January - June 2018 Events

Introductory:

Introduction to Meditation Course
4 consecutive Wednesdays - 10am - 12pm
Jan 10 - Jan 31 - Led by Bodhana

Intro. to Meditation & Buddhism Courses
6 consecutive Wednesdays - 7-9pm
Jan 24 - Feb 28 - Led by Lilasiddhi
May 16 - Jun 20 - Led by Amala

Transform Your Life with Mindfulness Meditation
9am - 1pm
Workshop 1: Jan 21 - Led by Bodhana
Workshop 2: Apr 21 - Led by Rijupatha

Transform Yourself and the World with Loving Kindness Meditation
Mar 24 - 9am - 1pm - Led by Narottama

Tools for Living in Harmony: Teachings and Practices from the Buddha
March 31 - 9am - 1pm - Led by Singhatara

Mindfulness: Get Started
April 29 - 9am - 1pm - Led by Sunada

Workshops/Study Days:

Becoming a Vegetarian
Jan 7 - 10am - 2pm
Led by Khemavassika

Ancient Wisdom: Finding Joy in the Songs of Milarepa
Jan 27 - 10am - 4pm
Led by Amala

Ancient Wisdom: The Purpose of Living a Spiritual Life
June 17 - 9am - 1pm
Led by Vidhuma

Upcoming Retreats:

Regional Sangha Retreat: The Bodhisattva Ideal
Jan 12-15
Led by Dharmasuri, Sravaniya & Sunada

The Three Steps to Mindful Eating
Feb 16-18
Led by Megrette Fletcher

Yoga & Meditation Retreat
Feb 23-25
Led by Molly Schlangen & Satyada

Exploring Noble Silence
Mar 24 - 9am - 1pm - Led by Narottama

Threads of the Dharma: A Meditation Based Workshop and Retreat
May 4-11
Weekend option: May 4-6
Led by Vajradaka

Noble Silence Intensive Meditation Retreat
June 22 - 7/2
Led by Bodhana, Karunasara & Lilasiddhi

Register online at:
www.aryaloka.org
Practice Opportunities:

Men’s Practice Days
Jan 28, Feb 25, Mar 25, Apr 29, May 27

Practice Night
Jan 5, Feb 9, Mar 2, Mar 30, Apr 20

Children’s Sangha
Jan 1  11am - 12pm
Jan 20  2-3:30pm
Feb 11  2-3:30pm

Open Meditation Sessions
Every Tue, Wed, Thu (except during retreats)
9-10 am

Community Night (formerly Friends Night)
Every Tuesday 6:45pm-9:15pm

Art, Music & Writing:

Write Here, Write Now
Feb 11, Jun 3 - 9am - 5pm
Led by Barbara Steiner

Spiritual Affirmations: Beethoven’s Ninth Symphony and the Quest for Transcendence
Apr 28 - 10am - 3pm
Led by Sravaniya

Art Exhibition: The Water Element, Paintings by John Sirois
Apr 9 - May 24
Reception April 7, 3-5pm

Special Events:

Jan 1  Meditate for Peace Day
Mar 20  Mandala Night
Apr 8  Triratna Community Day
May 20  Buddha Day
Jun 2  Order/Mitra Day
Jun 19  Mandala Night

Learn more about these events and register online at:
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