



September 2009 Highlights

Shambhala Meditation Centre

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

9 Wednesday. All in the Same Boat: A Pema Chodron Video Course. When we realize the basic goodness in ourselves, we can see it in other people and it dawns on us that we are all in the same boat. Video talks on: Trusting in basic goodness; Humanizing our world; Working with the "siren call" of habit; One world family. 8:15 pm. Four weeks. \$30.

9 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, September 23. 8:15pm.

11 – 12 Friday and Saturday. Friday and Saturday. The Art of Being Human, Shambhala Training Level I. Shambhala Training is a progressive series of weekend workshops that uses the wisdom of meditation to introduce students step-by-step into the path of working with one's mind in the context of everyday life. In The Art of Being Human, we glimpse unconditional goodness as the ground of our existence. Opening to ourselves with gentleness and appreciation, we begin to see our potential as genuine and compassionate human beings. The program includes meditation instruction, talks, periods of meditation practice, and discussion. \$150.

15 Tuesday. Lojong: Training the Mind. A Shambhala School of Buddhist Studies Course. Lojong or "mind training" cultivates realization in emptiness and compassion. This seven week, practice-oriented course will explore the mahayana slogans of Atisha, a 10th century Indian Buddhist master. 8:15pm. \$60.

19 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.

20 Sunday. Harvest of Peace. A seasonal celebration held around the time of the autumn equinox. Includes live online address from Sakyong Mipham Rinpoche. See website for details.

21 Monday. Meditation in Everyday Life. The first in the Way of Shambhala series of weeknight courses, this course follows Shambhala Training, Level One, The Art of Being Human, though you don't have to have taken that program to attend. Themes covered in Meditation in Everyday Life include peaceful abiding meditation, basic goodness, and applying meditation practice to daily life. This course introduces the practice of meditation to develop courage, emphasizing genuine confidence, good humor, and personal human dignity. Everyone welcome. 7pm. \$75.

26 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.

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.

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

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Shambhala Buddhist Study Night. Yoga, 5:30pm.	2 Open House.	3	4 Sadhana of Mahamudra, 7:30pm.	5
6	7	8 Shambhala Buddhist Study Night. Yoga, 5:30pm.	9 Open House. Pema Chodron course. Late teens to early thirties group.	10	11 The Art of Being Human, Shambhala Training Level I.	12 The Art of Being Human, Shambhala Training Level I.
13	14	15 Shambhala Buddhist Study Night. Yoga, 5:30pm. Lojong course.	16 Open House. Pema Chodron course.	17	18 Sadhana of Mahamudra, 7:30pm.	19 Bodhi School.
20 Harvest of Peace.	21 Meditation in Everyday Life, 7pm.	22 Shambhala Buddhist Study Night. Yoga, 5:30pm. Lojong course.	23 Open House. Pema Chodron course. Late teens to early thirties group.	24	25	26 Introduction to Meditation, 10am.
27	28 Meditation in Everyday Life, 7pm.	29 Shambhala Buddhist Study Night. Yoga, 5:30pm. Lojong course.	30 Open House. Pema Chodron course.			

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