



November 2009 Highlights Shambhala Meditation Centre

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

6 Friday. Treading the Path in Times of Turmoil. A talk by senior Shambhala Buddhist teacher, Kunga Dawa on how we can travel the path of awakening and fulfill our responsibilities as practitioners and citizens of the planet in difficult times. 7:30pm. \$10.

7 - 8 Saturday and Sunday. The Union of Shamatha and Vipashyana. The precision and mindfulness of shamatha are essential to tame the unruly mind. But we also need the openness and clarity of vipashyana, the flame that burns up dualistic ego-mind and allows us to glimpse mind's empty essence. 9am to 5pm. \$150.

10 Tuesday. Long-Life Ceremony for Sakyong Mipham Rinpoche. A mandala-wide event to wish the Sakyong well for his 48th year, and as he enters into a year-long retreat. Details to be announced.

13 - 15 Friday to Sunday. Birth of the Warrior: Shambhala Training, Level II. In this, the second in the series of Shambhala Training workshops, we cultivate our willingness to observe our cocoon of habitual fear and defense mechanisms. Prerequisite: Level I. 7:30 pm Friday. 8:30 am - 6 pm Saturday and Sunday. \$150.

17 Tuesday. Meditation: The Way of the Buddha. A course based on video-taped talks by Chogyam Trungpa Rinpoche on meditation. Also covers related topics, such as mindfulness and awareness and the five skandhas. Course includes six Tuesday evening classes and one practice day on Sunday December 13. \$60. See web for more details.

18 Wednesday. Guidelines for Living Fearlessly: Pema Chodron Video Course. In this five week video course, Pema Chodron shares guidelines for working with shenpa (attachment), practicing patience and cutting habitual patterns. 8:15pm \$40.

21 Saturday. Ikebana: The Japanese Art of Flower Arranging. A three-hour class with demonstrations and hands-on practice. Online registration by May 20 is required. 10 am - 1pm. \$30.

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. See website for details.

22 Sunday. Nyinthun: Sunday Meditation. Join us for all or any part of this three-hour session. 10am to 1pm. Meditation instruction available.

23 Monday. Way of Shambhala: Contentment in Everyday Life. This five-week course is the second in the Way of Shambhala series. In this course, we deepen our meditation experience through the cultivation of contentment and simplicity. We explore the foundational views of the Buddhist teachings, and meditation in action for daily life. Includes meditation instruction, talks, periods of meditation practice, discussion, and a variety of contemplative practice activities. Everyone welcome. No prerequisites required. 7 pm. \$75.

27 - 29 Friday to Sunday. The View and Practice of Dzogchen. A weekend program for tantrikas. Authorized students only. \$150.

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 Tuesday and Wednesday from 7pm to 8pm, as well as at other scheduled events listed in our calendar.

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

November 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Sadhana of Mahamudra, 8:15pm.	3 Yoga, 5:30pm. Buddhist Study Night. Rigden Thangka video, 8:15pm.	4 Open House.	5	6 Talk on Treading the Path in Times of Turmoil with Kunga Dawa, 7:30pm.	7 The Union of Shamatha and Vipashyana with Kunga Dawa, 9am to 5pm.
8 The Union of Shamatha and Vipashyana with Kunga Dawa, 9am to 5pm.	9	10 Long Life Ceremony for the Sakyong. Buddhist Study Night.	11 Open House.	12	13 Birth of the Warrior: Shambhala Training, Level II, 7:30pm.	14 Birth of the Warrior: Shambhala Training, Level II, 8:30am.
15 Birth of the Warrior: Shambhala Training, Level II, 8:30am.	16 Sadhana of Mahamudra, 8:15pm	17 Yoga, 5:30pm. Buddhist Study Night. Meditation course, 8:15pm.	18 Open House. Pema Chodron video course, 8:15pm.	19	20	21 Ikebana, 10am. Bodhi School
22 Nynthun, 10am to 1pm.	23 Contentment in Everyday Life, 7pm.	24 Yoga, 5:30pm. Buddhist Study Night. Meditation course, 8:15pm.	25 Open House. Pema Chodron video course, 8:15pm.	26	27 The View and Practice of Dzogchen.*	28 The View and Practice of Dzogchen.*
29 The View and Practice of Dzogchen.*	30 Contentment in Everyday Life, 7pm.					

* Events with asterisks are restricted to qualified participants.

Visit us on the web at toronto.shambhala.org