

Juneau Shambhala Meditation Center  
February 2004

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
1	2	3	4 Sangha Night 5:30 – 7:00	5	6	7
8 Nynthün, 9:30 – 12:30, 2:00 – 5:00	9	10	11 Sangha Night – cancelled due to Lama Zangpo's visit	12	13	14
15 Sunday morning sitting, 9:30 – 12:30	16	17	18 Sangha Night – Sitting 5:30 – 6:00, Open discussion of impressions and thoughts generated from Lama Zangpo's talks 6:00 – 7:00	19 Potluck with Susan Chapman, at Center, 6:30 pm	20 Making Friends with Ourselves, with Susan Chapman, DIPAC 6:30 pm	21 Shambhala Day, DIPAC, 6:45 am – 9:00 ~~~~~ Making Friends with Ourselves, with Susan Chapman, DIPAC 9:30 – 5:00
22 Making Friends with Ourselves, with Susan Chapman, DIPAC 8:30 – 5:00	23	24	25 Sangha Night – Sitting 5:30 – 6:00, Slides of Lhasa, Tibet by Elaine and Bob Schroeder 6:00 – 7:00	26	27	28
29 Sunday morning sitting, 9:30 – 12:30						

Please note that this schedule may change. Updates and changes will be sent by email, and updated calendars will be available at the center.

Juneau Shambhala Meditation Center  
March 2004

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
	1	2 Khandro Rinpoche Study Series, 6:00 – 8:00 pm	3 Sangha Night – Sitting 5:30 – 6:00, program to be determined	4	5	6
7 Nynthün, 9:30 – 12:30, 2:00 – 5:00	8	9 Khandro Rinpoche Study Series, 6:00 – 8:00 pm	10 Sangha Night – Sitting 5:30 – 6:00, 6:00 – 7:00 Pat White shares her experiences of walking the Way of St. James, a Pilgrimage across Northern Spain	11 Public talk by Cynthia Kneen, UAS, Auke Bay Campus, library, time TBA	12 Shambhala Level Windhorse, Director Cynthia Kneen, prerequisite Drala	13 Shambhala Level Windhorse, Director Cynthia Kneen, prerequisite Drala
14 Shambhala Level Windhorse, Director Cynthia Kneen, prerequisite Drala ~~~~~ No regularly scheduled sitting	15	16 Khandro Rinpoche Study Series, 6:00 – 8:00 pm	17 Sangha Night – Sitting 5:30 – 6:00, 6:00 – 7:00 Ursula Spannagel will share experiences from her Yarne retreat, with Pema Chodron and Susan and Jerry Chapman	18	19	20
21 Sunday morning sitting, 9:30 – 12:30	22	23 Khandro Rinpoche Study Series, 6:00 – 8:00 pm	24 Sangha Night – Sitting 5:30 – 6:00 Elizabeth Medgyesy, on her Pilgrimage to Mt. Kailash and Lake Monasarovar, with a short film on Comparative Religions of Northern India.	25	26	27
28 Sunday morning sitting, 9:30 – 12:30	29	30 Khandro Rinpoche Study Series, 6:00 – 8:00 pm	31 Sangha Night – Sitting 5:30 – 6:00, program to be determined			

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Juneau Shambhala Meditation Center  
April 2004

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
				1 Karma & the Twelve Nidanas, 6:00 pm	2	3
4 Nynthün, 9:30 – 12:30, 2:00 – 5:00	5	6 Khandro Rinpoche Study Series, 6:00 – 8:00 pm	7 Sangha Night – Sitting 5:30 – 6:00, program to be determined	8 Karma & the Twelve Nidanas, 6:00 pm	9	10
11 Sunday morning sitting, 9:30 – 12:30	12	13 Khandro Rinpoche Study Series, 6:00 – 8:00 pm	14 Sangha Night – Sitting 5:30 – 6:00, program to be determined	15 Karma & the Twelve Nidanas, 6:00 pm	16	17
18 Sunday morning sitting, 9:30 – 12:30	19	20 Khandro Rinpoche Study Series, 6:00 – 8:00 pm	21 Sangha Night – Sitting 5:30 – 6:00, program to be determined	22 Karma & the Twelve Nidanas, 6:00 pm	23	24
25 Sunday morning sitting, 9:30 – 12:30	26	27 Khandro Rinpoche Study Series, 6:00 – 8:00 pm	28 Sangha Night – Sitting 5:30 – 6:00, program to be determined	29 Karma & the Twelve Nidanas, 6:00 pm	30	

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Juneau Shambhala Meditation Center  
May 2004

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
						1
2 Nynthün, 9:30 – 12:30, 2:00 – 5:00	3	4 Khandro Rinpoche Study Series, 6:00 – 8:00 pm	5 Sangha Night – Sitting 5:30 – 6:00, program to be determined	6	7	8
9 Sunday morning sitting, 9:30 – 12:30	10	11 Khandro Rinpoche Study Series, 6:00 – 8:00 pm	12 Sangha Night – Sitting 5:30 – 6:00, program to be determined	13	14 Shambhala Level Meek, Director Johanna Demetrakus, prerequisite Windhorse	15 Shambhala Level Meek, Director Johanna Demetrakus, prerequisite Windhorse
16 Shambhala Level Meek, Director Johanna Demetrakus, prerequisite Windhorse ~~~~~ No regularly scheduled sitting	17	18 Khandro Rinpoche Study Series, 6:00 – 8:00 pm	19 Sangha Night – Sitting 5:30 – 6:00, program to be determined	20	21	22
23 Sunday morning sitting, 9:30 – 12:30	24	25 Khandro Rinpoche Study Series, 6:00 – 8:00 pm	26 Sangha Night – Sitting 5:30 – 6:00, program to be determined	27	28	29
30 Sunday morning sitting, 9:30 – 12:30	31	Please note that this schedule may change. Updates and changes will be sent by email, and updated calendars will be available at the center				