Shambhala curriculum. Starts at 7:30pm and runs all day Saturday. \$150.

7 Sunday. Our Future: Building Strength during the Sakyong's Retreat. Join Josh Silberstein, the Sakyong's Chief of Staff, and Lodro Rinzler, Shambhala's Development Officer, in taking an intimate look at the Sakyong's retreat experience. 7pm.

12 Friday. Understanding Shambhala. Visiting teacher Jay Lippman discusses the relationship between Shambhala and Buddhism. 7:30pm \$20.

13 – 14 Saturday and Sunday. Karma. Join us for a weekend workshop with visiting Shambhala Buddhist teacher, Jay Lippman, on the teachings on Karma – teachings that are profound and have the power to radically change how we live. 9am – 6pm. \$150.

15 Monday. Way of Shambhala: Meditation in Everyday Life. This five-week course provides an opportunity for new and experienced students to deepen their experience and understanding of meditation. Part of the Way of Shambhala curriculum, this course is a companion course to Shambhala Training Level 1. 7pm. \$80

19 – 21 Friday to Sunday. Ngondro Intensive at Juniper Hill. A three-day ngondro intensive for Shambhala tantrikas at Juniper Hill Retreat Centre near Campbellford Ontario. \$90.

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

20 Saturday. Ikebana: The Japanese Art of Flower Arranging. An introductory class on ikebana, the Japanese art of flower arranging. 10am – 1pm. Preregistration required. \$30.

21 Sunday. Nyinthun: Sunday Meditation. Join us for all or any part of this session of sitting and walking meditation. 10am to 1pm. Three-yana practice starting at 2pm.

26 – 28 Friday to Sunday. Perky: A Shambhala Sacred Path of the Warrior Program. As the second of the four dignities, this weekend workshop focuses on cultivating sharp, vibrant and uplifted energy through natural discipline. 7:30pm. \$150.

Ongoing Events

Learn to Meditate

Meditation instruction is available on Tuesday and Wednesday evenings at 7 pm, and on Thursday mornings at 10am, 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, and on Thursday morning at 10am.

Visit us on the web at toronto.shambhala.org

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Group meditation, 7pm to 8pm.	2 Open night, 7pm. Sacred Symbols, 8:15pm.	3 Open night, 7pm. Cultivating Gentleness, 8:15pm.	4 Open morning, 10am.	5 Art of Being Human, 7:30pm	6 Art of Being Human, 8:30am to 7pm.
7 Our Future, 7pm.	8 Group meditation, 7pm to 8pm.	9 Open night, 7pm. Milarepa class, 8:15pm.	10 Open night, 7pm. Cultivating Gentleness, 8:15pm	11 Open morning, 10am.	12 Understanding Shambhala, 7:30pm.	13 Karma, 9am – 6pm.
14 Karma, 9am – 6pm.	15 Group meditation, 7pm to 8pm. Meditation in Everyday Life, 7pm.	16 Open night, 7pm.	17 Open night, 7pm. Cultivating Gentleness, 8:15pm	18 Open morning, 10am.	19 Ngondro Intensive weekend starts at Juniper Hill.	20 Bodhi School, 3pm. Ikebana, 10am.
21 Nynthun, 10am to 1pm.	22 Group meditation, 7pm to 8pm. Meditation in Everyday Life, 7pm.	23 Open night, 7pm.	24 Open night, 7pm. Cultivating Gentleness, 8:15pm	25 Open morning, 10am.	26 Perky	27 Perky
28 Perky	29 Group meditation, 7pm to 8pm. Meditation in Everyday Life, 7pm.	30 Open night, 7pm.	31 Open night, 7pm. Cultivating Gentleness, 8:15pm			

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