

SHAMBHALA MEDITATION CENTER OF ATLANTA

Established in 1976, the Shambhala Meditation Center of Atlanta is part of an international community of urban meditation and rural retreat centers founded by Vidyadhara the Venerable Chögyam Trungpa Rinpoche and now directed by Sakyong Mipham Rinpoche, Spiritual Leader of the Shambhala Buddhist lineage. Learn more about our lineage at www.mipham.com and www.shambhala.org.

The Atlanta Center provides an open and friendly atmosphere for exploring meditation, contemplative disciplines and community gatherings. We welcome anyone who is interested in the practice of meditation and how to extend the experience of gentleness and non-aggression into all areas of life.

The Atlanta Center offers a comprehensive study of Shambhala and Buddhist teachings, a community practice schedule, and programs exploring the arts and culture. For more information about our programs please visit our website at www.atlantashambhalacenter.org.

REGISTRATION

Online: www.atlantashambhalacenter.org

By phone : 404-370-9650

By U.S. Mail: Registration Office, Shambhala Meditation Center of Atlanta
1447 Church Street, Decatur, GA 30030.

Seniors and Students 30% discount. Programs are subject to cancellation if pre-registration is not sufficient. We believe no one should be kept away from programs due to a lack of funds. Please contact us at least 10 days prior to a program to make any financial arrangements that will support your participation.

Cancellation Policy: A \$15 administrative fee will be applied to all refunds.

NAME _____ PHONE _____ E-MAIL ADDRESS _____

STREET ADDRESS _____

CITY _____ STATE _____ ZIP _____

CLASS _____ FEE _____

CLASS _____ FEE _____

VISA/MC CREDIT CARD NUMBER _____ EXPIRATION DATE _____

NAME ON CREDIT CARD _____

Shambhala Meditation Centers are 501C3 not-for-profit corporations.

1447 Church Street, Decatur, GA 30030 • 404-370-9650
www.atlantashambhalacenter.org



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Jan 13: The Wisdom of a Broken Heart: An evening talk with author, Susan Piver

Jan 8-10: Shambhala Training Level I: The Art of Being Human

Jan 15-17: The Way of Peace: A Weekend Training in the Inner & Outer Arts of Peacemaking for Troubled Times with Acharya Fleet Maull

Feb 6-12: Synchronizing Body, Heart & Mind: A Weekthun with Hope Martin



January - March 2010
Schedule of Workshops, Classes and Events

LEARN TO MEDITATE

Sunday Mornings

Free meditation instruction 10:00am-11:30am. Please arrive promptly at 10:00am for instruction, and then join our Sunday morning schedule of activities. Please see description below.

Tuesday Evenings

Free meditation instruction 7:00pm-8:00pm. Please arrive promptly at 7:00pm for instruction, and then join our Tuesday Open House. Please see description below.

Learn to Meditate

Saturday, January 23 • Saturday, February 27 • Saturday, March 20 • 10:00am-1:00pm
\$50 includes book: *Turning the Mind into an Ally* by Sakyong Mipham
Open to everyone

In this 3-hour class, you will receive the technique, guidance and experience necessary to start a mindfulness-awareness, or “peaceful abiding” meditation practice. An authorized meditation instructor will give detailed instruction and guided meditation so that you have all the tools necessary for a daily practice. Ideal for beginners or students wanting to refresh their meditation technique.

PUBLIC MEDITATION SCHEDULE

Group meditation sessions are free and open to the public.

Sunday Morning Open House

9:00am-12:15pm Buddhist Chants from 9:00am-9:30am
Free meditation instruction available at 10:00am. Sitting meditation followed at 11:30 with a brief presentation on the practice and teachings of the Shambhala Buddhist tradition, followed by discussion and refreshments.

Tuesday Evening Open House

7:00pm-9:00pm
Free meditation instruction available at 7:00pm. Sitting meditation followed by a dharma talk, group discussion and refreshments.

Wednesday Evenings

7:00pm–8:00pm • Sitting Meditation. Evening Buddhist chants at 7:45pm
Meditation instruction is not available on Wednesdays.

Sadhana of Mahamudra Practice

Friday, January 15, 7pm; Saturday, January 30, 10am
Sunday, February 14, 10am; Sunday, February 28, 10am
Monday, March 15, 7pm; Tuesday, March 30, 7pm

The Sadhana of Mahamudra, composed by the Vidyadhara Chogyam Trungpa Rinpoche, is practiced on the new and full moon days. This Vajrayana practice is open to everyone and is a means of overcoming obstacles in one’s practice and life. The Sadhana consists of a brief silent meditation, chanting and mantra recitation, and lasts about an hour.

Nyinthun: A Day of Practice

Saturday, February 13 • 9:00am-4:30pm (Session 1, 9am-12pm; Session 2 1:30pm-4:30pm
Open to anyone who has received meditation instruction.

Intensive practice is a key to deepening our experience of mindfulness and awareness. A meditation instructor will be available to meet with individuals upon request. Meditators at all levels are encouraged to attend. Bring a bag lunch if you plan to attend both sessions.

SHAMBHALA TRAINING

Shambhala Training Level I: The Art of Being Human

Tom Haynes, Director
January 8-10 • Friday, 7:30pm-9:30pm; Saturday, 8:30am-6:00pm; Sunday, 8:30am-1:00pm
\$150 (members \$125) • Saturday lunch \$7 (or bring your own)
Open to everyone.

Level I is the beginning of the Shambhala Training path, a series of weekend retreats. By settling the mind through meditation, we begin to experience the richness and brilliance of the world beyond our habitual patterns and filters. This experience of basic goodness becomes the basis for cultivating bravery and compassion in our everyday lives. The weekend includes meditation instruction and practice, talks and group discussion, and individual interviews with meditation instructors.

Perky

Carol Williams, Director
January 22-24 • Friday 7:30pm-9:30pm; Saturday & Sunday, 8:30am-6:00pm
\$175 (members \$150) • Saturday lunch \$7 (or bring your own)
Open to those who have completed Meek

Presenting the second of the four dignities, this level focuses on cultivation sharp, vibrant and uplifted energy through natural discipline. Overcoming the trap of doubt, the warrior of perky is able to accomplish his or her activities with a sense of nobility and ease.

Shambhala Training Level III: Warrior in the World

Janet Bronstein, Director
January 29-31 • Friday 7:30pm-9:30pm; Saturday & Sunday, 8:30am-6:00pm
\$150 (Members \$125), Lunch \$7 (or bring your own)
Open to those who have completed Level II

As warriors in the world we can step out of our cocoon of habitual patterns and fear. We are then open and awake to the world, and can experience it with confidence, gentleness, and fearlessness.

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Shambhala Training Level II: Birth of the Warrior

Wanda Fuller, Director
March 12-14 • Friday, 7:30pm-9:30pm; Saturday & Sunday, 8:30am-6:00pm
\$150 (members \$125) • Saturday lunch \$7 (or bring your own)
Open to those who have completed Level I

Our habitual ways of thinking and acting obscure the brilliance of the world, and our own genuineness and tenderness – the ground of basic goodness. This level investigates our experience of fear, and how to use it as a stepping stone to fearlessness.

Outrageous and Inscrutable

Tom Haynes, Director
March 19-21 • Friday, 7:30pm-9:30pm; Saturday & Sunday, 8:30am-6:00pm
\$175 (members \$150) • Saturday lunch \$7 (or bring your own)
Open to those who have completed Perky

These fruitional dignities refer to the extraordinary skill of a practiced warrior. No longer afraid of making mistakes, the unconventional and visionary perspective of the outrageous warrior combines with the skill of spontaneous inscrutability to create benefit for others on a large scale.

CONTEMPLATIVE CULTURE

The Wisdom of a Broken Heart

With Author, Susan Piver
January 13 • 7:30pm – 8:30pm, Susan will be available after her talk to sign books
\$15 suggested donation
Open to everyone

“Susan Piver expresses in a wise and funny way that even heartbreak can become an awakening experience.”
– Sakyong Mipham

Susan Piver tells us that a broken heart is not a problem to be solved, but a remarkable opportunity to discover wisdom. With wit and compassion, she shares the skills needed to work with a broken heart – not to drive it away or tie it up with a bow, but to find the messages contained in this most difficult situation. You will discover that the dark power of heartbreak can introduce you to gentleness, fearlessness, and intelligence.

Susan Piver is the New York Times bestselling author of four books and a frequent contributor to the Shambhala Sun and Body+Soul magazine. Her next book, The Wisdom of a Broken Heart is due out in January, 2010. She has been authorized to teach meditation in the Shambhala Buddhist lineage since 2006.

The Way of Peace – A Weekend Training in the Inner & Outer Arts of Peacemaking for Troubled Times

With Acharya Fleet Maull
January 15-18
\$175 (members \$150)Includes Street Retreat
Open to everyone

“The peace that we are looking for is not peace that crumbles as soon as there is difficulty or chaos. Whether we’re seeking inner peace or global peace, or a combination of the two, the way to experience it is to build on the foundation of unconditional openness to all that arises.”
– Pema Chodron

Victory Over War – Choosing Non-Aggression and the Way of Peace

January 15, Evening Talk, 7:00pm – 9:30pm
\$15 suggested donation

The Way of Peace, a Contemplative and Experiential Training in the Inner & Outer Arts of Peacemaking

January 15, 16 & 17, Saturday & Sunday, 9:30am–6:00pm
\$175 (\$150 members) includes Monday Street Retreat

Fleet will guide us in an exploration of the tools of transformation in our inner and outer worlds as we learn the art of peacemaking.

The workshop will include mindfulness/awareness meditation practice, presencing, and deep listening techniques. Workshop topics also will include managing emotional triggers, nonviolent communication, the way of council and more ...

Bearing witness in honor of Dr. Martin Luther King:

A One Day Peacemakers Street Retreat in downtown Atlanta

Monday, 9:00am–6:00pm • \$35

The Peacemaker Street Retreat is a plunge practice through which we bear witness to the marginalized people and places in our communities, as well as, the disowned, marginalized parts of ourselves. We will meet in downtown Atlanta at 9:00am, and conclude our street retreat with a closing circle. Participants are asked to engage in “raising a mala” practice, reaching out to sponsors for the Street Retreat by buying a bead on our mala. All funds raised will be donated to Atlanta organizations serving the homeless and other marginalized populations. Further details will be provided on registration.

Acharya Fleet Maull is a senior teacher in the Shambhala Buddhist lineage. He is an author, consultant, trainer, peacemaker and activist. He founded the Prison Dharma Network, Peacemaker Institute, National Prison Hospice Association, and the Center for Contemplative End-of-Life Care. He leads meditation, bearing witness and street retreats and conducts activist and leadership trainings throughout the world. He is the author of “Dharma in Hell, The Prison Writings of Fleet Maull” and numerous articles on meditation, prison reform and end of life care. Fleet is a Dharma successor of the Zen master and social entrepreneur Roshi Bernie Glass, and senior priest in the Zen Peacemaker Order and Soto Zen lineage of Maezumi Roshi. He has served on the faculty of Naropa University, Upaya Institute, Peacemaker Institute, and Maezumi Institute

Synchronizing Body, Heart & Mind: A Weekthun

With Hope Martin

February 6-12 • Saturday-Friday, 8:30am-6:30pm
\$280 without housing
\$400 with shared room at Green Dragon Retreat House located on the Center campus.
Open to new and experienced practitioners

The Weekthun counts toward one week of Dathun and fulfills a portion of the group practice requirements for attending Sutrayana Seminary on the Shambhala Buddhist path, as well as Shambhala Guide Training requirements.

In this week of intensive mindfulness meditation practice we will learn principles from the Alexander Technique to help foster a more upright, supported and relaxed posture in our practice sessions and in our lives. The week will provide ample time to develop awareness of habits that result in tension, pain, fixed posture and mind-set, and to learn skills to shift to a more open, expansive, balanced and comfortable way of being; an experience of being present.

Hope Martin is a meditation instructor and long time student of Buddhism. Hope is a certified instructor of the Alexander Technique and founder of Hope Martin Studio, an Alexander Technique learning center in New York City, has been studying the Alexander Technique since 1980, and teaching it since 1987.

Shambhala Day

Sunday, February 14 • Details TBA

Celebration open to everyone

Shambhala Day marks the beginning of the Tibetan New Year, and is one of the most important traditions of Shambhala Buddhism. As is customary, Sakyong Mipham Rinpoche will address the worldwide Shambhala Community through a phone hook-up. Please check our website or call the Center for further details.

Miksang: Opening the Good Eye (Level 1) Photography Workshop

Taught by the Tallahassee Miksang Group
February 20-21 • Saturday, 10am-4pm; Sunday, 10am-3pm • \$100
Open to Everyone – Class limited to 15 participants

Miksang is a Tibetan word that translates as ‘Good Eye’, and is based on the Shambhala and Dharma Art teachings of the late meditation master, artist and scholar, Chögyam Trungpa Rinpoche. When we synchronize eye and mind, we become completely present in the moment and the world becomes a magical display of vivid perception. We can develop the ability to experience and express these perceptions precisely through the practice of contemplative photography.

Shambhala Arts Festival

Friday, March 19 & Saturday, March 20

Details TBA

“Genuine art reveals the truth.” – Chögyam Trungpa Rinpoche

The Shambhala Arts Festival is about manifesting and displaying art that wakes up its maker and its viewer to genuineness and truthfulness. If you are interested in displaying your artwork or helping with the event, please email info@atlantashambhalacenter.org

CLASSES

Glimpsing Enlightenment: The Inspiration & Activity of the Bodhisattva

Taught by John Neill
January 6 – February 3 (5 Wednesday Classes) • 7:00pm-9:30pm
\$75 (\$65 members)plus texts *Glimpses of Mahayana & Myth of Freedom* by Chogyam Trungpa

The path of Mahayana Buddhism, the “great vehicle”, is based on the real experience of one’s own embryonic buddha-nature or awakened heart. In this class we will explore that sudden glimpse of our buddha-nature and how to cultivate it through the path of the six transcendent actions, the paramitas, of a bodhisattva.

Joy in Everyday Life

February 17 – March 17 (5 Wednesday Classes) • 7:00pm-9:30pm • \$75 (\$65 members)
Prerequisite: Shambhala Training Levels I-III and Contentment in Everyday Life course.

Through an exploration of the Buddhist teachings on intelligent compassion towards others, we begin to discover the joy of discipline, health and bravery.

Mahayana and the Bodhisattva Vow

March 3 – March 31 • 7:00pm-9:30pm • \$75 (\$65 members)
Open to everyone

This class introduces the principles of the bodhisattva vow that marks a student’s entrance into the “great vehicle” of deep insight and vast action. Through this vow, we dedicate our life and practice toward complete awakening for the benefit of all beings.

The Three Jewels

April 7 – May 5 (5 Wednesday Classes) • 7:00pm-9:30pm • \$75 (\$65 members)
Open to everyone

This series of classes explores what it means to take refuge in the three jewels, (the Buddha as example, the dharma as the truth, and the Sangha, the community of practitioners). This class is strongly recommended for anyone planning to take Refuge Vows on June 6, 2010.

Meditation in Everyday Life

March 24 – April 21 (5 Wednesday Classes • 7:00pm-9:30pm • \$75 (\$65 members)
Open to everyone

Throughout history, people have aspired to create societies that express the dignity of human existence within a wise, flourishing culture. This is the vision of Shambhala - and the path towards creating that is meditation. Contemplative practices bring a natural sense of goodness, fearlessness, and humor into our ordinary lives.

UPCOMING EVENTS

April 2-4: Acharya Christie Cashman. Teachings on Yeshe Tsogyal and Werma Intensive

June 4-6: Acharya Richard John (Acharya John will be performing Refuge & Bodhisattva Vows. Registration for vows is required)

November 20-21: Qi Gong Levels I & II with Eva Wong