

White Heron Sangha Sunday Program Schedule Summary Winter 2019-20

*Unless otherwise indicated, meetings are held Sunday evenings at 6:00pm at
White Heron Sangha Meditation Center, 6615 Bay Laurel Pl, Avila Beach CA 93424*

*On the first Sunday of each month we have an optional Refuge Ceremony beginning at 5:30.
On other Sundays you are invited to arrive any time after 5:30 for socializing.*

NOTE: Late changes may not be reflected here. Always consult the online events calendar for up-to-date information, additional details, and information about our other offerings such as classes and mid-week sittings.

December

1 SUN *(5:30 pm optional Refuge Ceremony)*
"The Yoga of Sleeping, Dreaming, & Dying" – talk by James Coleman

7 SAT "Nurturing Ourselves with Love and Kindness" -

8 SUN Weekend Retreat with Pawan Bareja

15 SUN "Zen Ritual: The Container Store" – talk by Corey McIntyre

22 SUN "The Four Wonders of the World" – talk by Venerable Mujin Sunim

29 SUN New Year's Ceremony

January

4 SAT "The Four Immeasurables" -

5 SUN Weekend Retreat with Karma Trinlay Rinpoche

12 SUN A Musical Celebration of the Winter Solstice with Shankara

19 SUN "Acting with Love – The Love Practices" – talk by Mike McGee

25 SAT Weekend retreat with Oren Sofer

26 SUN

February

2 SUN *(5:30 pm optional Refuge Ceremony)*
Talk by Laura Liss

9 SUN Talk by Lama Khaydroup

16 SUN Video teaching – Corey McIntyre

23 SUN "What the Present Moment Has Taught Me" – talk by Steele Bennet