

## LEARN TO MEDITATE once-a-month class

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### Learn to Meditate

April 21

May 12

June 16

Saturdays, 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 strengthen their meditation technique.

## WEEKLY PUBLIC MEDITATION SCHEDULE

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Group meditation sessions are free and open to the public.

### Monday — Friday Morning Practice

7:00am—8:00am; morning chants 7:00—7:05am

Mindfulness sitting meditation.

**Meditation instruction is not available at these sessions.**

### Sunday Morning Open House

9:00am—12:15pm; morning chants from 9:00—9:05am

**Free meditation instruction available at 10:00am.** Mindfulness sitting meditation followed at 11:30am by a brief presentation and discussion on the practice and teachings of the Shambhala Buddhist tradition along with refreshments.

### Tuesday Evening Open House

7:00pm—9:00pm

**Free meditation instruction available at 7:00pm.** Mindfulness sitting meditation followed at 8:00pm by a dharma talk, group discussion and refreshments.

### Wednesday Evenings

7:00pm—8:00pm

Mindfulness sitting meditation. Evening chants at 7:50pm.

**Meditation instruction is not available on Wednesdays.**

### Sadhana of Mahamudra Practice (new and full moon days)

April 6, 7:00pm

April 21, 8:00am

May 5, 8:00am

May 20, 8:00am

June 4, 7:00pm

June 19, 7:00pm

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; it lasts about an hour.

## SPECIAL PROGRAMS

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### Hope Martin

#### Downright Upright: A Posture Clinic for Meditators

April 21

9:00am—5:00pm

\$75 includes Sat. lunch

Open to everyone

This daylong program precedes our annual weekthun. During this very full day of practice you will learn the basic principles of the Alexander Technique and how to apply AT to your sitting meditation practice. As a participant, you will be encouraged to relax into your sitting posture in a way that is separate and free from habitual holding patterns. This one day could profoundly change your relationship to your sitting practice.

#### The Shape of Awake: Weekthun with Hope Martin

April 22 – April 28

8:30am — 6:30pm

\$290.00; housing available

Being upright is not just an arbitrary shape, it’s a perfect expression of meditation practice itself. In this week of intensive practice we will learn principles from the Alexander Technique to help foster a more upright, supported, and relaxed way of being in our meditation sessions and in our lives. The week will provide ample time to develop awareness of habits that result in tension, pain, fixed posture and mindset, and to learn skills to shift to a more open, expansive, and balanced way of being. Accessing non-verbal “felt senses” through the practice of Focusing, participants will learn and practice with a more loving relationship to habitual stuck places and to experience the wisdom and forward life movement they hold. In addition to intensive meditation practice, the program will include experiential exercises, instruction on basic body mechanics and alignment, as well as gentle hands-on work from the instructor to help release unnecessary tension.

## SHAMBHALA BUDDHIST WEEKEND PROGRAMS

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### Shambhala Training Level I: The Art of Being Human

April 14—15

Saturday: 8:30am—6:00pm & Sunday, 8:30am—1:30pm

\$160 (members \$135), Breakfasts & Saturday lunch included

Open to everyone

The practice of meditation opens you to the experience of basic goodness and the freshness and vividness of each moment. Level I marks 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.

### Drala

May 4—6

Friday, 7:00—9:30pm; Saturday & Sunday: 8:30am — 6:00pm

\$185 (members \$160)

Prerequisite: Windhorse

Through exploring the depth of perception, one engages the elemental and magical strength inherent in the world. The principle of drala refers to the sacred energy and power that exists when we step beyond aggression.

### Shambhala Training Level II

June 1—3

Friday, 7:30pm—9:30pm; Saturday & Sunday, 8:30am—6:00pm

\$160 (members \$135), Breakfasts & Saturday lunch included

Open to graduates of Level I

After discovering our basic tenderness and intelligence that arise through contacting our basic goodness, we also discover why we close down to our fundamental nature. Afraid of our brilliance, afraid of our own fear, we create a cocoon of habitual tendencies and interpretations that keeps us distracted. At the root, fear means the fear of death, which means simply the death of “me”. Ego is the name for all the ideas, images, and feelings we have about who we are or want to be. It is also the root of fear. Stepping out of the cocoon of “me” is a slow process of learning about fear. Through relating properly and thoroughly to fear we discover that the way out is through the way in.

## CONTEMPLATIVE CULTURE

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### Miksang Teacher Training

May 25 – 27; Saturday & Sunday 8:30am—6:00pm

\$140 (members \$120)

Tom Anderson and Jerry McFarland

Open to those who have completed Miksang Level 1

This program is designed to fully authorize participants to become teachers of Level I Nalanda Miksang (Forms of Perception and Dot in Space). Participants must be pre-approved by the instructor, Miriam Hall. Please apply online and by email to the local coordinator, Denise Bossarte, dci\_bst@hotmail.com.

## SHAMBHALA BUDDHIST CLASSES

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### Contentment in Everyday Life

Wednesdays, 7pm – 9:15pm; April 25 – May 23

\$75 (members \$65)

Open to everyone

This course provides an exploration of mindfulness meditation, the foundational views of the Hinayana Buddhist teachings and meditation in action for daily life.

### Lojong

Wednesdays, May 30—July 11; no class July 4

Friday, 7:00pm—9:15pm;

\$75 (members \$65)

Open to graduates of Karma and the 12 Nidanas

Based on Atisha’s original Seven Points of Mind Training, this course introduces two essential practices of the bodhisattva warrior: Tonglen (Exchanging Self For Other), and contemplation of the Lojong slogans.† Through these two Mahayana practices, we find ourselves naturally developing openness and gaining greater skills in helping others.

## UPCOMING EVENTS

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### Sept 29 — 30: Qi Gong Levels I and II with Sophie Leger

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## 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](http://www.mipham.com) and [www.shambhala.org](http://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](http://www.atlantashambhalacenter.org).

### REGISTRATION

**Online:** [www.atlantashambhalacenter.org](http://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.

**50% deposit is needed at least ten days in advance. 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.

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.

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April 22 – April 28: The Shape of Awake  
Weekthun with Hope Martin



**April – June 2012**

Schedule of Workshops, Classes and Events