



Seniors Information Center - Provider Information Sheet

Provider Name:

**St. Margaret's Bay  
Shambhala Centre**

Address:

**13495 Peggy's Cove Rd.**

City/Town:

**Upper Tantallon**

Bus. Phone:

**902-857-9523**

Email:

**smbssc@chebucto.ns.ca**

Contact Name:

**Theresa Milligan**

Postal Code:

**B3Z 2J4**

Fax:

Website:

[www.bay.shambhala.org/](http://www.bay.shambhala.org/)

Description of Services:

**St. Margaret's Bay Shambhala Centre is one of many centres and meditation groups throughout the world inspired by the teachings of late Chögyam Trungpa Rinpoche (1940-1987), and currently under the direction of his son Sakyong Mipham Rinpoche.**

Provider's Remarks:

**The centre provides a unique open space for learning and practicing sitting meditation, and is host to numerous community events and classes.**

Optional Information:

Insured: **No**

Licensed: **No**

Bonded: **No**

BBB: **No**

Srs. Discount: **No**

Free Estimate: **No**

Home Based: **Yes**

Local: **No**

Knowledge Based: **No**

*Disclaimer: The above information was submitted by the service provider or generally available to the public. Their services are not endorsed or recommended by Seniors Association of St. Margaret's Bay over other providers.*

*Please contact the service provider to verify information, check references, etc.*