



SHAMBHALA
VIENNA

The Theater of Space

Taught by **Lee Worley**

Starting 7th of April 19.00, Saturday 8th through 13th of April whole day.

At: Vienna Shambhalacenter, Stiftgasse 15–17

Not only is the fifth element, “space” the element we swim in, it is our life support. When understood it can become our strength. Scientists suggest that space is practically all there really is. Buddhist meditators go even farther, saying that space is really all there is.

How can we understand space if we’re reluctant to play with it? Taking a fearless approach to our own imaginations and utilizing powerful tools meditation master Chögyam Trungpa brought us when he came from Tibet to the West, we will journey on adventures in performing from the ground of expanded awareness.

Mudra Space Awareness and the Five Energy Families of Vajrayana Buddhism derive from mindfulness meditation as it becomes meditation in action. Creating characters and scenes will enable us to explore how these profound teachings can bring wisdom and clarity for playing and impacting our world.

The theater of space is designed for people of all professions and ages. Only by learning how to play together will we realize the interconnectedness of our Being.



Program taught in English. Translation on request.

Lee Worley was Chair of Theatre Studies Programme at Naropa University from its beginning in the 1970’s. Here, under the direct guidance of the founder, Chögyam Trungpa, she studied the Mudra Space Awareness Practices and developed the Theater program through its infancy as well as collaborating on the creation of the InterArts Studies and Contemplative Education programs She is currently Professor of Performance and Contemplative Education at Naropa University.

Fee: € 350.– for the whole program including lunch.

Early bird: payment till 10th of March: € 300.– to

Shambhala Meditationszentrum, Erste Bank

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If you need financial support please contact Mudrafond
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