

# Regular Public Events

(Updated September 25, 2009)

All welcome • Free of charge (donations gratefully accepted) • For the latest and most complete information, please visit our website: [nelsonbuddha.com](http://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 teachings and/or maitri bhavana healing practice. Participants may come and go as they wish.



## Children in Shambhala

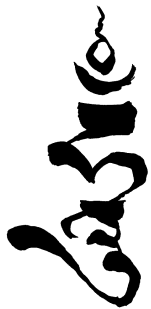
**Sundays, 9:00 AM - 12:00 PM**

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

## Parents & Infants Meditation Group

**Thursdays, 10:30 AM - 12:00 PM**

Called "Calm Abiding Together," this weekly gathering provides opportunities for parents with infants up to 18 months of age to receive *shamatha* ("calm abiding") meditation instruction and practice with their infants present. Discussions follow 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

3<sup>rd</sup> Floor - 444 Baker Street, PO Box 136, Nelson, BC V1L 5P7 • 250-352-5560 • [info@nelsonbuddha.com](mailto:info@nelsonbuddha.com)  
[www.nelsonbuddha.com](http://www.nelsonbuddha.com)