

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](mailto:MeditationInstruction@maineshambhala.org)

**FMI & to Register: [MaineShambhala.org](http://MaineShambhala.org)**

**Brunswick Shambhala Meditation Center**

19 Mason Street, Brunswick ME 04011

**Portland Shambhala Meditation Center**

202 Woodford Street, Portland ME 04103