

Regular Public Events

(Effective March 1, 2010)

All welcome • Free of charge • For the latest and most complete information, please visit our website:
nelsonbuddha.com



Open House

Mondays, 7:00 - 9:30 PM

Ideal for newcomers, our Open House program offers a casual introduction to meditation practice, Shambhala Buddhist teachings and our community.

• **7 pm:** Meditation instruction and practice (introductory instruction is available at 7 pm; follow-up instruction, at 7:30 pm) • **8 pm:** Talk and discussion • **9 pm:** Tea

Meditation Practice

**Sundays, 9:00 AM - 12:00 PM • Mondays, 7:00 - 8:00 PM •
Wednesdays, 12:00 - 1:00 PM • Thursdays, 5:15 - 6:15 PM**

These sessions highlight the Shambhala community's core practice—mindfulness-awareness meditation—in both sitting and walking forms. Most sessions start and end with chants. Sunday sessions include mid-morning refreshments and, occasionally, short contemplations. Participants may come and go as they wish.



Children in Shambhala

First & third Sundays of the month (schedule permitting), 10:00 AM - 12:00 PM

Intended for children of parents participating in our Sunday morning meditation practice, this program offers a playful introduction to Shambhala, with developmentally appropriate activities to nurture body, mind and heart.

Parents & Infants/Toddlers Meditation Group Temporarily suspended

Called "Calm Abiding Together," this group provides opportunities for parents with infants/toddlers to receive *shamatha* ("calm abiding") meditation instruction and practice with their infants/toddlers present. Discussion follows practice. Drop-ins are welcome.



Sadhana of Mahamudra

New & full moon days (schedule permitting), 7:00 - 8:30 PM

The Sadhana of Mahamudra is a text written by Chögyam Trungpa Rinpoche. It embodies a way of invoking the energy and wisdom of the Kagyü and Nyingma schools of Tibetan Buddhism and cutting through all forms of dogmatism. The practice involves chanting the text and relaxing into the atmosphere that doing so creates.



Kootenay Shambhala Meditation Centre

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