

MONTPELIER SHAMBHALA MEDITATION GROUP

Shambhala Training

Level III: Warrior in the World

Saturday, January 28, 8:30AM - 6:00PM

Sunday, January 29, 9:00AM - 4:00PM

Developing fearlessness by examining our habitual tendencies, we are willing to experience our life without relying on the cocoon. We begin to engage the world directly and to extend the attitude of fearlessness to our activities.

Teacher: Peter Fried

Suggested donation: \$100/\$50 repeat (sliding scale available)

Registration & Information:

Felicia Messuri feliciam@fcwcv.org 802-595-1144

Camilla Strauss camillainvt@gmail.com 802-793-1559



Level IV:

Awakened Heart

Saturday, February 11, 8:30AM - 6:00PM

Sunday, February 12, 9:00AM - 4:00PM

With trust in basic goodness and, daring to experience the sharp edge of reality, we move forward with gentleness, increased awareness, and inquisitiveness about the world as it is. We can extend ourselves to others fully and with kindness.

Teacher: Shastri Bill Brauer • Suggested donation: \$100/\$50 repeat (sliding scale available)

Registration & Information: Camilla Strauss camillainvt@gmail.com 802-793-1559

montpeliershambhala.org

Montpelier Shambhala Meditation Group

64 Main Street Montpelier (3rd floor)

