

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:



January 7

Becoming a Vegetarian

10am - 2pm

Led by Khemavassika



January 27

Ancient Wisdom: Finding Joy in the Songs of Milarepa

10am - 4pm

Led by Amala



June 17

Ancient Wisdom: The Purpose of Living a Spiritual Life

9am - 1pm

Led by Vidhuma

Upcoming Retreats:



Jan 12-15

Regional Sangha Retreat:

The Bodhisattva Ideal

Led by Dharmasuri, Sravaniya & Sunada



Feb 16-18

The Three Steps to Mindful Eating

Led by Megrette Fletcher



Feb 23-25

Yoga & Meditation Retreat

Led by Molly Schlangen & Satyada



Apr 12-15

Exploring Noble Silence

Led by Bodhana & Lilasiddhi



May 4-11

Threads of the Dharma: A Meditation Based Workshop and Retreat

Weekend option: May 4-6

Led by Vajradaka



6/22 - 7/2

Noble Silence Intensive Meditation Retreat

Led by Bodhana, Karunasara & Lilasiddhi



ARYALOKA
BUDDHIST CENTER

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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:

www.aryaloka.org