



ARYALOKA
BUDDHIST CENTER

14 Heartwood Circle,
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or by contacting our office:

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ARYALOKA

BUDDHIST CENTER



events program

january - june 2014

aryaloka buddhist center newmarket, nh 603.659.5456 www.aryaloka.org



about aryaloka

Founded in 1985, Aryaloka is a spiritual community that provides pathways to the Buddha's teaching. We encourage spiritual growth through classes, retreats, practice sessions, and special events. We offer resources and means to learn, practice, and communicate the Buddhadharmā.

Aryaloka is part of the Triratna Buddhist Community and its guiding spiritual association, the Triratna Buddhist Order. All of the activities at Aryaloka are offered in accordance with Buddhist ethical principles and with the wish to benefit all beings. The founding teacher of the Triratna Buddhist Community and Order is Urygen Sangharakshita.

More information about Aryaloka, our events, and the Triratna Buddhist Community and Order is at www.aryaloka.org and thebuddhistcentre.org.

how our pricing works:

At Aryaloka we strive to make our programs available to everyone regardless of their financial circumstances. Our **three-tiered fee structure** allows you to pay according to your means.

The **Sustaining price** is for people comfortably paying their rent or mortgage, and who can afford the occasional meal out and movie. The Sustaining price level also helps Aryaloka offer lower prices to those who could otherwise not afford to attend. Any payment above this price is a tax-deductable donation.

The **Mid-Level price** is for those who have a regular income and are paying their mortgage or rent. Prices at this level contribute to the range of Aryaloka's operating costs.

The **Base price** is for those without an income or with an income low enough that making ends meet is a challenge.

Those whose circumstances are not included above can call the office to arrange alternate pricing.

introductory/advanced

More details online at www.aryaloka.org

Six-week Introduction to Meditation and Buddhism

In these popular classes we learn the fundamentals of Buddhist meditation as well as key teachings of the Buddha. Emphasis is on experiential learning and informal discussion, with opportunity to apply what we learn to daily living.

Spring Series January 8 - February 12

Time: Six consecutive Wednesday evenings 7-9 pm
Fees: \$90/75/60

Introduction to Meditation & Buddhism Workshops

On these workshops we learn and practice a traditional Buddhist meditation that can lead to greater calm, focus, and well-being. Workshops are also offered on basic Buddhist principles.

Jan. 26: Mindfulness of Breathing Meditation
Mar. 8: Metta Bhavana (Loving-Kindness) Meditation
Apr. 27: Mindfulness of Breathing Meditation
Jun. 14: Metta Bhavana (Loving-Kindness) Meditation

Time: All events 9 am -1 pm (*coffee, tea, and snacks provided*)
Fees: \$50/40/30

Exploring Insight: Advanced Meditation Course

On this six-week course we'll explore insight meditation through an experiential investigation of the three lakshanas, or "marks," of impermanence, non-self, and unsatisfactoriness.

Spring Series April 16 - May 21

Led by: Amala
Time: Six consecutive Wednesday evenings 7-9 pm
Fees: \$90/75/60

special events

For more details on special events, please visit the Aryaloka website at www.aryaloka.org

Jan. 1 Meditate for Peace Day
Feb. 22 Parinirvana Day
Apr. 5 Triratna Order & Community Day
Apr. 12-13 Spring Work Weekend
May 9 Buddha Day Celebration

Meditation Tune Up Series: Ideas and Inspiration to Help Your Meditation Practice Thrive

Do you ever wonder if there is more to meditation practice than you are experiencing? This series will help revitalize your practice.

Times: All events in series 9 am to 1 pm

Fees: All events in series \$50/40/30

Working with the Hindrances

February 9

Our distracted, wandering minds are not a product of modern existence, they are an aspect of human nature. The Buddha discussed this frequently and gave sound advice on how to deal with these hindrances. This workshop teaches the antidotes to the five traditional hindrances, through meditation practice and discussion.

Led by: Satyada

Moving Into the Dhyanas

April 26

The Dhyanas, concentrated states of mind characterized by calm, presence, and joy, are attainable by everyone. This workshop will explore these refined mental states and provide tools to help us experience them more readily during meditation.

Led by: Lilasiddhi

Introduction to Visualization Practice: The Stupa

June 15

Visualization meditation practices are common in Buddhism. This workshop will explore what visualization means, how visualization practice can benefit us, and introduce a traditional visualization from the Buddhist tradition: the Stupa Visualization.

Led by: Amala

Keeping It Real Series: Practicing the Dharma Off the Cushion

In this workshop series we will investigate how our everyday lives can express our Dharma practice.

Times: All events in series 9 am to 1 pm

Fees: All events in series \$50/40/30

Changing Oneself, Changing the World: Engaged Buddhism Panel & Discussion

January 25

The Keeping It Real series kicks off with a panel of several Aryaloka sangha members discussing their work in social and humanitarian fields. Each will share how their Dharma practice influences their work, and how their work inspires and informs Dharma practice.

Led by: Akashavanda

Dealing with Difficult Emotions

March 9

Emotions are a natural part of our human experience. They enrich our experiences, but they can also lead us to actions, words, and states of mind that can be the most difficult in our human experience. We'll look together about how to use our emotions as a resource, not a dangerous liability.

Led by: Vidhuma

What Would the Buddha Do at Work?

May 10

See website for more details.

Led by: Arjava

Ancient Wisdom Study Series

Join Aryaloka's senior Dharma teachers for study of suttas, sutras, and stories from throughout the Buddhist tradition.

Times: All events in series 9 am to 1 pm

Fees: All events in series \$50/40/30

Milarepa: The Song of a Yogi's Joy

January 12

Milarepa, a celebrated spiritual teacher, lived in the mountains of Tibet in the 12th century. His amazing songs of liberation offer guidance in overcoming mental obstacles and gaining insight. Join us for a morning of exploration of his fascinating life and an exploration of his teaching from the Song of a Yogi's Joy.

Led by: Dayalocana

Going Forth, from the Sutta Nipata

March 30

Before gaining Enlightenment and becoming the Buddha, Siddhartha was just like one of us, a seeker after truth and freedom. So what was he like in those days? How did he appear to others? And why did a king offer to share his kingdom with him - just on catching a glimpse of him in the marketplace? With the help of a text from the Sutta Nipata, Nagabodhi will guide us towards an imaginative meeting with Siddhartha, the archetypal 'spiritual seeker.'

Led by: Nagabodhi

The Heart Sutra

July 19

At the heart of the Buddha's teachings is an opening, a gateway to freedom and a radical way of seeing and living. One of the most direct and engaging expressions of this dimension of the teachings is the famous Heart Sutra, dating from around the first century B.C. In this mini retreat we will encounter the opportunity, the great opening that is the Heart Sutra, with recitation, discussion, contemplation, and reflection. Some prior experience with basic Buddhism will be helpful.

Led by: Amala

contemplative arts

Poetry Workshop:

February 8

Where Poems Come From

In this workshop we'll be looking at the poetry of our teacher, Sangharakshita, as well as the poems of others, and will explore the mystery of poetry using image, observation, memory, and silence in order to "record emotion in tranquility" and explore where poems come from. Lunch is included in this day.

Led by: Kavyadrishti

Time: 10 am to 3 pm

Fees: \$72/60/48

Aryaloka String Quartet

April 6

The Aryaloka String Quartet returns once again for a concert that you will not want to miss! The evening includes works by Haydn, Shostakovich and Brahms, and possibly Benjamin Britten.

Led by: Sravaniya, Beth Welty, Noralee Walker, Sandi-Jo Malmon

Time: 6:30 pm to 8:30 pm

Fees: Suggested Donation \$10



The System of Practice: A Comprehensive and Progressive Path for the Spiritual Life

Co-Led by Dharmasuri, Maitrimani, Sunada,
Vajramati, Sravaniya & Padmadharini

A retreat for members of the Portland, ME; Boston, MA; and NYC sanghas exploring the stages of the Triratna System of Practice - integration, positive emotion, spiritual death, spiritual rebirth, and receptivity - and considering how they relate to our own lives.

Fees: \$240/200/160

January 17-20

Nordic Nirvana

Co-Led by Arjava & Akashavanda

Pack your cross country skis or snowshoes to experience the awe of Aryaloka's winter stillness and beauty. Scheduled to fall on the full moon, this mini-weekend retreat will be a delicious mix of playing in the snow, meditation, periods of noble silence, and small group discussion.

Fees: \$155/125/100

February 15-16

Introduction to Noble Silence Weekend Retreat

March 13-16

Led by Bodhana

On this weekend retreat we will be exploring the practice of Noble Silence – stillness of body, speech, and mind – and learning how to bring stillness into our daily lives. If you are considering attending a longer, multi-day Noble Silence retreat, this event would be an excellent introduction.

Fees: \$240/200/160

After the First Bite: Mindful Eating Retreat

May 30-June 1

Co-Led by Megrette Fletcher & Amala

You can bring the power of mindfulness into your life by engaging in the practice of mindful eating. To transform your mind, health, and life, learn how to use three steps with food and the act of eating, using 2500-year-old wisdom from the Buddhist tradition.

Fees: \$225/185/145

Noble Silence Intensive Retreat

June 25-July 2

Co-Led by Bodhana, Karunasara & Lilasiddhi

The Noble Silence retreats allow serious meditation practitioners the opportunity for extended practice in supportive conditions. These retreats are conducted in silence to allow for greater depth of experience.

Fees: \$480/400/320

yoga retreats

Yoga & Buddhism Weekend Retreat

Led by Lily Sibley

June 5-8

Explore how the practices of Yoga and Buddhism can foster mindfulness, calmness, wisdom, kindness, and compassion. Although not required, some experience with yoga postures and Buddhist traditions will be helpful.

Fees: \$240/200/160



order / gfr / mitra events

For more details on these events, or to register online, please visit the Aryaloka website at www.aryaloka.org

Order/GFR/Mitra

Mar 1 Order/Mitra Day
Mar 1-2 Women's GFR Overnight
May 16-18 Living Compassion: Order/Mitra Retreat
- Led by Shantigarbha

Order Only

Order Days Jan 5, Apr 5, May 3, Jun 8
Order Weekend Retreat Jan 31 - Feb 2

practice opportunities

* Friday Practice Evenings begin February 7, 2014.
One evening a month will also include puja ceremony.

Tuesday Friends' Nights

Our weekly practice and study evening.
Time: Tuesdays, 6:45 - 9:15 pm
Fees: Suggested donation \$10/8/6

Men's Practice Days

Dates: Jan 26, Apr 19
Time: 9 am - 3 pm
Fees: Sliding scale: \$50/40/30

Drawing Group

Dates: Jan 5, Feb 2, Mar 23, Apr 27
Time: 9:30-11:30 am
Fees: Donations appreciated

Friday Practice Evenings

Weekly meditation evenings.
Time: Fridays, 7-8:15 pm *
Fees: Donations appreciated