

| sunday   | monday  | tuesday   | wednesday   | thursday  | friday  | saturday   |
|--|---|---|---|---|---|--|
|  | <p><b>1</b> 5:30 – 7 pm<br/>Public Sitting</p> <p>6 pm Kyudo Practice</p> <p>7 – 9 pm Vajrayogini Practice Group</p> <p>7 – 9 pm Shambhala View - An Audience w/ Acharya Spiegel</p>  | <p><b>2</b> 5:30 – 7 pm<br/>Public Sitting</p> <p>7 – 9 pm <b>Weekly Dharma Gathering</b></p> <p>7 – 9:30 pm Adv SSBS: The Nyayabindu of Dharmakirti #8</p>   | <p><b>3</b> 12:30 – 2:30 pm<br/><b>The Psychology of Jung &amp; Vajrayana Buddhism #1</b> w/ Dr. Bernard Weitzman</p> <p>5:30 – 7 pm Public Sitting</p> <p>6 – 7 pm <b>Learn to Meditate</b></p> <p>7 – 9 pm WoS Course 3: Joy #6</p> <p>7 – 9 pm SSBS Yr 2: Life of the Buddha #7</p>                              | <p><b>4</b> 5:30 – 7 pm<br/>Public Sitting</p> <p>7 – 9 pm <b>SSBS Yr 1: The Three Jewels #1</b> w/ Joseph Mauricio &amp; Roseanne Proga</p> <p>7 – 9 pm Meditation in Everyday Life #6</p>                       | <p><b>5</b> 5:30 – 7 pm<br/>Public Sitting</p> <p>7 – 9 pm <b>PUBLIC TALK - Diving into Confusion   Finding Freedom</b> w/ Acharya Judy Lief</p> <p>7 – 9 pm Shambhala Training Level IV: Awakened Heart w/ John Ankele</p> | <p><b>6</b> 10 am – 5 pm<br/><b>Diving into Confusion   Finding Freedom</b></p> <p>9 am – 6 pm Shambhala Training Level IV</p> <p>8 pm <b>Saturday Set Series Weekly Benefit Concert: East of the River</b></p>                                    |
| <p><b>7</b> 9 am – 12 noon<br/>Public Sitting</p> <p>12 noon – 1 pm <b>Learn to Meditate</b></p> <p>10 am – 5 pm <b>Diving Into Confusion   Finding Freedom</b></p> <p>9 am – 7 pm Shambhala Training Level IV</p> <p>6:30 – 8:30 pm Heart of Recovery</p> <p>7 – 9 pm QueerDharma w/ Acharya Eric Spiegel</p>   | <p><b>8</b> 5:30 – 7 pm<br/>Public Sitting</p> <p>6 pm Kyudo Practice</p> <p>7 – 9 pm <b>Chögyam Trungpa Rinpoche Video Seminar</b></p>   | <p><b>9</b> 5:30 – 7 pm<br/>Public Sitting</p> <p>7 – 9 pm <b>Weekly Dharma Gathering</b></p> <p>7 – 9:30 pm Adv SSBS: The Nyayabindu of Dharmakirti #9</p>   | <p><b>10</b> DAKINI FEAST DAY</p> <p>12:30 – 2:30 pm<br/>The Psychology of Jung &amp; Vajrayana Buddhism #2</p> <p>5:30 – 7 pm Public Sitting</p> <p>6 – 7 pm <b>Learn to Meditate</b></p> <p>6 – 10 pm Vajrayogini Feast</p> <p>7 – 9 pm WoS Course 4: Fearlessness #1</p> <p>7 – 9 pm SSBS Yr 2: Emptiness #1</p> | <p><b>11</b> 5:30 – 7 pm<br/>Public Sitting</p> <p>7 – 9 pm SSBS Yr 1: The Three Jewels #2</p> <p>7 pm Community Talk w/ Josh Silberstein &amp; Lodro Rinzler</p>   | <p><b>12</b> 5:30 – 7 pm<br/>Public Sitting</p> <p>6 – 9 pm Werma Feast</p> <p>7 – 9 pm <b>PUBLIC TALK - Shambhala Training Level I: Ordinary Magic</b> w/ Acharya Eric Spiegel</p>   | <p><b>13</b> 9 am – 6 pm<br/>Shambhala Training Level I</p> <p>8 pm <b>Saturday Set Series Weekly Benefit Concert: Pharaoh's Daughter</b></p>  |
| <p><b>14</b> 9 am – 5 pm<br/><b>Community Nyinthan All-Day Sit</b></p> <p>12 noon – 1 pm <b>Learn to Meditate</b></p> <p>9 am – 1 pm Shambhala Training Level I</p> <p>10:45 am – 12:30 pm Children's Program</p> <p><b>3 – 5:30 pm Downright/Upright: A Posture Clinic</b> w/ Hope Martin</p> <p>6:30 – 8:30 pm Heart of Recovery</p> <p>7 – 9 pm QueerDharma</p> | <p><b>15</b> 5:30 – 7 pm<br/>Public Sitting</p> <p>6 pm Kyudo Practice</p> <p>7 – 8 pm <b>Sadhana of Mahamudra</b></p> <p>7 – 9 pm <b>PUBLIC WORKSHOP: Mindfulness-Based Stress Reduction</b> w/ Paulette Graf</p> <p>7 – 9 pm Vajrayogini Practice Group</p> | <p><b>16</b> 12:30 – 2:30<br/><b>WoS Course 3: Joy #1</b> w/ Ethan Nichtern &amp; Lodro Rinzler</p> <p>5:30 – 7 pm Public Sitting</p> <p>7 – 9 pm <b>Weekly Dharma Gathering</b></p> <p>7 – 9:30 pm Adv SSBS: The Nyayabindu of Dharmakirti #10</p> | <p><b>17</b> 12:30 – 2:30 pm<br/>The Psychology of Jung &amp; Vajrayana Buddhism #3</p> <p>5:30 – 7 pm Public Sitting</p> <p>6 – 7 pm <b>Learn to Meditate</b></p> <p>7 – 9 pm WoS Course 4: Fearlessness #2</p> <p>7 – 9 pm SSBS Yr 2: Emptiness #2</p>  | <p><b>18</b> 5:30 – 7 pm<br/>Public Sitting</p> <p>7 – 9 pm SSBS Yr 1: The Three Jewels #3</p> <p>7 pm <b>PUBLIC TALK: Mindfulness &amp; Business</b> w/ Hylke Faber</p>  | <p><b>19</b> 5:30 – 7 pm<br/>Public Sitting</p> <p>7 – 10 pm <b>International Shambhala Arts Festival</b></p> <p>7 – 9 pm Sacred Path: Perky w/ Elizabeth Reid</p>  | <p><b>20</b> 10 am – 5 pm<br/><b>International Shambhala Arts Festival</b></p> <p>9 am – 7 pm Sacred Path: Perky w/ Elizabeth Reid</p> <p>8 pm <b>Saturday Set Series Weekly Benefit Concert: Forro daMadame</b></p>                               |
| <p><b>21</b> 9 am – 12 noon<br/>Public Sitting</p> <p>12 noon – 1 pm <b>Learn to Meditate</b></p> <p>9 am – 7 pm Sacred Path: Perky</p> <p>2 – 4 pm Ashe Society: Stroke Practice</p> <p>6:30 – 8:30 pm Heart of Recovery</p> <p>7 – 9 pm QueerDharma</p>  | <p><b>22</b> 5:30 – 7 pm<br/>Public Sitting</p> <p>6 pm Kyudo Practice</p> <p>7 – 9 pm <b>Chögyam Trungpa Rinpoche Video Seminar</b></p>  | <p><b>23</b> 12:30 – 2:30<br/>WoS Course 3: Joy #2</p> <p>5:30 – 7 pm Public Sitting</p> <p>7 – 9 pm <b>Weekly Dharma Gathering</b></p>   | <p><b>24</b> 12:30 – 2:30 pm<br/>The Psychology of Jung &amp; Vajrayana Buddhism #4</p> <p>5:30 – 7 pm Public Sitting</p> <p>6 – 7 pm <b>Learn to Meditate</b></p> <p>7 – 9 pm WoS Course 4: Fearlessness #3</p> <p>7 – 9 pm SSBS Yr 2: Emptiness #3</p>  | <p><b>25</b> HERUKA FEAST DAY</p> <p>5:30 – 7 pm<br/>Public Sitting</p> <p>7 – 9 pm SSBS Yr 1: The Three Jewels #4</p> <p>6 – 9 pm Padmasambhava Feast</p>  | <p><b>26</b> 5:30 – 7 pm<br/>Public Sitting</p> <p>7 – 9 pm <b>PUBLIC TALK: Smile at Fear: Awakening the True Heart of Bravery</b> w/ Sangyum Agness Au</p>   | <p><b>27</b> 10 am – 5 pm<br/><b>Smile at Fear</b></p> <p>10 am – 1 pm SSBS Yr 1: The Three Jewels #5</p> <p>2 – 5 pm SSBS Yr 2: Emptiness #4</p> <p>7 – 10 pm Members Gathering</p> <p>8 pm <b>Saturday Set Series Weekly Benefit Concert</b></p> |
| <p><b>28</b> 9 am – 12 noon<br/>Public Sitting</p> <p>12 noon – 1 pm <b>Learn to Meditate</b></p> <p>9:30 am – 12:30 pm Mahamudra Investigations</p> <p>10 am – 5 pm Smile at Fear</p> <p>2 – 5 pm Kyudo Practice</p> <p>6:30 – 8:30 pm Heart of Recovery</p> <p>7 – 9 pm QueerDharma</p>  | <p><b>29</b> 5:30 – 7 pm<br/>Public Sitting</p> <p>6 pm Kyudo Practice</p> <p>7 pm Kyudo 1st Shot #1</p> <p>7 – 9 pm Vajrayogini Practice Group</p>   | <p><b>30</b> 12:30 – 2:30<br/>WoS Course 3: Joy #2</p> <p>5:30 – 7 pm Public Sitting</p> <p>7 – 8:30 pm <b>Sadhana of Mahamudra</b></p> <p>7 – 9 pm <b>Weekly Dharma Gathering</b></p>  | <p><b>31</b> 5:30 – 7 pm<br/>Public Sitting</p> <p>6 – 7 pm <b>Learn to Meditate</b></p> <p>7 – 9 pm WoS Course 4: Fearlessness #4</p> <p>7 – 9 pm SSBS Yr 2: Emptiness #5</p>  | <p><b>1</b> 5:30 – 7 pm<br/>Public Sitting</p> <p>7 – 9 pm <b>Pema Chödrön Video Seminar: Knowing the Nature of Fear #1</b> w/ Hope Martin &amp; Ciprian Iancu</p> <p>7 – 9 pm SSBS Yr 1: The Three Jewels #6</p> | <h1>MARCH 2010</h1>   |  |