



Shambhala Meditation Center

of St. Johnsbury

April 2004

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			1 _9:00am yoga _4:00-6:00pm Open House _6:00-7:00pm sitting and chants _7:10pm talk	2 _9:00am yoga	3 _1:00-4:30pm kado	4 Parinirvana Day at Karme Choling
5 _6:00pm yoga	6 _5:00-6:30pm Tai Chi _6:30pm Executive Meeting _7:00pm Khandro Rinpoche study group	7 _6:00-7:00pm silent sitting _7:10pm Bodhisattva Path	8 _9:00am yoga _4:00-6:00pm Open House _6:00-7:00pm sitting and chants _7:10pm talk	9 _9:00am yoga	10 _1:00-4:30pm kado	11 _9:15-10:45am umdze training _10:00-10:50am Learn to Meditate _11:00-12:00am sitting and chants
12 _6:00pm yoga	13 _5:00-6:30pm Tai Chi	14 _6:00-7:00pm silent sitting _7:10pm Bodhisattva Path	15 _9:00am yoga _4:00-6:00pm Open House _6:00-7:00pm sitting and chants _7:10pm talk	16 _9:00am yoga	17 Shambhala Guide follow-up day _1:00-4:30pm kado	18 _11:00-12:00am sitting and chants
19 _6:00pm yoga	20 _5:00-6:30pm Tai Chi _7:00pm Khandro Rinpoche study group	21 _6:00-7:00pm silent sitting	22 _9:00am yoga _4:00-6:00pm Open House _6:00-7:00pm sitting and chants _7:10pm talk	23 _9:00am yoga	24	25 _11:00-12:00am sitting and chants
26 _6:00pm yoga	27 _5:00-6:30pm Tai Chi	28 _6:00-7:00pm silent sitting	29	30		