

**Longmont Shambhala Meditation Group**  
**Schedule at The Meditation Place**  
**for February through April 2013**

- Saturday, February 2: 1 – 2:30 PM at the Lyfords: Shambhala Support Group
- Sunday, February 3: 9 AM – Noon: Sitting Intensive, 9 – 11:30 AM, followed by tea, refreshments, and socializing
- Thursday, February 7: 7 – 9 PM: Practice and Dharma Talk by Sherab Manoukian
- Friday, February 8: 7 – 8:30 PM: Dön Season Protector Chants with Roland Cohen
- Monday, February 11: Shambhala Day  
9 AM – 1 PM: Practice and Talk with Sakyong Mipham at Boulder Shambhala Center  
2 – 4 PM: Potluck Brunch at the Lyfords
- Thursday, February 14: 7 – 9 PM: Practice and Dharma Talk by Walter Taylor
- Saturday, February 16: 10 AM: New Year Lhasang at Chautauqua Park in Boulder
- Thursday, February 21: 7 – 9 PM: Practice Intensive
- Thursday, February 28: 7 – 9 PM: Practice and Shambhala Culture and Enlightened Society Talk
- Sunday, March 3: 9 AM - Noon: Sitting Intensive, 9 – 11:30 AM, followed by tea, refreshments, and socializing
- Thursday, March 7: 7 – 9 PM: Practice and Dharma Talk
- Friday, March 8: 7 – 9:30 PM: TBD
- Thursday, March 14: 7 – 9 PM: Practice and Dharma Talk
- Saturday, March 16: 1 – 5 PM: Longmont Area Coalition for Contemplative Practices Event at First Congregational United Church of Christ
- Thursday, March 21: 7 – 9 PM: Practice Intensive
- Saturday, March 23: 1 – 4 PM: Beginning to Meditate
- Thursday, March 28: 7 – 9 PM: Practice and Shambhala Culture and Enlightened Society Talk
- Thursday, April 4: 7 – 9 PM: Practice and Dharma Talk
- Sunday, April 7: 9 AM – Noon: Sitting Intensive, 9 – 11:30 AM, followed by tea, refreshments, and socializing
- Thursday, April 11: 7 – 9 PM: Practice and Dharma Talk
- Friday, April 12: 7 – 9:30 PM: Sustainability Salon
- Thursday, April 18: 7 – 9 PM: Practice Intensive
- Thursday, April 25: 7 – 9 PM: Practice and Shambhala Culture and Enlightened Society Talk