

SHAMBHALA



*"Our life is an endless journey...
The practice of meditation provides a vehicle to travel the road." — Chögyam Trungpa Rinpoche*

*"Thanks to the teaching of Chögyam Trungpa Rinpoche, ordinary people like you and me
can do something extraordinary: we can learn to benefit all beings, including ourselves." — Pema Chödrön*

The Art of Being Human Shambhala Training Level I

Meditation is a natural state of the human mind — at rest, open, alert.
This workshop introduces mindfulness-awareness meditation in a secular context. Meditation instruction, talks, practice and discussion.

Friday, April 6 • 7pm — FREE Introductory Talk
Saturday, April 7 • 8:30am-6pm & Sunday, April 8 • 8:30am-2pm
 Suggested Donation \$100 — Continental Breakfast Provided

Open Sky Shambhala Meditation Center

100 West Q Street, Springfield

To register, or for more information phone 822-8454 (evenings)
www.shambhala.org/centers/opensky or email openskyoregon@earthlink.net

Unable to attend? Come visit us any Tuesday evening 7-9pm • FREE Meditation instruction-Discussion

Shambhala, Shambhala Meditation Center, and Shambhala Center are registered service marks of Shambhala International. Shambhala Training is a registered trademark of Shambhala/Nalanda Foundation.

HIGH PRIESTESS

piercing & tattoo

ARE PROUD TO PRESENT

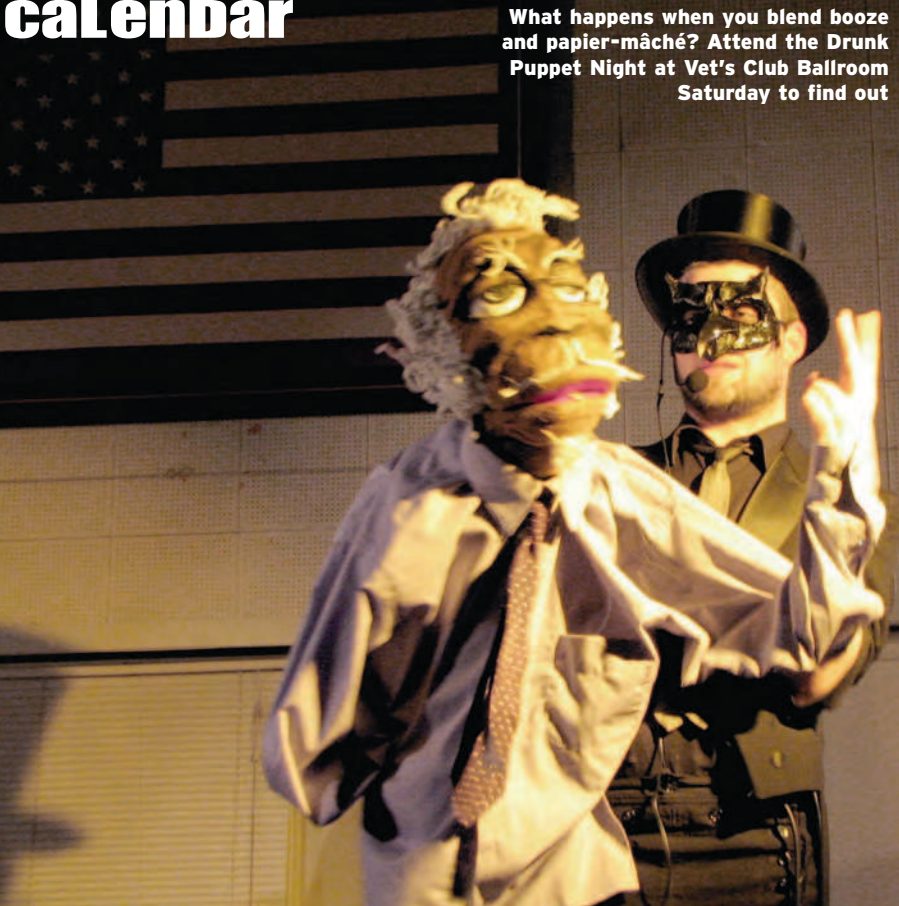


GAVI

CORVALLIS
2475 NW MONROE
541.738.7711
SEE PORTFOLIOS @ HIGHPRIESTESSTATTOO.COM

calendar

What happens when you blend booze and papier-mâché? Attend the Drunk Puppet Night at Vet's Club Ballroom Saturday to find out



You're a Good Man, Charlie Brown, 8pm today, tomorrow and April 12-14, 19-21; 2:30pm April 8 & 15, Albany Civic Theater, 111 First Ave. \$12, \$9 sr., under age 18.

SATURDAY, APRIL 7 A reception for "Art About Agriculture" exhibit, 6:30pm, MU, OSU. FREE.

TUESDAY, APRIL 10 Living w/Memory Loss support group organizational meeting and Memory Loss support group meeting, 1:30pm, Corvallis Senior Center. 745-5104. FREE.

WEDNESDAY, APRIL 11 A reception & lecture for "Overview," mezzotints by Art Werger, 6pm, MU, OSU. FREE.

Native American Philosophy lecture series: Kurt Peters, OSU professor in ethnic studies, 6:30pm, Giffillan Auditorium, OSU. FREE.

ON THE road

THURSDAY, APRIL 5 An opening for "The Portland Grid Project," photography exhibit; "iWITNESS," photographs by Tom Stoddart; "3 Interiors, 2007," installation by Bryan Eubanks, 6pm, Portland Art Center. www.portlandart.org FREE.

An opening for Kitchen Sink

PDX's "Step Into My Office" art event, 7pm, 520 NW Davis St. www.kitchensinkpdx.com \$2-\$5.

FRIDAY, APRIL 6 Minh Tran & Co. presents "Forgotten Memories," 7:30pm today; 7:30pm & 9pm tomorrow, Wonder Ballroom, PDX. \$20-\$22.

John Vanderslice, St. Vincent, 9pm, Doug Fir, PDX. 21+. \$10 adv., \$12 dos.

Irish Céili Dance, 7pm, VFW. Hall, 630 Hood St., Salem. \$10, \$7 stu., sr.

Bluesdusters, 9pm today & tomorrow, The Landmark, Yachats. FREE.

SATURDAY, APRIL 7 "Warren H. Williams: An Architect to Envy," 10am, Architectural Heritage Center, 701 SE Grand Ave., PDX. www.visitahc.org \$18.

Intervision, 8pm, Aladdin Theater, PDX. \$10 adv., \$12 dos.

Newport Symphony Orchestra, 7:30pm, Newport Performing Arts Center. 265-ARTS. \$10-\$32.

SUNDAY, APRIL 8 Stevie B, 8pm, The Landmark, Yachats. FREE.

MONDAY, APRIL 9 Poet Charles Simic speaks, 7:30pm, First Congregational Church, PDX. www.literary-arts.org \$18.

TUESDAY, APRIL 10 *The Light in the Piazza*, 7:30pm today, tomorrow & April 12-13; 2pm & 7:30pm April 14; 1pm & 6:30pm April 15, Keller Auditorium, PDX. 503-790-ARTS. \$23-\$70.

THURSDAY, APRIL 12 Jonathan Lethem speaks, 7:30pm, Arlene Schnitzer Concert Hall, PDX. www.literary-arts.org \$26.

Oregon Book Awards authors tour, 7pm, Newport Public Library, 35 NW Nye St. FREE.

Desire Under The Elms, 7:30pm today, tomorrow & April 14, 18-21, 25-28; 2pm April 15, 22 & 29, Cascades Theatrical Company, 148 NW Greenwood Ave., Bend. 389-0803. \$10-\$20.

attn: OPPORTUNITIES

S.A.R.A.'s Treasures is offering a "Spring Basket" gift (worth over \$40) with an adult cat adoption at its 871 River Rd. facility. 607-8892.

High Cascade Forest Volunteers seek help monitoring & maintaining wilderness areas of the Cascades. Volunteers must attend the training weekend May 18-20 in Oakridge. www.fs.fed.us/r6/willamette/admin/volunteer/index.html or jamitchell@fs.fed.us or 225-6319.

Volunteers needed for Heceta Head Lightstation Interpretive Center. Volunteering just 35 hours a year gets you a free night's stay in the bed & breakfast. Keepers@hecetalighthouse.com or 866-547-3696.

OREGON WINE WAREHOUSE

943 Olive • 342-8598

INDIE WINERY ROAD SHOW

April 6 & 7 **FRI: 5-8p SAT: 3-6pm**
 Wine Bar Open Til 8

Oregon's best, smallest wineries uncorked!

Meet the winemakers and taste great wines from Oregon's most exciting new producers, including many wines never before poured in Eugene! Sample local gourmet foods. Live music 6-8p.

TICKETS: \$20/day. Different featured wineries each day. Also, Marche, Hideaway Bakery, Alsea Acre Cheeses, and more!

FEATURED WINERIES

- Le Cadeau
- Boedecker Cellars
- Amalie Robert
- Racine Wine Co
- Coelho Winery
- Laura Volkman
- Monk's Gate
- Patton Valley
- J. Christopher
- Twelve Wines