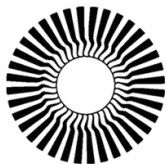




*Burlington  
Shambhala  
Center*





# Burlington Shambhala Center

MEDITATION • COMMUNITY • STUDY

[www.burlingtonshambhalactr.org](http://www.burlingtonshambhalactr.org) • 802-658-6795  
187 South Winooski Ave., Burlington, Vermont

*If you are interested in learning about  
our center you are invited to:*

## **A Shambhala Cafe**

A warm introduction to the Shambhala Center through a monthly gathering to share food, meditation, discussion and social time on the first Saturday of the month, 9-12pm:

- 9-10am meditation (individual instruction available)
- 10-11am sharing a short dharma reading and discussion with coffee, tea and delectables
- 11-12pm meditation (individual instruction available)

## **An Open house**

All newcomers are invited to explore the center. A brief orientation of the center will be given. This will be followed by a talk on various dharma topics given by a meditation instructor. The evening will end with a social gathering with snacks. These will take place every third Wednesday evening of the month from 7-9pm.