

Welcome

Aryaloka is a spiritual community and resource center for the practice and learning of meditation and Buddhism. Our mission is to create the best possible conditions in which to explore and practice the Buddhist spiritual path.

The spiritual tradition we practice has tools and teachings that can benefit and transform anyone's life, whether or not one decides to adopt the Buddhist faith. All are welcome to come and see what resonates.

Aryaloka is affiliated with the Friends of the Western Buddhist Order, an international movement based on the full range of teachings of the Buddha. We practice a way of life including ethics, study, devotion and compassionate action. We live with a strong commitment to sangha, or community, and spiritual friendship, 'kalyana mitrata'.

Through classes, gatherings and retreats newcomers as well as seasoned practitioners are encouraged to develop as spiritual individuals.

Events at Aryaloka are led by experienced practitioners. Most are members of the Western Buddhist Order and have dedicated their lives to spiritual practice to cultivate compassion and wisdom for the benefit of all beings.

This brochure outlines the events for several months of 2009. Further details about the events, our leaders, costs, and registration information are available on our website, www.aryaloka.org, or by contacting the Center at 603-659-5456 or 14 Heartwood Circle, Newmarket, NH 03857.

2009

FEBRUARY

- 15 Men's Day
- 20-22 ORDER/Mitra Weekend (w/ Viriyalila et al)
- 28- Mar 1 'Viriya' retreat with Devamitra

MARCH

- 7 Men's Day w/ Devamitra
- 8 INTRO day - mindfulness
- 12-15 Open Heart, Quiet Mind Yoga
- 20 Shakespeare evening, Devamitra
- 21 ORDER day
- 24 Tuesday talk – Buddhism and Nonviolence, Shantigarbha
- 27-28 Shantigarbha Basic Training – NVC
Concord Retreat
- 31 Tuesday talk – Nonviolence and Food

APRIL

- 4 Vegetarian Cooking Workshop
- 5 Nonviolence and Living the Precepts Workshop
- 8 INTRO eves. Begin
- 11 ORDER day
- 18 Men's Day
- 19 Wmn's Day
- 25-26 Beginner's Mind Retreat

MAY

- 2 INTRO – metta
- 3 Wesak
- 7-10 Open Heart, Quiet Mind Yoga
- 16 ORDER day
- 17 Men's Day, Women's GFR day
- 23-24 WORK weekend

JUNE

- 5-7 Rest & Renewal Retreat
- 13 INTRO - mindfulness
- 14 Men's day
- 20-27 International Urban Retreat Events

JULY

- 1 INTRO eves – Buddhism 4 weeks
- 7 Dharma Day – First Teachings
- 10-12 Open Heart, Quiet Mind
- 18 INTRO - metta
- 19 Women's GFR day, Men's Day
- 25-26 Beginner's Mind Retreat

AUGUST

- 15 Men's Day
- 19-23 Summer Stillness Meditation Retreat
- 30 Summer Sangha Picnic

FOR EVENT DETAILS SEE www.aryaloka.org
CALL 603-659-5456, or EMAIL info@aryaloka.org

Aryaloka

BUDDHIST CENTER
NEWMARKET, NH

2009



MEDITATION, YOGA,
AND BUDDHADHARMA
FOR LIFE IN A BUSY
WORLD

INTRODUCTORY EVENTS

DAY WORKSHOPS

March 8 Meditation Day - Mindfulness
May 2 Meditation Day – Loving Kindness
June 13 Meditation Day – Mindfulness
July 18 Meditation Day – Loving Kindness

In these day workshops instruction and guidance is offered for a traditional Buddhist meditation. The day of immersion is a good beginning or inspiration to continue a personal meditation practice.

EVENING CLASS SERIES

April 8 Six week series begins –
Meditation & Buddhism
July 1 Four Weeks series begins –
Introduction to Buddhism

In the evening class series we cover a wide range of fundamental topics in meditation and Buddhisthadharma. Classes include discussion and an emphasis on how the traditional teachings apply to our lives today.

ORDER and MITRA EVENTS

Feb. 21-22 Order/Mitra weekend

ORDER DAYS

March 21
April 11
May 16

GOING for REFUGE - preparation for ordination

May 17 Women's GFR day
July 19 Women's GFR day
Sept. 5-13 Men's Retreat
Sept. 16-Oct. 2 Women's Retreat

WEEKENDS and LONG WEEKENDS

YOGA: OPEN HEART, QUIET MIND

March 12-15
May 7-10
July 10-12
Nov 12-15

These retreats welcome all levels of experience in a supportive and transformational environment. Connect to your authentic self through the practice of Kripalu yoga, the Metta Bhavana (development of loving-kindness) meditation and periods of social silence.

MEDITATION

April 25-26 Beginner's Mind
July 25-26 Beginner's Mind

Discover the freshness and power of the present moment through Buddhist meditation and core teachings. Open to all – a good first retreat.

August 19-23 Summer Stillness

Enter the quietness of heart and mind that brings us closer to our true nature: an intensive, silent meditation retreat. Prior meditation experience necessary.

DHARMA

Feb. 28-March 1 Viriya,

Meditation in Action – the necessary balance: In Buddhist practice, meditation is very important, but no less so is the cultivation of viriya, energy. In the course of the weekend we will give some consideration to this. Guest leader, Devamitra.

REST & RENEWAL

June 5-7
Dec. 4-6

A weekend to unwind, nourish and heal from the stresses of life, with bodywork, meditation, supportive communication and play.

CELEBRATIONS

March 20 - An Evening with Shakespeare
May 3 Wesak – Buddha's Enlightenment
May 23-24 – Work for the Dharma
July 7 - Dharma Day – Buddha's First Teachings
August 30 - Sangha Picnic for family and friends

SPECIAL THEMES

SEASON for NONVIOLENCE

March 24 – Talk, Buddhism and Nonviolence
March 27-29 – Basic Training,
Nonviolent Communication
March 31 – Nonviolence and Vegetarianism
April 4 Vegetarian Cooking workshop
April 5 Living the Precepts and Nonviolence
workshop

MEN'S DAYS

March 7
April 18
May 17
June 14
July 19
August 15

INTERNATIONAL URBAN RETREAT

June 20 Day Retreat
June 21 Practice Day
June 22-26 Daily practice gatherings
and internet teachings
June 27 Day Retreat

To register or for more information
contact Aryaloka at:

www.aryaloka.org

603-659-5456 / info@aryaloka.org

Aryaloka is located at

14 Heartwood Circle, Newmarket, NH 03857