

MAINE

SHAMBHALA

MEDITATION

CENTERS

Brunswick/Portland, ME



FALL 2019 SCHEDULE



MAINE SHAMBHALA

Fall 2019 Schedule- Weekends

Awakening Your Wisdom Energies

The Practice of Maitri Space Awareness- in Brunswick
with Shastri Myra Woodruff
September 6th—September 8th

The Art of Being Human

Shambhala Level I - in Portland
with Jane Arthur & Shastri Christopher St. John
October 4th—October 6th

Shambhala Art I

Shambhala Art Part 1
- in Portland
with Ellen Rook
October 26th

Shambhala Art II

Shambhala Art- Part II
in Portland
with Ellen Rook
October 27th

Kado- The Way of Flowers

The Way of Flowers
in Brunswick
with Anjie Cho
November 8th—November 10th



MAINE SHAMBHALA

Fall 2019 Schedule- Weekday Classes

Dharma Night: Exploring Truth+ Justice+ Power*

Twice/Month check Website for Topics in Portland

A Year in Compassion-Third Segment- in Brunswick*

September 10th- 6 weeks with Judi Soule & Sarah Chandler

Part III Fearless Garuda: Emptiness and Absolute Bodhicitta is the third course of the four-part series exploring the Shambhala Mahayana teaching.

Mindfulness in Action: Making Friends with Yourself through Meditation and Everyday Awareness- Portland

September 12th- 5 weeks with

Shastri Christopher St. John & Karen Monahan

The rewards of mindfulness practice are well proven: reduced stress, improved concentration, and an overall sense of well-being. But those benefits are just the beginning.

In Love with the World: A Monk's Journey Through the Bardos of Living and Dying- Brunswick

October 22- 5 weeks with Kathy Bither & Sarah Chandler

A rare, intimate account of a world-renowned Buddhist monk's near-death experience and the life-changing wisdom he gained from it

Pema's New Book- Welcoming the Unwelcomed- Portland

November 7th- 5 weeks with Karen Monahan

In an increasingly polarized world, Pema shows us how to strengthen our ability to find common ground, even when we disagree, and influence our environment in positive ways.



MAINE SHAMBHALA

WEEKLY MEETINGS:

Heart of Recovery, Monday Evenings 6:30-7:30 PM
at Hope Gateway in Portland

Heart of Recovery, Monday evenings 6:30-7:30 PM
at Brunswick Meditation Center

People of Color Meditation Group- 1:30- 3:00pm

Second and Fourth Sundays at Portland Meditation Center

OPEN WEEKLY SITTING PRACTICE

Wednesday Open Meditation in Portland 6:30-8:00 PM

Thursday night Open Meditation in Brunswick 6:30-8:30 PM

Sunday Open Meditation in Brunswick 9:00 AM - Noon

Sunday Open Meditation in Portland 9:30- 11:00 AM

Meditation Instruction is available:

Please contact Sarah at:

MeditationInstruction@maineshambhala.org

FMI & to Register: MaineShambhala.org

Brunswick Shambhala Meditation Center

19 Mason Street, Brunswick ME 04011

Portland Shambhala Meditation Center

202 Woodford Street, Portland ME 04103