

Naropa

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Community Practice Day: Tuesday, March 3rd
Naropa University, **Nalanda Campus**: 6287 Arapahoe, Ave. Boulder
Free Parking!

“Service as Practice and Practice as Service”

9:00-11:00 Community Sitting and Walking Meditation
Event Center

Panel Discussion Including:

Michael Franklin

11:00-12:30 Acharya Lama Tenpa Gyaltsen

Sensei Fleet Maull

Jessica Giles

With introductory remarks by President Tom Coburn

12:30-1:30

Naropa Café Lunch in Student Lounge

Tabling by service organizations will happen during this time. Please share!

1:30 Service Work Opportunities - **Sign up at Student Affairs**

On Campus: **Greenhouse Project** - Prepare Naropa’s Greenhouse for the Spring!

Off Campus: **Orchard Grove Trailer Park** - Clean up 5 acres of vital wildlife habitat

Growing Gardens - Soil prep, painting, greenhouse work, and more

Community Food Share: Sorting, restocking, and bagging food donations

Workshops

1:15-
1:30

9175

A preview of the Awaken the Dreamer Symposium
(full program on the 18th and 19th of March)
- with Larry Bangs and Kabir and Habiba

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1:30-2:45	9195	Aikido: Warrior of the Heart: Movement and dialogue in practice - with Bob Wing
1:30-4:15	9171	Sacred Labyrinth: Walk-in / Drop-in. Experience your spirituality while walking a labyrinth - with Jo Ann Mast.
1:30-2:45	9180	Maitri Bhavana practice for those who are ill. This will be a structured and guided session in the Buddhist practice of tonglen for specific beings suffering from sickness. – with Acharya Dale Asrael
3:00-4:15	9175	Laughter Yoga with Bret Parrish, Certified Instructor
1:30-2:45-4:00	Arapahoe Teahouse	Japanese Tea Ceremony – with Michael Ricci <i>Sign up at Student Affairs, limited to five people each session</i>
3:00-4:15	9180	Mindfulness Based Stress Reduction - with Fay Moore
3:00-4:15	9106	Listening Circle for LGBTQIA: - with Linda Hsieh

“The best way to find yourself is to lose yourself in the service of others.” Ghandi