

# Space Awareness and Shambhala Arts Practice

*weekend programme with Steve Clorfeine  
in Barcelona*



We will work with a continuum of sitting meditation practice, awareness practice and improvisation practice, going back and forth with all of these, and exploring the conditions of perceiving and creative expression. The Space Awareness exercises taught by Trungpa Rinpoche form a bridge from mindfulness-awareness practice to self-expression. We will work in group and individual forms with feedback and discussions. The program will be taught in English, we'll have translation to Spanish. Please wear comfortable clothing and bring food to share. This programme is open to everybody who is interested.

**Steve Clorfeine.** A student of meditation for the past 40 years, mainly in the Tibetan Buddhist and Shambhala traditions. As a member of the Shambhala community and the formative Naropa University community, his practice included formal training in the Vajrayana path of Tibetan tradition, in the Shambhala teachings and practices associated with it, and in the traditional arts and contemplative arts practices, particularly contemplative movement, T'ai Chi, theatre and writing. [www.steveclorfeine.com](http://www.steveclorfeine.com)

**Dates: 3-4 September 2011**

03.09.2011 from 10:00h to 19:00h

04.09.2011 from 10:00h to 15:00h

**Place: Barcelona Shambhala Meditation Group**

Gran de Gràcia 77, pral. 1ª (Centre Cos) – 08012 Barcelona

[www.shambhala.cat](http://www.shambhala.cat)

**Price: 70 €** (60€, early registration by July 1)

**Coordinator:** Helena Pellisé

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