



## Urban Dharma's 5th Anniversary Celebration

### Living the Life Abundant

### A Mandala of Openheartedness, Generosity & Magnanimity

September 30 - October 8, 2016

#### Program Schedule

Day	Time	Event	Person(s)	Location
Fri Sep 30	6-8pm	Launch party with music, presentations, silent auction, door prizes, and refreshments.		Battery Park Apartments Rooftop Terrace, 1 Battle Sq. Asheville, NC 28801
Sat Oct 1	10am-5pm	Sand mandala construction begins and continues daily.	Khenpo Chopel Lama Sonam Dr. Hun Lye	Urban Dharma, 29 Page Ave. Asheville, NC 28801
	3-4:30pm	Vasudhārā practice.	Khenpo Chopel Lama Sonam Dr. Hun Lye	Urban Dharma
Sun Oct 2	10am-5pm	Sand mandala construction continues.	Khenpo Chopel Lama Sonam Dr. Hun Lye	Urban Dharma
	5:30-6:30pm	Ikebana flower arrangement presentation: peace and harmony	Emiko Suzuki	Urban Dharma
Mon Oct 3	10am-5pm	Sand mandala construction continues.	Khenpo Chopel Lama Sonam Dr. Hun Lye	Urban Dharma
	7-8:30pm	Special program by Mountain Mindfulness Sangha		Urban Dharma
Tue Oct 4	10am-5pm	Sand mandala construction continues.	Khenpo Chopel Lama Sonam Dr. Hun Lye	Urban Dharma
	5:30-6:30pm	Uncovering the Myth Within: Mysticism, Spirituality, and Desire.	Rich Fabio	Urban Dharma
Wed Oct 5	10am-5pm	Sand mandala construction continues.	Khenpo Chopel Lama Sonam Dr. Hun Lye	Urban Dharma
	7-8:30pm	The Mandala in Buddhist Art and Meditation.	Dr. Hun Lye	Urban Dharma
Thu Oct 6	10am-5pm	Sand mandala construction continues.	Khenpo Chopel Lama Sonam Dr. Hun Lye	Urban Dharma
	4-5:30pm	Calming the Mind and Settling the Heart: A Guided Meditation.	Lama Sonam	Urban Dharma

	7-9pm	Interfaith Forum: Spiritual Food from Various Faith Traditions.	Dr. Vicki Garlock Rabbi Goldstein Reda Ali Steve Hargadon Dr. Hun Lye and others	Urban Dharma
Fri Oct 7	10am-5pm	Sand mandala completed, available for public viewing.		Urban Dharma
	7-9pm	Vasudhārā empowerment.	Khenpo Chophel	Urban Dharma
Sat Oct 8	10am-noon	Vasudhārā outer and inner practice.	Khenpo Chophel Lama Sonam Dr. Hun Lye	Urban Dharma
	2-4pm	Vasudhārā secret and essence practice.	Khenpo Chophel Lama Sonam Dr. Hun Lye	Urban Dharma
	4-5pm	Sand mandala dissolved.	Khenpo Chophel Lama Sonam Dr. Hun Lye	Urban Dharma