



May 2009 Highlights

Shambhala Meditation Centre

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

1 to 3 Friday, Saturday and Sunday. Warrior in the World: Shambhala Training, Level III. In this, the third in the series of Shambhala Training weekend workshops, we develop fearlessness by examining our habitual tendencies; we are willing to experience our life without relying on the cocoon. Prerequisite: Level II. 7:30 pm Friday. 8:30 am - 6 pm on Saturday and 8:30 am - 6pm on Sunday. \$150.

6 Wednesday. Turning the Mind into an Ally. Based on the best-selling book, Turning the Mind into an Ally by Sakyong Mipham, this class is ideal for beginners as well as students who would like to stabilize and deepen their meditation practice. Five Wednesdays starting at 8:15 pm, plus a half-day meditation intensive on Sunday, May 24. \$50. Preregistration is not required.

8 Friday Sadhana of Mahamudra. Join us in the recitation of this liturgy by Chogyam Trungpa, which addresses the spiritual materialism of our time. 7pm.

9 Saturday. Looking and Seeing: An Introduction to Contemplative Photography. When eye and mind are in the same place you see clearly and your images are vivid. This one-day workshop includes instruction, assignments and image review. You need a digital camera. For more information, visit www.miksang.org or contact John McQuade at dralaimage@gmail.com. 9am to 5pm. \$60

9 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 to 17 Friday, Saturday and Sunday. Romantic Fantasy, Everyday Disappointment: Meditation and Relationships with Acharya Judith Simmer-Brown. A special weekend with Acharya (senior teacher) Judith Simmer-Brown, exploring the romantic expectations of love relationships, and how through meditation practice we might work more closely with the dynamics of masculine and feminine, independence and intimacy. Friday, May 15 - 7:30 pm. Talk. Everyone welcome. \$20. Program registration at 7pm. Saturday and Sunday, May 16 and 17, 9am to 5pm. \$150, including Friday talk. This is a meditation weekend open to students of all levels of Buddhist meditation practice. \$150.

23 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.

23 Saturday. Ikebana: The Art of Japanese Flower Arranging. A three-hour introductory class. Includes demonstrations and hands-on practice. Online registration by May 20 is required so flowers and supplies can be purchased. 1:30 pm - 4:30 pm. \$30.

24 Sunday. Nyinthun: 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.

29 to 31 Friday, Saturday and Sunday. Shambhala Art: Awakening the Sacred with Stephane Bedard. This weekend program introduces Shambhala art and covers parts one and two of the five part Shambhala arts program. It is open to artists and non-artists alike. Introductory presentation on Friday at 7:30pm to 9:30pm. By donation. Saturday and Sunday 9am to 6pm. \$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

May 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Warrior in the World.	2 Warrior in the World.
3 Warrior in the World.	4 Open Evening. Padmasambhava feast 7pm.*	5 Open Evening.	6 Open Evening. Turning the Mind into an Ally.	7	8 Sadhana of Mahamudra, 7:30pm.	9 Looking & Seeing. Introduction to Meditation.
10	11 Open Evening.	12 Open Evening.	13 Open Evening. Turning the Mind into an Ally.	14	15 Romantic Fantasy with Acharya Simmer-Brown.	16 Romantic Fantasy with Acharya Simmer-Brown.
17 Romantic Fantasy with Acharya Simmer-Brown.	18 Open Evening.	19 Open Evening. VY feast 6pm.*	20 Open Evening. Turning the Mind into an Ally.	21	22	23 Bodhi School, 10am to 12. noon. Ikebana, 1:30pm to 4:30pm.
24 Turning the Mind. Nynthun. Werma feast 5pm.*	25 Open Evening.	26 Open Evening.	27 Open Evening. Turning the Mind into an Ally.	28	29 Shambhala Arts Weekend.	30 Shambhala Arts Weekend.
31 Shambhala Arts Weekend.	*Events with asterisks are restricted to qualified participants.					

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