

Way of Shambhala – Birmingham Shambhala Meditation Center

Dates	Description
Level 1 Sept 11-12 2009 <i>Also in Atlanta – 9/11-13, 1/8-10, 4/30-5/2</i>	The Art of Being Human. 1 ½ day program, introduction to meditation and the experience of our basic nature as humans
Meditation in Every day Life	Meditation in Every Day Life
Class 1, Sept 30 2009	This course explores the components of meditation – peaceful abiding, working with emotions, gathering the mind, common problems and their solutions, and how meditation relates to our every day life and the condition of our society
Class 2, Oct 7	
Class 3 Oct 14	
Class 4 Oct 21	
Class 5 Oct 28	
Level 2 Nov 20-22 or December 5-6 2009 <i>Also in Atlanta – 11/13-15. 3/12-14, 7/18-20.</i>	Birth of the Warrior. Weekend program explores how our mind creates habitual thought patterns in order to keep us in a comfort zone; these habits block our experience of real life
Contentment in Every Day Life	Contentment in Every Day Life
Class 1 Jan 6 2010	This course explores the Shambhala principles of bravely and gently looking at and past our habitual thought patterns to discover the contentment that arises from friendly acceptance of our experience. In relation to this, we also examine the Four Noble Truths from the Buddhist teachings, particularly the cause of suffering and the experience of cessation of suffering.
Class 2 Jan 13	
Class 3 Jan 20	
Class 4 Jan 27	
Class 5 Feb 3	
(winter retreat Feb 4-12, Shambhala Day (New Years) Feb 14)	
Level 3 March 12-14 2010 <i>Also in Atlanta 1/29-31, 8/20-22</i>	Warrior in the World Weekend program examines the implications of consciously living outside of our habitual patterns – how we can relate to ourselves and others gently and without arrogance.
Joy in Every Day Life (prereqs – Contentment class and Level 3)	Joy in Every Day Life
Class 1 March 31	This course explores the experience of joy and energy that arises from the discipline of not harming ourselves through self-absorption and not harming others through manipulation. In relation to this, we explore the Buddhist approach to compassion and the six aspirational qualities – patience, generosity, discipline,
Class 2 April 7	
Class 3 April 14	
Class 4 April 21	
Class 5 April 28	

(over)

	exertion, meditation and knowledge
Level 4 May 14-16 or 21-23 2010 (or possibly early September) <i>Also in Atlanta 10/16-18, 4/16-18</i>	Awakened Heart Weekend program explores how we can stay in touch with our heart without being overwhelmed, and how contact in that way affects the way we communicate with others.
Fearlessness in Every Day Life	Fearlessness in Every Day Life
Class 1 Sept 29 2010	This course examines the sense of freedom that comes from accepting the truth of impermanence and overcoming the traps of hope and fear. In relation to this we explore the Buddhist teachings on impermanence, egolessness and sunyata (emptiness or openness).
Class 2 Oct 6	
Class 3 Oct 13	
Class 4 Oct 20	
Class 5 Oct 27	
Level 5 Nov 19-21? 2010 <i>Also in Atlanta, 12/4-6, 6/18-20</i>	Open Sky Weekend program examining the union of mindfulness and awareness, the experience of trust and willingness to step away from our territory, and letting go into the moment.
Wisdom in Every Day Life	Wisdom in Every Day Life
Class 1 Jan 5 2011	This course reviews the qualities of contentment, joy and fearlessness, and explores how compassion and intelligence can be joined to act skillfully and responsively in the world. In relation to this, we explore the Buddhist tantric teachings on transforming confusion into wakefulness and on seeing the world as energized and sacred.
Class 2 Jan 12	
Class 3 Jan 19	
Class 4 Jan 26	
Class 5 Feb 2	
Rigden weekend March 11-13 2011?	We will be inviting a senior Shambhala teacher to conduct this weekend, which will examine the qualities of enlightened leadership and introduce practices to raise energy and confidence