



Shambhala Meditation Center of St. Johnsbury

June 2004

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	1 _5:00-6:30pm Tai Chi _6:45pm Khandro Rinpoche study group (6:30pm Exec. Comm. mtg. at N. Congregational Church)	2 _6:00-7:00pm silent sitting	3 _9:00am yoga _4:00-6:00pm open house _6:00-7:00pm sitting and chants	4 _9:00am yoga	5	6 _9:00am-noon, nyinthun _6:00-8:00pm Basic Goodness practice
7 _6:00pm yoga	8 _5:00-6:30pm Tai Chi	9 _6:00-9:00pm Awakening From Belief _6:00-7:00pm silent sitting	10 _9:00am-9:00pm Awakening From Belief _6:00-7:00pm sitting and chants	11 _9:00am-9:00pm Awakening From Belief	12 _9:00am-9:00pm Awakening From Belief	13 _9:00am-noon Awakening From Belief _11:00-12:00am sitting and chants 4:30pm-VY Feast
14 _6:00pm yoga	15 _6:00-8:00pm Basic Goodness practice _6:45pm Khandro Rinpoche study group	16 _6:00-7:00pm silent sitting	17 _9:00am yoga _6:00-7:00pm sitting and chants	18 _9:00am yoga	19	20 _11:00-12:00am sitting and chants
21 _6:00pm yoga	22 _5:00-6:30pm Tai Chi	23 _6:00-7:00pm silent sitting	24 _9:00am yoga _6:00-7:00pm sitting and chants	25 _9:00am yoga	26	27 _11:00-12:00am sitting and chants
28 _6:00pm yoga	29 _5:00-6:30pm Tai Chi _6:45pm Khandro Rinpoche study group	30 _6:00-7:00pm silent sitting				