

## *The Longmont Shambhala Meditation Group Invites You*



### *to CELEBRATE the SUMMER SOLSTICE/ MIDSUMMER'S DAY*

Over the years, the Shambhala community has adopted a tradition of celebrating the changes of the seasons. These are called nyida days, from the Tibetan words nyima (sun) and dawa (moon). Nyida days occur on or near the days of the equinoxes and solstices. All four nyida days are regarded as family-oriented celebrations. Midsummer's Day is a celebration associated with the summer solstice. The day often begins with a lhasang (a traditional offering of juniper smoke) that purifies the environment and invokes awakened energy. This gathering is an opportunity for families and friends to enjoy summer fun together.

***WHEN: TUESDAY, June 20, 2017, 5:00-8:00 p.m.***

***WHERE: HEIL VALLEY RANCH PICNIC PAVILION***

***BRING: brown bag supper, water, insect repellent (no dogs or alcohol in Park)***

***EVENTS: Lhasang (if you wish, bring an item to pass through the smoke), a short history of Heil Ranch by Carol Janda, take an easy hike around Lichen Loop trail (1.3 miles). We will see wildflowers and possibly see and hear wildlife.***

***Come celebrate summer, nature, and community.***

**Directions:** From the intersection of Airport Road and Nelson Road, take Nelson Road west for 7 miles to a T-intersection at Hwy 36. Turn left (south) onto Hwy 36, and travel 0.8 miles to the turn-off for Left Hand Canyon Drive on the right. Take Left Hand Canyon Drive west for 0.7 miles to Geer Canyon Road. Look on the right for the Heil Valley Ranch sign and take a right onto Geer Canyon Road, a maintained dirt road, and head north through private property, 1.3 miles, to the trailhead; there is a sharp right turn at the end of the entrance road, then you cross a bridge, and keep right for the parking area. You will see the picnic shelter on your right at you follow the road into the parking area. (No parking along Geer Canyon Road. Be mindful of free range cattle crossing sections of Geer Canyon Road.)