

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
Life of the Buddha & the early Sangha Gate: D. Brown Umdze: R. Shepard 1	Meditation in Everyday Life Class 7-9 Gate: M. Whitney Timer: B. Jones 2	Mamos: P. Fried Gate: L. Smith Umdze: B. Gruessner 3	Tibetan Book of the Dead with Acharya Judy Lief Mamos: T. Manley Gate: PJ Fisher Timer: M. Atkinson 4		Shambhala Cafe 9-12 with S. Perry & J. Storrier Mamos: S. Keegan 6	MI: D. Brown Timer: P Bass 7	
Vajrayogini Feast Life of the Buddha & the early Sangha Mamos: Diane B Gate: P. Fried Umdze: G. Amore 8	Meditation in Everyday Life Class 7-9 Mamos: Bernadette J. Gate: K. Sheppard Timer: G. Monaco 9	Mamos: Barry G. Gate: Umdze: P. Bass 10	Tibetan Book of the Dead with Acharya Judy Lief Mamos: C. Brodie. Gate: T. Suchocki Timer: B. Bergstrom 11	Werma Feast Mamos: A. Smith 12	Center Cleaning 4-5:30 pm Sadhana of Mahamudra 6-7pm 13	Shambhala Day Celebration 9-4 Umdze: M. Woodruff 14	
	Meditation in Everyday Life Class 7-9 Gate: D. Quick Timer: P. Bass 16	Open House with S. Keegan & E. Miller, 7-9 pm Gate: B. Gruessner Umdze: P. Bass 17	Tibetan Book of the Dead with Acharya Judy Lief Gate: G. Monaco Timer: M. Atkinson 18	Shambhala Training Level One			MI: T. Suchocki Timer: A. Smith 21
		Maitri Bhavana Practice Gate: M. Brown Umdze S. Keegan 24	Tibetan Book of the Dead with Acharya Judy Lief Gate: R. Does Timer: E. Miller 25	Mahayana & Bodhisattva Vow Class			
Gate: R. Barker Umdze: R. Shepard 22	Gate: S. Hopwood Timer: G. Monaco 23			Vajrayana and Scorpion Seal Practice			Sadhana of mahamudra MI: M. Brown Umdze: M. Woodruff 28
				26	27		

February, 2010



Weekday meditation 6—7pm; Sunday 9am—noon
Activities in shaded **Outlined boxes** open to public

PO Box 204, Burlington, Vermont 05402
www.burlingtonshambhalactr.org