

May 2008 NI Calendar

Friday, May 2

Pre-wedding dinner for Adrilia Valentin

All NI members welcome, by advance signup only.

6:30 p.m.

Portland ashram dining room

Saturday, May 3

Ashram Café

A chance to discuss issues of importance to people living in the ashram community. All residents welcome.

8:30-11:30 a.m.

Portland ashram dining room

Sunday, May 4

Queen of Great Bliss Puja

Monthly celebration, with Lama Wangdu Rinpoche in attendance. The puja is practiced only by initiates, but all are welcome.

6:00-8:00 p.m., Portland meditation hall

(donations welcome)

Monday, May 5

DaeJa Napier, “This Tender Life: The Path of Mothering”

NI hosts DaeJa Napier, an insight meditation teacher from the [Brahma Vihara Foundation](#) in Amherst, Massachusetts. In addition to her talk, she'll lead a discussion and guided meditation. Capacity crowd has already RSVP'd.

6:30 - 9:00 p.m., Portland living room

(no charge, donations encouraged—DaeJa supports herself solely through offerings)

Saturday, May 10 and Sunday, May 11

Alternatives for Health: A Self Care/Self Discovery Seminar

Led by NI members who are healthcare practitioners, this day and half seminar gives an integrated overview of acupuncture (Laura Santi), homeopathy (Andrew Bonner, N.D.), cranial osteopathy (Rebecca Bonner, M.D.), naturopathy (Laura Washington, N.D.), and chiropractic (Barry Shulak, D.O.). Moderated by Arlin Brown, M.D. Pre-registration is required.

9:00-5:00 Sat, 9:00-12:30 Sun

Movement Center yoga studio

\$120 (NI members \$90)

Monday, May 12 and Thursday, May 15

Workshop for the Naya Family Center

An annual event, these special workshops are offered at no charge for guests from the Naya Family Center. Led by Jesse Sweeney.

5:30-7:00 p.m.

Movement Center yoga studio

Wednesday, May 14

Anniversary of Swamiji's sannyas (1978)

Saturday, May 17

Seva Day

All members of the Portland NI community are invited to give back by working together to uplift the quality of our environment. Snacks and lunch provided. If you have never participated but would like to, please call the NI office, 503-231-0383.

8:00 a.m.-12:30 p.m.

Thursday, May 22-Monday, May 26

Hatha Yoga Teacher Training

The third (and final) 5-day training retreat for new yoga teachers taking our 200-hour Yoga Alliance certification course. Our all-volunteer yoga teaching staff has created an amazing event for a great group of trainees. Thanks especially to Gretchen Kreiger, Ruth Knight, Larua Washington, Laurie Saunders, Connie Dyer, Lindsey George, Jan LaRue, Sara Grigsby, and Susan Marshall.

6:45 am – 8:45 pm daily

Movement Center yoga studio and Portland ashram living room

Wednesday, May 28

Snatam Kaur: Live in Concert

Singer Snatam Kaur, with Guru Ganesh Singh and the Celebrate Peace Band, is performing a special fundraising concert for NI. You can preview Snatam's celebrated spiritual music on her website, www.snatamkaur.com. The evening will begin with an appearance by local kirtan singers Shantala (Heather & Benjy Wertheimer). Heather and Benjy played at the Institute last January and gave a truly beautiful performance.

7:00-10:00 p.m.

Portland meditation hall

Tickets \$20 in advance,\$25 at the door (no discount to NI members)

Saturday, May 31

NI World Café

A chance to discuss issues of importance to members of the NI community. All current members are welcome—advance signup will help us plan for the number of people who will participate.

10:00 a.m.-noon

Portland ashram, main floor