

Community Sadhana Practices

The term *sadhana* may be translated as "a means for accomplishing something." Language is powerful. Hearing, seeing and reciting the sadhana is a practice to help us remember and nourish our inherent qualities of wisdom and compassion.

Everyone is welcome to join in these community practices. For more information, please contact us at denver.shambhala.info@gmail.com, SUBJECT: Shambhala Sadhana

Shambhala Sadhana: Discovering the Sun of Basic Goodness is a confident, resounding proclamation of the view at the heart of the Shambhala teachings: All beings - you, me, and our society - are basically good. The practice includes meditation, chanting and visualization. The liturgy and instructions are provided during the session.



2026 Schedule – 1st Sunday

IN PERSON unless noted

January 4

March 1

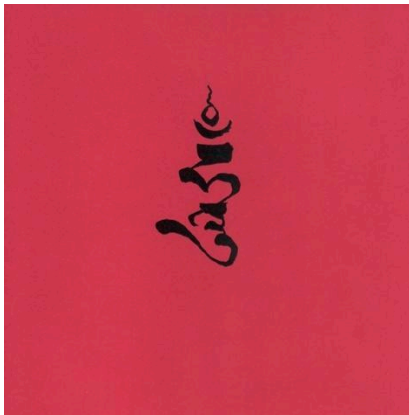
May 3

July 5

September 6

November 1

Sadhana of Mahamudra invokes the wrathful manifestation of Padmasambhava, called Dorje Trolö. The practice combines the power of the Kagyü and Nyingma lineages of Tibetan Buddhism to help us dispel obstacles in our practice, life, and world. The practice includes meditation, chanting and visualization. The liturgy and practice instructions are provided during the session.



2026 Schedule – 1st Sunday

IN PERSON unless noted

February 1

April 5

June 7

August 2

October 4

December 6