



The Shambhala School of Buddhist Studies class

Taming the Mind

based on Sakyong Mipham Rinpoche's text Taming the Mind

will be taught by Acharya Michael Greenleaf at the St Johnsbury Shambhala Center.
All are encouraged to come to learn, or refresh your practice.

This germinal course for entering the Shambhala Buddhist path presents the hinayana teachings on renouncing samsara and the joy of developing discipline on the path that leads to liberation. In it, Rinpoche emphasizes the importance of having the confidence that comes from understanding what we are doing.

5 Thursday evenings, starting at 7:15 after sitting, September 7, 14, 21, 28 and October 5
ending with a Saturday all-day class October 14, 9am-5pm.

The cost is \$50, but no one will be turned away, sliding fees are available.

Texts will be available at Samadhi Store in Barnet or at the Center.
For information or to register please call Mary Beth Furr 748-3651.

St Johnsbury Shambhala Center
Upstairs through the door between the Star Theater and Sunshine Boutique
at 17 Eastern Avenue