



Shambhala Meditation Center of St. Johnsbury

July 2004

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			1 _9:00am yoga _6:00-7:00pm sitting and chants	2 _9:00am yoga _6:00pm Mahamudra sadhana	3	4 _9:00am-noon nyinthun _3:00pm Sangha Picnic (at Tune & Greg's)
5 _6:00pm yoga	6 _5:00-6:30pm Tai Chi _6:30pm Executive Committee meeting	7 _6:00-7:00pm silent sitting	8 _9:00am yoga _6:00-7:00pm sitting and chants	9 _9:00am yoga	10	11 _11:00-12:00am sitting and chants
12 _6:00pm yoga	13 _5:00-6:30pm Tai Chi _6:45pm Khandro Rinpoche study group	14 _6:00-7:00pm silent sitting	15 _9:00am yoga _6:00-7:00pm sitting and chants	16 _9:00am yoga	17 _6:00pm Mahamudra sadhana	18 _11:00-12:00am sitting and chants
19 _6:00pm yoga	20 _5:00-6:30pm Tai Chi	21 _6:00-7:00pm silent sitting	22 _9:00am yoga _6:00-7:00pm sitting and chants	23 _9:00am yoga	24	25 _11:00-12:00am sitting and chants
26 _6:00pm yoga	27 _5:00-6:30pm Tai Chi _6:45pm Khandro Rinpoche study group	28 _6:00-7:00pm silent sitting	29 _9:00am yoga _6:00-7:00pm sitting and chants	30 _9:00am yoga	31 _6:00pm Mahamudra sadhana	