



*“Our life is an endless journey...The practice of meditation provides a vehicle to travel on that road.”*  
*Chogyam Trungpa Rinpoche*

## **Shambhala Training - Level I**

### **~ The Art of Being Human ~**

Meditation is a natural state of the human mind—at rest, open, alert. This workshop introduces mindfulness-awareness meditation in a secular context. Talks, meditation instruction and practice, and discussion.

**June 6th** - Friday, 7 p.m. Introductory Talk – Free

**June 7<sup>th</sup>** - Saturday, 8:30 a.m. to 5 p.m.

**June 8<sup>th</sup>** - Sunday, 8:30 a.m. to 3 p.m.

Fee \$85. Continental breakfasts, and lunch provided.

**100 West Q. Street, Springfield**

To register, or for more information phone 541-822-8454  
or email [openskyoregon@earthlink.net](mailto:openskyoregon@earthlink.net).

For more information visit [www.eugeneshambhala.org](http://www.eugeneshambhala.org)

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