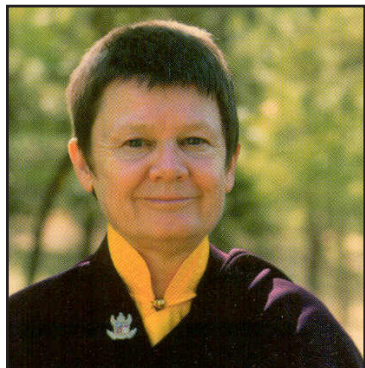




Burlington Shambhala Center

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The Myth of Freedom

Ani Pema Chödrön

6 session "City Retreat" — Sep 29 thru Oct 27

Pema Chödrön will teach via videotape from Chögyam Trungpa Rinpoche's classic text, *The Myth of Freedom*. Sessions meet on Saturday afternoons and Thursday evenings.

Ani Pema presents many core Buddhist teachings and lead us through the stages of the path of meditation. Pema describes the Myth of Freedom teachings as "a profound distillation of Buddhist truths expressed in the accessible style of a master adept at translating them into the language of his audience. Its power lies in how directly it addresses the extremely unhabitual process of dissolving the barriers we put up between ourselves and the rest of the world."

There are no prerequisites for this program.

Cost is \$75 (\$65 members). Other options can be negotiated so don't let cost be a problem.

For more information, contact Patti Lanich at 860-1477

or check www.burlingtonshambhalactr.org

Books will be available for purchase at first meeting.

1	SAT aftrn	Sep 29 2-5:30pm
2	THR eve	Oct 04 7-9:30pm
3	SAT aftrn	Oct 13 2-5:30pm
4	THR eve	Oct 18 7-9:30pm
5	THR eve	Oct 25 7-9:30pm
6	SAT aftrn	Oct 27 2-5:30pm

Pema Chödrön is an American Buddhist nun and a senior teacher (Acharya) in the Shambhala tradition as taught by Chögyam Trungpa Rinpoche. Pema was Abbess of Gampo Abbey, the first Tibetan monastery in North America established for Westerners, located in Nova Scotia, Canada. She is the author of *The Wisdom of No Escape*, *Start Where You Are*, *When Things Fall Apart* and *The Places That Scare You*. Her latest book is *Practicing Peace in Times of War*.

Practicing Peace in Times of War

Pema Chödrön and Richard Reoch - Weekend: December 7 to 9, 2007

This is a video taped class featuring Pema Chodron and Richard Reoch. They will explore the importance of meditation in finding peace and nonaggression in one's heart as well as it's relevance to the world. Richard Reoch used to run Amnesty International and he is the current president of Shambhala International.

These teachings are suited for new students as well as those who have been practicing for years.