



October 2009 Highlights

Shambhala Meditation Centre

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

2 Friday. Gesar of Ling: The Legend and Lineage of a Warrior-King. A talk by senior Shambhala Buddhist teacher Henry Chapin on the Tibetan warrior-king, Gesar of Ling. For Shambhalians, Gesar represents the ideal of warriorship that is based on gentleness, fearlessness, insight and compassion, rather than aggression. 7:30pm. \$10.

3 – 4 Saturday and Sunday. The Windhorse of Authentic Presence: Arousing the Confidence of Warrior-King Gesar. For graduates of Warrior Assembly, this weekend program will focus on The Windhorse of Authentic Presence, a sadhana composed by Sakyong Mipham Rinpoche. 9am to 5pm. \$150, including Friday talk.

4 Sunday. Sadhana of Mahamudra. Join us in the recitation of this liturgy by Chogyam Trungpa, which addresses the spiritual materialism of our time. Also on Sunday October 18. 7:30 pm.

7 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. Also meets Wednesday, October 21. 8:15pm.

14 Wednesday. All About Shambhala. An informal talk and discussion about Shambhala: how the centre runs, the various meditation practices and study opportunities, the land centers, and the wider Shambhala community. 8:15pm.

16 – 18. Friday to Saturday. Simplicity Meditation Weekend for People of Colour at Juniper Hill Retreat Centre. Open to all people of colour, this program is ideal for beginners interested in meditation. For details, see website and/or contact Madeline at 705-632-0793 or Mabinti at 416-249-9465. \$100, including meals and accommodation.

17 – 18. Saturday and Sunday. Online Sangha Retreat with Sakyong Mipham Rinpoche. Live from Karne Choling, this online broadcast will link our sangha throughout the world for this retreat, allowing us all to participate. Includes talks by Sakyong Mipham Rinpoche and Acharyas Adam Lobel and Suzann Duquette. 1:30pm. \$40.

17 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.

17 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.

18 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.

21 Wednesday. Loving Kindness: A Guided Meditation. Meditation on loving-kindness is a training on the thoughts and deeds that benefit others. Guided contemplative exercises will be presented. Also on October 28. 8:15pm.

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

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

October 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
*Events with asterisks are restricted to qualified participants.						
				1	2 Talk on Gesar of Ling, 7:30pm.	3 Windhorse of Authentic Presence.*
4 Windhorse of Authentic Presence.* Sadhana of Mahamudra.	5 Meditation in Everyday Life, 7pm.	6 Shambhala Buddhist Study Night. Yoga, 5:30pm. Lojong course.	7 Open House.	8	9	10
11	12 Thanksgiving Holiday.	13 Shambhala Buddhist Study Night. Yoga, 5:30pm. Lojong course.	14 Open House. All About Shambhala talk, 8:15pm.	15	16 Simplicity Weekend Retreat for People of Colour, Juniper Hill Retreat Centre.	17 Bodhi School. Ikebana, 10am to 1pm. Online Sangha Retreat, 1:30pm.
18 Nynthun, 10am- 1pm. Online Sangha Retreat 1:30pm. Sadhana of Mahamudra.	19 Meditation in Everyday Life, 7pm.	20 Shambhala Buddhist Study Night. Yoga, 5:30pm. Lojong course.	21 Open House. Loving-Kindness, 8:15pm.	22	23	24 Introduction to Meditation, 10am to 1pm.
25	26 Meditation in Everyday Life, 7pm.	27 Shambhala Buddhist Study Night. Yoga, 5:30pm. Lojong course.	28 Open House. Loving-Kindness, 8:15pm.	29	30	31

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