

SUNDAY COMMUNITY PRACTICE



EVERY SUNDAY 9AM-1PM

We would like to warmly encourage and invite all levels of practitioners to attend this new flagship program each week, from acharyas to people visiting the center for the first time. Come and go as you like!

9am-11am: Opening Chants followed by sitting and walking meditation.

11am-Noon: Dharma talk by a senior teacher, meditation instruction, and practice.

12pm: Soup and salad social provided by the center. All are welcomed to bring a dish to share!

1030am-11am: Open House in the Community Room for newcomers who will be introduced to Shambhala and the center before joining the rest of community at 11am.

1030am-Noon: There will also be a program for children hosted by Nicole Wolf! Kids will be given an intro to mindfulness, crafts, and other fun!

This new Sunday program will happen every Sunday of the year! We hope that you will join us regularly, and be a part of our sangha growing together through practice and community building.



SHAMBHALA

BOULDER