



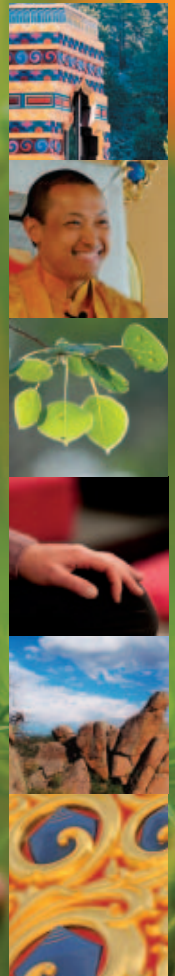
SHAMBHALA

MOUNTAIN CENTER

Shambhala
Wisdom Traditions
Body Awareness
Contemplative Arts
Mindful Living
Personal Transformation

SUMMER PROGRAMS

2013







Welcome

Shambhala Mountain Center offers the vastness, stillness and gentle support that allows you to unwind, unplug, relax, and reconnect to what is of true value in your life. Just under two hours northwest of Denver, our eight miles of trails invite you into the heart of our 600 acres of forest and rolling hills. A sanctuary and training ground for body, mind and spirit, our wilderness setting provides an ideal environment for meditation, yoga, retreats, and conferences. We invite you to nourish your spirit and join us for one of our programs, schedule some time to Getaway, and visit the Great Stupa.

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CALENDAR OF PROGRAMS

MAY

- Kabbalah Journey for Women: Communing with the Radical Feminine Presence**
Tirzah Firestone | May 3 – 5 8
- Shambhala Training Level 1: The Art of Being Human**
Walter Taylor | May 3 – 5 8
- The Four Dignities Meditation Retreat**
Shastri Chuck Whetsell | May 3 – 5 29
- Retreat and Renewal**
May 3 – 5 7
- Open House**
May 5 7
- Huichol Wisdom: Celebrate the Opening of Spring**
Brant Secunda | May 10 – 12 9
- Befriending Small Deaths – Big Deaths**
Dominie Cappadonna | May 10 – 12 9
- Touching the Moment: Indelible Presence**
Acharya Dale Asrael & Cynthia Moku | May 15 – 19 10
- Dwelling In the Sacred:
Spaces as Vessels of Awakening**
Anthony Lawlor | May 17 – 19 10
- The Karma of Money, Fame and Sex
Denver Program**
David Loy | May 18 11
- Taming the Wild Horse:
Riding the Energy of Emotions**
Acharya Dale Asrael | May 23 – 27 11
- Advanced Tibetan Cranial Apprentice Program**
Shar Lee | May 23 – 28 12
- The Karma of Money, Fame and Sex**
David Loy | May 24 – 26 12
- Principle-Based Partner Yoga™: Teacher Training**
Elysabeth Williamson | May 29 – Jun 3 13
- Awakening the Luminous Mind**
Tenzin Wangyal Rinpoche | May 31 – Jun 2 13

JUNE

- Open House**
Jun 2 7
- Three Pillars Leadership Training**
Sakyong Mipham Rinpoche | Jun 5 – 10 30
- Finding Your Voice: A Mindful Writing Retreat**
Maria Espinosa | Jun 7 – 9 14
- Shastri Training**
Acharya Adam Lobel
& Acharya Judith Simmer Brown | Jun 9 – 13 30
- Scorpion Seal Assembly III, IV, V Garchen**
Sakyong Mipham Rinpoche, Acharya Judith Simmer Brown (SSAIII), Acharya Adam Lobel (SSA IV), & Acharya John Rockwell (SSAV) | Jun 12 – 23 31
- Teachings and Practices from Mindfulness-Based Stress Reduction (MBSR)**
Shastri Janet Solyntjes | Jun 27 – 30 14
- Lila Yoga Retreat: Accessing the Brilliance Within**
Erica Kaufman | Jun 28 – 30 15

JUNE (CON'T)

- Waking up to the Wild: Hiking as Meditation**
Kay Peterson | Jun 28 – 30 15
- Retreat and Renewal**
Jun 28 – 30 7
- Kyudo Retreat**
Kanjuro Shibata XX, Sensei | Jun 30 – Jul 7 16
- Wise Mind, Open Mind: Finding Purpose and Meaning in Uncertain Times**
Ronald Alexander | Jul 5 – 7 16
- Shambhala Training Level 1:
The Art of Being Human**
Jonathan Barbieri | Jul 5 – 7 17
- Enlightened Society Assembly**
Ashe Acharya John Rockwell | Jul 6 – 21 31
- Open House**
Jul 7 7
- Rhythm of Your Soul: A Healing Drum Retreat**
Christine Stevens | Jul 12 – 14 17
- One Inspired Rhythm: Saturday Night Drum Circle**
Jul 13 17
- Traditional Chinese Qigong: Levels I-V**
Eva Wong (Levels IV-V) &
Acharya Dale Asrael (Levels I-III) | Jul 12 – 20 18
- Bridges to Heaven: A Grief Healing Retreat**
Sue Frederick | Jul 12 – 14 19
- Living the Full Catastrophe:
A Day of Mindfulness-Based Stress Reduction
Denver Program**
Shastri Janet Solyntjes | Jul 13 19
- Family Camp**
Steve Sachs, Rachel Steele,
& Amanda Betzen | Jul 14 – 20 20
- Golden Key**
Valerie Lorig | Jul 22 – 26 32
- Meditation and Yoga Retreat for Women**
Katharine Kaufman | Jul 24 – 28 20
- Summer Dathun**
Jul 24 – Aug 21 21
- Warrior Assembly**
Acharya Gaylon Ferguson
& Shastri Janet Solyntjes | Jul 26 – Aug 6 32
- The Way of the Happy Woman®:
Heeding the Sultry and Sensual Call of Summer
Boulder Program**
Sara Avant Stover | Jul 27 21

AUGUST

- Outer War, Inner Peace: A Mindfulness Retreat for Veterans and their Families**
Paul KendeI, Margot Neuman, Gary Allen, Bayard Cobb,
& Medicine Horse Program | Aug 1 – 4 22
- Waking up to the Wild: Mindful Hiking**
Kay Peterson | Aug 1 – 4 23

AUGUST (CON'T)

Open House Aug 4	7
Qigong Practice and Study Retreat Eva Wong & Acharya Dale Asrael Aug 13 – 18	23
7th Annual Courageous Women, Fearless Living: A Retreat for Women Touched by Cancer Acharya Emeritus Judith Lief, Victoria Maizes, MD & Linda Sparrowe Aug 20 – 25	24
May I Be Happy: Talk and Book Signing Boulder Program Cyndi Lee Aug 29	25
Retreat and Renewal Aug 30 – Sep 1	7
May I Be Happy: A Yoga and Meditation Workshop for Women Cyndi Lee Aug 30 – Sep 2	25
Running with the Mind of Meditation Jon Pratt, Marty Kibiloski & Tarah Cech Aug 30 – Sep 2	26

SEPTEMBER

Open House Sep 1	7
Awareness Through Moving and Stillness: Feldenkrais and Meditation Kim Hansen & Katharine Kaufman Sep 6 – 8	26
Shambhala Training Level 1: The Art of Being Human Sep 6 – 8	27
Loving Your Way to Enlightenment: Ancient Wisdom for the Modern Couple Keith Kachtick & Camilla Figueroa Sep 13 – 15	27
Nonviolent Communication as a Spiritual Path Paul Shippee Sep 13 – 15	28
Resounding of the Profound Treasury of the Ocean of Dharma Acharya Emeritus Judith Lief Sep 13 – 14	28
Advanced Tibetan Cranial Apprentice Program Shar Lee Sep 19 – 24	29
Retreat and Renewal Sep 20 – 22	7

Extend Your Stay

We invite participants for all of our programs to extend their stay, before or after their scheduled program, to make the most of their transitional time in our magical setting. Receive a 25% discount on lodging costs.

Getaway

You are welcome to create your own personal retreat anytime throughout the year, though structured activities are not offered. Some blackout dates apply. Visit our website to schedule available dates.

Shambhala Mountain Center in the City

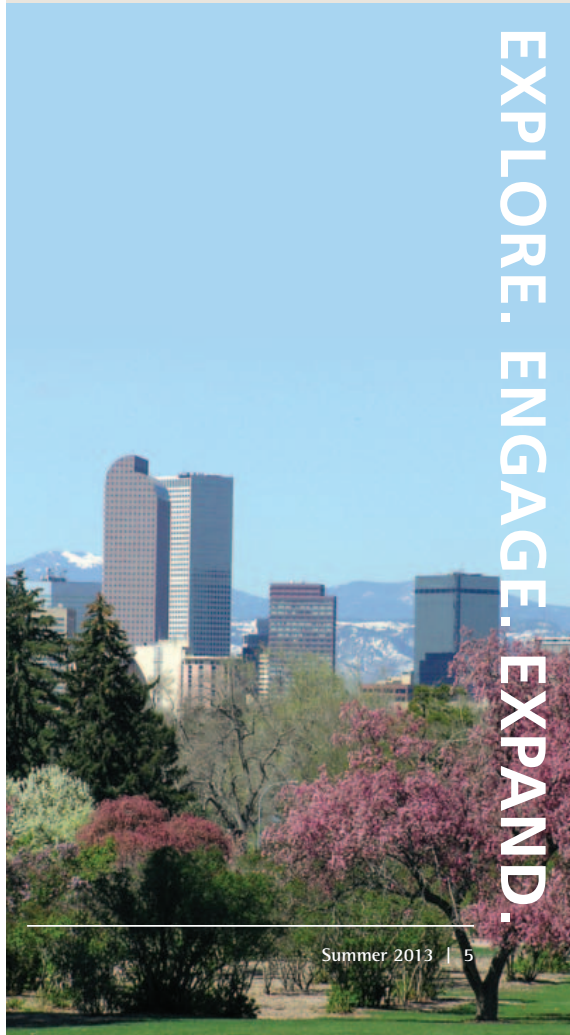
Boulder and Denver Programs

The Karma of Money, Fame and Sex Denver Program David Loy May 18	11
Living the Full Catastrophe: A Day of Mindfulness-Based Stress Reduction Denver Program Shastri Janet Solyntjes Jul 13	19
The Way of the Happy Woman®: Heeding the Sultry and Sensual Call of Summer Boulder Program Sara Avant Stover Jul 27	21
May I Be Happy: Talk and Book Signing Boulder Program Cyndi Lee Aug 29	25

“I so wish I lived closer.”

— SMC blog comment

EXPLORE. ENGAGE. EXPAND.



**“A striking example
of how the sacred
landscape is changing.”**

— *New York Times*

Visit the Great Stupa

When one enters a sacred space – a great cathedral, a redwood forest, a celebrated concert hall or museum – something speaks to the heart. A sense of tranquility and timelessness takes over, and we experience a felt sense of peace. The Great Stupa of Dharmakaya is such a place.

One of the most significant examples of sacred architecture in the world, the Great Stupa of Dharmakaya is the heart of Shambhala Mountain Center. Standing 108 feet tall and built at an elevation of 8,000 feet, the stupa is both a unique architectural marvel and a site for quiet contemplation. Open to people of all faiths and beliefs, it is said that anyone who approaches a stupa with a pure heart and the intention to benefit others will receive its blessings. We invite you to join the thousands of visitors from around the world who have discovered this unique monument to peace, tolerance, and compassion.

The Great Stupa is open daily from 10 am to 6 pm. The Stupa Visitor Center offers a 25-minute video. Stupa tours are offered many weekends and the first Sunday of every month as part of our Open House series. Please see the website for more information. Group tours can be arranged by calling (888) 788-7221.



THE GREAT STUPA



LEARN TO MEDITATE

“It seems we all agree that training the body through exercise, diet, and relaxation is a good idea, but why don’t we think about training our mind?”

— From *Turning the Mind into an Ally* by Sakyong Mipham Rinpoche

Shambhala

Shambhala Mountain Center regularly offers programs for people who are new to meditation. The programs on this page are all appropriate for beginners, and include meditation instruction.

Shambhala teachings recognize that human wisdom and basic goodness do not belong to any one religion or doctrine. Shambhala welcomes people of all religious traditions, as well as those who do not follow a particular spiritual path.

Shambhala Training

The Shambhala Training Heart of Warriorship program (Levels I-V) introduces teachings that cultivate genuineness, confidence, humor, and dignity in daily life. Each program includes meditation instruction and practice, talks on Shambhala teachings, group discussions, and individual meetings with a teacher.

Level I: The Art of Being Human

Walter Taylor | May 3 – 5

\$135 + 2 nights

Jonathan Barbieri | Jul 5 – 7

\$135 + 2 nights

Sep 6 – 8

\$135 + 2 nights

No prerequisite.

9

17

27

Retreat and Renewal Programs

Discover relaxation and wakefulness in our pristine mountain environment just a short drive up the Front Range. Our Retreat & Renewal programs offer contemplative approaches for working with the fullness of daily modern life, bringing insight and inspiration to career, family, health, relationships, and personal endeavors of all kinds.

Join us for a spacious retreat that allows time to walk the land, visit the Stupa, or to follow the spontaneous callings of your spirit. Meet other participants over tasty meals (vegetarian options provided.) Join in part of all of the scheduled activities: meditation (with instruction), yoga, hiking, tour of the Great Stupa, massage, films, evening talks and discussion.

No tuition; per night lodging only.

May 3 – 5, Friday – Sunday (2 nights)

Jun 28 – 30, Friday – Sunday (2 nights)

Aug 30 – Sep 1, Friday – Sunday (2 nights)

Sep 20 – 22, Friday – Sunday (2 nights)

Open House

Please join us the first Sunday of the month for our Open House series. Bring a friend and come spend the day at our contemplative retreat center in the wild and beautiful Rocky Mountains. Receive meditation instruction, hear a dharma talk, and take a tour of the Great Stupa of Dharmakaya, as well as simply relax on this serene and powerful land.

Please feel free to join us for any or all activities. Bring a picnic or join us for a delicious lunch prepared by our talented kitchen staff. There is no cost for the program, although we do ask for a \$10 donation if you join us for lunch.

Please see the website for a list of Open House speakers and topics, and to register.

May 5 | Jun 2 | Jul 7 | Aug 4 | Sep 1

EXPLORE. ENGAGE. EXPAND.

May 3 – 5

SHAMBHALA

Shambhala Training Level 1: The Art of Being Human

Walter Taylor

Meditation sharpens our intelligence and uncovers our wisdom. In this workshop, we receive practical instructions for transforming confused emotions and situations into effective actions as they arise. No longer deterred or depressed by obstacles, we can include everything as part of the path. Daily life challenges can become opportunities for both contemplative practice and social action. Through the practice of meditation, we glimpse unconditional goodness as the ground of our existence. Opening to ourselves with gentleness and appreciation, we begin to see our potential as genuine and compassionate human beings. This workshop is recommended for new and experienced meditators, as well as for those looking to enrich their existing spiritual path. You will receive a copy of *Shambhala: The Sacred Path of the Warrior* by Chögyam Trungpa Rinpoche.

Tuition \$135 + 2 nights

Walter Taylor came to Boulder, Colorado in 1967 to teach mathematics at CU. In the late seventies, he met various students of Chögyam Trungpa Rinpoche, and soon after began to actively participate in the Shambhala Training weekends. He has taught Shambhala Training since the 1990s. Walter recently retired from the University of Colorado and pursues an interest in landscape painting.



May 3 – 5

WISDOM TRADITIONS

Kabbalah Journey for Women: Communing with the Radical Feminine Presence

Tirzah Firestone

Come back into the living presence of the Divine Feminine, known as Shechinah. In this mystic circle we will nourish our bodies with movement and healing rest, open our minds with holy texts from Zohar (the central opus of Kabbalah), and bathe our hearts in nature and sacred ritual. Guided by ancient practices reserved for centuries for men alone, we will open to the life-changing wisdom and guidance of She who dwells within. All are welcome; Hebrew not required.

Tuition \$175 + 2 nights

Tirzah Firestone is a rabbi, Jungian therapist, and author of *The Receiving: Reclaiming Jewish Women's Wisdom* (hailed as the non-fiction companion to *The Red Tent*); *With Roots in Heaven*, and *The Woman's Kabbalah: Ecstatic Practices for Women*. Ordained by R. Zalman Schachter-Shalomi in 1992, Tirzah is widely known for her groundbreaking work on the confluence of Kabbalah and psychology and the re-integration of the feminine wisdom tradition within Judaism. She lectures and teaches throughout the United States.



SUMMER PROGRAMS

May 10 – 12

WISDOM TRADITIONS

**Huichol Wisdom:
Celebrate the Opening of Spring**

Brant Secunda

Fill your lungs with fresh mountain air and open your body, heart, and spirit to the revitalizing energy of spring. Award-winning author and internationally acclaimed shaman, Brant Secunda, offers insight into the ancient teachings of the Huichol Indians, who have maintained a strong relationship with the earth for thousands of years. This time of transformation invites us to actively take part in our lives and to gain deeper inner balance through a more rooted connection with nature. Using ceremony, dance, and pilgrimage, Brant will offer specific techniques to infuse our daily lives with exhilarating and healing wisdom.

Tuition \$195 + 2 nights

Brant Secunda is a shaman and healer in the Huichol tradition of Mexico. He completed a 12-year apprenticeship and was designated by Don José Matsuwa to help carry on ancient Huichol teachings. Since 1979, Brant has served as Director of the Dance of the Deer Foundation, and leads seminars, retreats and workshops around the world.



May 10 – 12

PERSONAL TRANSFORMATION

**Befriending Small Deaths –
Big Deaths**

Dominie Cappadonna

Approaching death with curiosity, courage and spiritual skills allows for fearlessness in facing the unknown. The small deaths of broken-heartedness, sickness, aging, loss of work and more, offer us practice moments that apply to the big death at the end of life. Relating in a profound way with our small deaths, we build resilience and positive qualities to strengthen our encounter with dying moments as they arise. We meet inside the Great Stupa and burial grounds for gentle experiential processes and meditations that draw upon universal principles, as well as Shamanic and Buddhist teachings. For individuals and those who work in the death and dying field.

Tuition \$160 + 2 nights

Dominie Cappadonna, PhD, CT, is a transpersonal psychotherapist, mentor, death awareness educator and contemplative chaplain. Dominie’s work, *Radiant Living – Luminous Dying: Guiding Midlife – Elder Passages and Beyond*, facilitates life and death transitions. As a Buddhist practitioner, she co-guides seminars such as *One Year to Live*, *Conversations on Death*, and *Community Care Circles for Natural Transitions*.



**“SMC is a very comforting environment,
relaxing, a place for spiritual non-judgment
and for growth experiences to arise.”**

— Learn to Meditate participant

EXPLORE. ENGAGE. EXPAND.

May 15 – 19

WISDOM TRADITIONS

Touching the Moment: Indelible Presence

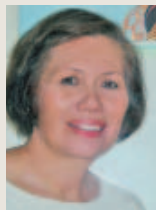
Acharya Dale Asrael & Cynthia Moku

Uniquely blending meditation, contemplative arts, sensory awareness practices and Hatha Yoga, we will practice in a rich environment to shed habitual patterns and rediscover the world with fresh perception. As we investigate the four elements of our inner and outer worlds, we will open ourselves to the fullness of life. Using meditation practices, periods of silence, dharma talks, discussion and daily contemplative brush-and-ink practice led by artist Cynthia Moku, we will touch the indelible presence of our everyday moments.

Tuition \$185 + 4 nights

Acharya Dale Asrael is an associate professor at Naropa University in the Transpersonal Counseling Psychology, Buddhist Studies and Contemplative Education departments. She is the Dean of Meditation Instructors for Shambhala International. Dale has led meditation retreats internationally since 1980.

Cynthia Moku is an accomplished artist in Japanese brushwork and Buddhist Scroll painting. A student of Kyabje Kalu Rinpoche, she continues her meditation training with Sakyong Mipham Rinpoche. Cynthia is the founder of Naropa University's Visual Art Degree Program.



May 17 – 19

MINDFUL LIVING

Dwelling In the Sacred: Spaces as Vessels of Awakening

Anthony Lawlor

This retreat invites us to experience our home, workplace and community as sacred places that can serve as allies on our life journey. Exercises held in the Great Stupa of Dharmakaya will allow us to feel the archetypal elements of holy sites and to learn ways of finding peace, healing and inspiration within the buildings we inhabit each day. Through a variety of practices we will sense the connections between the buildings sheltering us and our patterns of thought, speech and action. We will learn ways of arranging furnishings, selecting colors, and choosing materials to increase inner and outer harmony, health, and happiness, and to engage our living spaces as vessels for spiritual awakening.

Tuition \$195 + 2 nights

Anthony Lawlor is an architect and the author of *A Home for the Soul*, *The Temple in the House*, *24 Patterns of Wisdom*, and a film, *The Living Temple*. He has received awards from the American Institute of Architects and Interior Design Magazine, and has been featured on *The Oprah Winfrey Show*, National Public Radio, and other media outlets.



“I loved all of it—
everything was exactly
what I needed”

— R&R participant

May 18

PERSONAL TRANSFORMATION

The Karma of Money, Fame and Sex

Denver Program

David Loy

The illusion that I am inside and the rest of the world is outside means that my sense of self is haunted by a sense of lack: the feeling that “something is wrong with me.” This can help us to understand our obsessions with money, fame, and sexuality: why we never seem to have enough. Join us for an evening talk with David Loy as he explores the karma of money, fame and sex.

Tuition \$20

The talk will be held at the Denver Shambhala Center, 2305 S. Syracuse Way, Denver, beginning at 7pm.

See David Loy’s bio on page 12.

May 23 – 27

WISDOM TRADITIONS

Taming the Wild Horse:

Riding the Energy of Emotions

Acharya Dale Asrael & Cynthia Moku

Intense emotions such as anger, jealousy and fear can either trap us in struggles or open us to the direct experience of awakening. This retreat presents techniques to expose core belief structures that perpetuate emotional confusion, meditation practices that foster clarity and insight, and daily Hatha Yoga classes. Revealing that even the most painful emotions offer us an opportunity to develop genuine compassion, these practices also give us a glimpse of the pure energy that is the essence of emotion. Guest presenter and artist Cynthia Moku will also lead a special contemplative brush-and-ink session as a means of processing emotions.

Tuition \$185 + 4 nights

See Acharya Dale Asrael’s bio on previous page.

See Cynthia Moku’s bio on previous page.

“The environment was so welcoming and peaceful.”

— Dathun participant



EXPLORE. ENGAGE. EXPAND.

May 23 – 28

BODY AWARENESS

Advanced Tibetan Cranial Apprentice Program

Shar Lee

A nearly extinct energetic healing modality passed down orally from Tibetan monks throughout the centuries, Tibetan Cranial (TC) work reconnects us to our inherent healing capacity. While maintaining a state of prayer or mantra, practitioners read hundreds of pulses, and then fine tune bones in the skull, jaw, palate and neck. This work has been shown to alleviate suffering and promote a profound sense of well-being. Yoga and meditation will be taught as part of the five-day retreat so that apprentices can develop a daily spiritual practice to support their work.

This is the advanced TC apprenticeship program. *Before registering*, you must experience an individual TC session from one of our practitioners or Shar Lee, have been accepted as a TC Apprentice and attended the TC beginners program. See our practitioners listed by location, and details about the program: www.tibetancranial.org. For more information, call 720-378-8044.

Tuition \$1000 + 5 nights

Shar Lee, CYI, has been teaching yoga and Buddhist meditation internationally since 1966. After studying Zen Buddhism in the United States, she studied Tibetan Buddhism in Nepal with several esteemed lamas. In 1987, she began training in Tibetan Cranial work with Lama Dorje in Kathmandu, Nepal.



May 24 – 26

PERSONAL TRANSFORMATION

The Karma of Money, Fame and Sex

David Loy

Buddhism teaches that the delusion of self – the “I” that is separate from the rest of the world – is haunted by a sense of lack. When we don’t understand the source of this discomfort, we often become preoccupied with money, sex, fame or war. Such obsessions also reveal where our society is collectively stuck. In this retreat, we will examine personal transformation according to Buddhist tradition and consider how to integrate social transformation with the Buddhist path.

Tuition \$195 + 2 nights

David Loy is a professor, writer and Zen teacher in the Sanbo Kyodan tradition of Japanese Zen Buddhism. He is the author of *Money, Sex, War, Karma: Notes for a Buddhist Revolution*.



“The attitude and demeanor of the staff and participants put me at ease and made me comfortable in pursuing my own growth.”

— MBSR participant

SUMMER PROGRAMS

May 29 – June 3

BODY AWARENESS

Principle-Based Partner Yoga™: Teacher Training

Elysabeth Williamson

We have all experienced the delight of being skillfully adjusted during our yoga practice. Skillful touch is a wonderful pathway to open students to the power and potential of developing a partner practice. Principle-Based Partner Yoga™ is a unique opportunity to experience the transformative power of consciously and authentically connecting with others. Through kinesthetic contact, Partner Yoga provides an integrated understanding of alignment principles and the energetic exchange between partners. Sharing this healing art comes with a particular set of challenges and opportunities. This five-day training will provide an understanding of what these are and how to address them.

Tuition \$990 + 5 nights

Elysabeth Williamson, ERYT-500, is the foremost authority on Principle-Based Partner Yoga, a style she founded and has developed since 1991. She is known for articulating and transmitting esoteric teachings in ways that are accessible and practical for everyone. She is the author of *The Pleasures and Principles of Partner Yoga*.



May 31 – June 2

WISDOM TRADITIONS

Awakening the Luminous Mind

Tenzin Wangyal Rinpoche

At the core of the Dzogchen teachings is the view that all sentient beings are primordially pure and perfect, and have the potential to spontaneously manifest in a beneficial way. This capacity is within each of us, yet we often find ourselves alienated and disconnected as we rush about in our day-to-day lives. If we are willing to directly and nakedly encounter the experiences of our ordinary life, these experiences become the doorway to the realization of our nature, the inner refuge. Pain can become the path home. Join Rinpoche as we engage in meditation and reflection to honor the three doors of body, speech, and mind, and to discover the gifts of spaciousness, awareness and warmth that bring healing and benefit to ourselves, our relationships and the greater world.

Tuition \$195 + 2 nights

Tenzin Wangyal Rinpoche is the founding director of Ligmincha Institute. In his more than 20 years of living and teaching in the West, Rinpoche has become renowned for his ability to convey the ancient wisdom of Bön Buddhism in a way that is highly relevant to Western students. His books include *Healing With Form, Energy and Light*; *Tibetan Sound Healing*; *The Tibetan Yogas of Dream and Sleep*; *Awakening the Sacred Body*; *Tibetan Yogas of Body, Speech, and Mind*; and the new *Awakening the Luminous Mind*.



EXPLORE. ENGAGE. EXPAND.

June 7 – 9

CONTEMPLATIVE ARTS

**Finding Your Voice:
A Mindful Writing Retreat**

Maria Espinosa

The act of writing can open new windows of vision. Through a combination of free writing, shamatha meditation, and focused meditation, we may be able to clarify thoughts, emotions, and memories which have been tangled or suppressed as well as expand our imagination and voice. From the perspective of a calm and clear mind we can later fine tune our work. We can enjoy exploring new ways of expression and tap into what is unique and powerful within us. Open to people at all levels of writing skill and in any genre.

Tuition \$160 + 2 nights

Maria Espinosa is a novelist, poet, translator and teacher. Her publications include four novels and two collections of poems. Her novel *Longing* won an American Book Award from the Before Columbus Foundation and her novel *Dying Unfinished* won the Josephine Miles Literary Award from PEN Oakland.



June 27 – 30

MINDFUL LIVING

**Teachings and Practices from
Mindfulness-Based Stress
Reduction (MBSR)**

Shastri Janet Solyntjes

Inspired by the work of Jon Kabat-Zinn, this extended weekend retreat offers an in-depth look at mindfulness tools for engaging the demands of our lives and for deepening the inquiry into fundamental health and wholeness. Through sitting, walking, and body scan meditation practices and mindful yoga – as well as periods of silence – we will return to our lives better equipped to manage stress and to confidently integrate mindfulness into daily life. Recommended for newcomers as well as people with prior experience in mindfulness disciplines.

Tuition \$210 + 3 nights

Shastri Janet Solyntjes, MA, is a senior teacher in the Shambhala tradition and has offered mindfulness courses at Naropa University, Omega Institute, Hollyhock, Shambhala Mountain Center, and in corporate and non-profit workplaces. She completed the MBSR professional training and attended the Teacher Development Intensive.



SUMMER PROGRAMS

BODY AWARENESS

**Lila Yoga Retreat:
Accessing the Brilliance Within**

Erica Kaufman

For new and returning participants alike, this annual retreat offers precious time to explore the possibility of living in brilliant ease by clarifying intentions and weaving together yoga postures, meditation and breathing exercises. These practices are powerful means of maintaining discipline and opening paths of freedom in the body-mind. We will focus on self-awareness and self-acceptance, inviting the rejuvenating quality of self-trust into our lives. Optional workshops in partner yoga and contact improvisation will be offered. Students of all levels welcome.

Tuition \$170 + 2 nights

This program qualifies for CE credits through the Yoga Alliance.

Erica Kaufman, MFA, E-RYT500+, is the founder of Lila Yoga, and a faculty member of Pennsylvania State University. She has earned *Yoga Journal's* signature "karma credit" and teaches in the U.S., Europe, India and Israel. Influenced by Krishnamacharya's teachings and Krishnamurti's philosophies, Erica has followed a strong yoga lineage since age nine.

BODY AWARENESS

**Waking up to the Wild:
Hiking as Meditation**

Kay Peterson

Discover ease of movement, stillness of mind, and the healing power of nature by integrating mindfulness awareness practices with hiking in the spectacular terrain that is Shambhala Mountain. While navigating the busy, high-tech world, we can often find ourselves distracted by past events and future planning that leaves us feeling stressed and overwhelmed. We may miss the simple joy of the present moment that creates the foundation for sustainable happiness. When we begin to take notice of the simplicity of our breath, the sharpness of our senses and the subtle movements of our bodies, we can begin to train our minds to experience the mundane in our lives as if it were a spectacular sunset or a cool mountain breeze. Join us for a weekend that will include guided sitting and hiking meditation, restorative yoga, and time for solo reflection in nature.

Tuition \$140 + 2 nights

Kay Peterson, MA, MFT Intern, is a psychotherapist, wilderness guide and Shambhala meditation instructor. She has been facilitating nature-inspired programs focused on individual transformation, creative group processes and mindfulness since 1996. Kay teaches Mindfulness-Based Stress Reduction (MBSR) and is a board member of Northern California Shambhala.



EXPLORE. ENGAGE. EXPAND.

Kyudo Retreat

Kanjuro Shibata XX, Sensei

Shibata Sensei XX invites all of his students who have received First Shot instruction for this weeklong kyudo retreat. In his words: "Busily running around in little circles, this is not kyudo. Come to a stop. Enter a big circle. Mushin, empty heart. This is kyudo. This is high quality practice. Trying to master hitting the target is the way of desire. Not helpful. That's a road for people who want to defeat their perceived enemies. Shambhala Mountain Center is an excellent place to take aim and look at your own heart, far from the speed of city life. But too laid back, lazy, is not good either. I hope to see a gathering of strong, determined hearts practicing all together."

Tuition \$495 + 7 nights

Prerequisite: First Shot instruction.

Kanjuro Shibata XX is a 20th generation master of the meditative discipline of kyudo. Upon the invitation of Chogyam Trungpa Rinpoche, he came to the West to transmit teachings on etiquette and dignity through the way of the bow. Together, they established the kyudo practice hall in Boulder, Colorado (www.zenkoiba.org). At 91, he continues to teach and has kyudo groups throughout North America and Europe.



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Wise Mind, Open Mind: Finding Purpose and Meaning in Uncertain Times

Ronald Alexander

Drawing on ancient Buddhist mindfulness practices and tools from positive psychology, pioneering psychotherapist Ronald Alexander guides us to create a new personal vision that can weather the storms of change and upheaval. We learn to build mindstrength, the ability to calm thoughts and emotions, even in uncertain times. In this healing retreat, we gain tools for transforming painful, afflictive, and destructive emotions into wholesome, positive ones, and discover ways to access our core creative unconscious to open new possibilities for living, loving, working, and relating. As we see our crises and loss as symbolic cycles of death and rebirth, renewal and change, we can harness the art of creative transformation to enliven a fresh, unique and more positive future. The weekend will offer mindfulness meditation, Gestalt practice, Ericksonian trance, music, creative writing, breathing techniques, somatic psychology, and more, as healing practices to open ourselves to joy, contentment, and vitality.

Tuition \$195 + 2 nights

CEUs available for MSWs and LCSWs.

Ronald A. Alexander, PhD, is a licensed psychotherapist, leadership consultant, international trainer, and the author of the widely acclaimed book, *Wise Mind, Open Mind*. His unique work combines ancient wisdom teachings with positive psychology and creative thinking into a comprehensive integrated, behaviorally effective mind-body program. Executive Director of the OpenMind Training® Institute in Santa Monica, he teaches at UCLA, David Geffen School of Medicine, Pacifica Graduate Institute and Pepperdine University, and leads trainings worldwide.



July 5 – 7

SHAMBHALA

Shambhala Training Level 1: The Art of Being Human

Jonathan Barbieri

Meditation sharpens our intelligence and uncovers our wisdom. In this workshop, we receive practical instructions for transforming confused emotions and situations into effective actions as they arise. No longer deterred or depressed by obstacles, we can include everything as part of the path. Daily life challenges can become opportunities for both contemplative practice and social action. Through the practice of meditation, we glimpse unconditional goodness as the ground of our existence. Opening to ourselves with gentleness and appreciation, we begin to see our potential as genuine and compassionate human beings. This workshop is recommended for new and experienced meditators, as well as for those looking to enrich their existing spiritual path. You will receive a copy of *Shambhala: The Sacred Path of the Warrior* by Chögyam Trungpa Rinpoche.

Tuition \$135 + 2 nights

Jonathan Barbieri was part of the first Shambhala Directors Training with Chögyam Trungpa Rinpoche in the late 1970s. Since then, he has taught extensively throughout North America. Jon has been engaged in several livelihood pursuits including being a consultant to cities and counties on workforce development and the creation of contemplative cohousing communities. He was formerly the executive director of Shambhala Mountain Center.



“I loved my first visit. It fulfilled all my expectations and more. I only wish I could stay longer. That will be for next time.”

— R&R participant

July 12 – 14

CONTEMPLATIVE ARTS

Rhythm of Your Soul: A Healing Drum Retreat

Christine Stevens

Immerse yourself in the sacred rhythms of your soul. Be inspired by the music of nature, peace, and harmony. Join internationally acclaimed author, speaker, and music therapist Christine Stevens in a retreat that ignites the musical spirit within you. Learn sacred drumming for meditation, healing, joy, and community building. In this rich and vibrant weekend, activate body, mind, heart, and soul through drum massage, chant, movement, and silence. No prior musical experience necessary. Drums provided.

Tuition \$195 + 2 nights

Christine Stevens is the founder of UpBeat Drum Circles and author of the Sounds True books *Music Medicine* and the *Healing Drum Kit*. She has appeared on PBS, NBC, and led the first drum circle training in a war-zone in northern Iraq.



July 13

CONTEMPLATIVE ARTS

One Inspired Rhythm: Saturday Night Drum Circle

7:30 pm

Invite your friends and family for our Global Peace drum ceremony. Drum around the Stupa in a global rhythm ceremony for Peace. Bring a flash light or head lamp. Drums provided.

\$25 including dinner

EXPLORE. ENGAGE. EXPAND.



July 12 – 20

WISDOM TRADITIONS

Traditional Chinese Qigong:

Levels I-V

**Eva Wong (Levels IV-V)
& Acharya Dale Asrael (Levels I-III)**

Levels I-II: July 12 – 14

Level III: July 14 – 16

Level IV: July 16 – 18

Level V: July 18 – 20

Cultivate strength of body and calmness of mind through the healing Taoist practice of qigong. This intensive is a rare opportunity to receive instruction in two unique qigong lineages, the Pre-Celestial Limitless Gate School (Xiantianwujimen) and the Yiquan School. In Level I, we will practice techniques to strengthen the musculoskeletal systems, nourish internal organs, circulate energy and still the mind. In Level II, we will delve more deeply into postures that cultivate flexibility, strength and softness in the joints, muscles and tendons. Self massage techniques to support our internal organs and circulate qi, or life energy, through our meridians will also be shared. In Levels III, IV and V, we will learn animal forms for balance and strength as well as practices for removing blockages in the meridians and circulating qi. Talks on qigong, Chinese medicine and Taoism will be included.

Levels I-II must be taken together. Levels III-V may be taken separately but sequentially.

Tuition: Levels I-II: \$175 + 2 nights lodging

Tuition: Levels III, IV, or V: \$175 per level + 2 nights per level

Prerequisites: Levels I-II, none

Prerequisites: Levels III-V, completion of the preceding levels.

Attend any three levels to receive a 10% tuition discount.

Eva Wong, author and translator of 13 books on the Taoist arts of health, meditation and qigong, is the 19th-generation lineage carrier of Xiantianwujimen Taoism and 3rd-generation student of Wang Xiangzhai, founder of the Yiquan martial arts and Zhangshuan (standing qigong).

Acharya Dale Asrael is an associate professor at Naropa University in the Transpersonal Counseling Psychology, Buddhist Studies and Contemplative Education departments. She is the Dean of Meditation Instructors for Shambhala International. Dale studies qigong with, and has been authorized to teach by, Eva Wong.

July 12 – 14

PERSONAL TRANSFORMATION

Bridges to Heaven:

A Grief Healing Retreat

Sue Frederick

In this interactive workshop, experience Sue's powerful 8 Essential Steps for Healing Grief, including the Break Your Heart Wide Open meditation which connects us to the souls of our departed and other unique approaches to healing grief from a spiritual perspective. We will share our stories and experience guidance from beyond to help us move forward. Pain and loss can be a gift that fuels our greatest work and most meaningful life. Together we will create a healing plan for navigating everyday life, holidays, and anniversaries. The retreat offers a direct experience of the soul presence of the departed, a fresh new perspective on pain and loss, and a meaningful plan for a brighter, happier future. Everyone in the workshop will get a brief personal reading from Sue. The retreat also includes a special guest appearance from Gregg Wilkins, a sound healer who will use the Paiste Earth gong and traditional sacred sound instruments to create and offer healing soundscapes.

Tuition \$195 + 2 nights

Sue Frederick is the author of *Bridges to Heaven: True Stories of Loved Ones on the Other Side*; *I See Your Soul Mate* and *I See Your Dream Job*. An intuitive since childhood, Sue has trained more than 200 intuitive coaches around the world. Her work has been featured in the *New York Times*, CNN.com and *Yoga Journal*, among others.



July 13

PERSONAL TRANSFORMATION

Living the Full Catastrophe:

A Day of Mindfulness-Based Stress Reduction

Denver Program

Shastri Janet Solyntjes

This experiential workshop will offer user-friendly techniques for dealing with stress in our lives and for cultivating our deepest potential for living a full and satisfying life. Mindfulness-Based Stress Reduction (MBSR) is a well-recognized approach which has been shown to be effective in reducing stress, depression and anxiety; enhancing communication and health; fostering courage in difficult situations and supporting overall well-being. The day will include an introduction to the theory of Mindfulness-Based Stress Reduction, guided instruction in mindfulness practices used in MBSR (body scan, sitting and walking meditation, mindful hatha yoga), and discussion of the benefits and applications of mindfulness in daily life.

The program will be held at the Denver Shambhala Center, 2305 S. Syracuse Way, Denver, from 9:30am-4:30pm.

Tuition \$85

See Shastri Janet Solyntjes' bio on page 14.

"I enjoyed meeting with other people and hearing about their process and experiences."

— R&R participant

EXPLORE. ENGAGE. EXPAND.

July 14 – 20

MINDFUL LIVING

Family Camp

Steve Sachs, Rachel Steele, Amanda Betzen
& others

Celebrate our extended community of families as we practice together and soak up the beauty of the land. During the morning, while your children attend Summer Childcare or Rites of Passage, take time for yourself to listen to talks, meditate, exercise or relax. During the afternoons and evenings, partake in family activities such as nature walks and sensory awareness practices, crafts, group games, songs and music. The Rites of Passage program is open to all 8 to 10 year-olds and includes bow and arrow making, bow and arrow practice, calligraphy, poetry writing, and exploring the land. It will culminate in a special ceremony at the week's end. Join us as we engage in the powerful path that is family.

Adult Tuition \$100 + 6 nights

Child Tuition \$240 (materials included)

Rites of Passage Tuition \$85 (materials included)

Steve Sachs has been an educator for the past 30 years. He taught in Montessori schools for 22 years before co-founding Eastern Sun Academy, a private school in contemplative education. He now teaches at both Alaya Preschool and Naropa University. Steve has been a member of the Shambhala-Buddhist community since 1982.

Rachel Steele is a graduate of Naropa University's Early Childhood program and has been involved in Shambhala children's programs for over 10 years. She has directed the Bodhi School program at the Boulder Shambhala Center, co-directed Family Camp, and teaches at Alaya Preschool.

Amanda Betzen teaches children at the Boulder Shambhala Center and the Bodhi School, and through Shambhala Rites of Passage programs. An occupational therapist working with children with special needs for the Boulder Valley School District, she also serves as the Boulder Shambhala Center Chair of Families and Children.



July 24 – 28

BODY AWARENESS

Meditation and Yoga Retreat for Women

Katharine Kaufman

Our bodies hold emotions, images, patterns and stories. When we inhabit our bodies through mindfulness practice, we then know ourselves as complete and wakeful beings. We will play with the four postures of mindfulness, practice flowing and restorative yoga, and retreat into the forests, groves and fields of Shambhala Mountain Center. Through sitting meditation we will contemplate the nature of Way-Seeking Mind, the tender underworld of our being. Our practice and insight will deepen through silent mornings, and our community will develop understanding and trust through evening talking circles.

Tuition \$260 + 4 nights

Register early; limited to fifteen women.

Katharine Kaufman is a senior yoga teacher in Boulder Colorado. She taught and practiced for many years with Wendy Bramlett and Richard Freeman, and studied in South India. She holds an MFA degree in Performance and Choreography and is an adjunct faculty member at Naropa University where she teaches Contemplative Movement Arts and studies poetry. Katharine is a priest ordained in the Soto Zen Buddhist lineage.



“When I got to Shambhala I could not touch my toes, now I can.”

— 6th grader,
Morey Middle school

July 24 – August 21

SHAMBHALA

Summer Dathun

“Whether we sit for a month or a week, coming to a dathun is a profound step. We have heard about peace, strength of mind, and enlightenment. During dathun, we discover what these elements are, we see that they are innate, and we learn to bring them into our experience.”

— Sakyong, Mipham Rinpoche

Dathun is a month long group meditation retreat for people who are interested in furthering their meditation practice.

Our program will include individual meditation instruction, guided meditations to deepen our shamatha practice, and contemplative meditation to develop insight and open our hearts to compassion.

Designed for both newcomers and experienced students, this retreat can be attended as a whole or in weekly segments.

If you have not attended a week or more of dathun previously, please register for week I or week II.

Please see website for weekly entry dates and detailed tuition information

“Ah, dathun. The bliss of sitting practice is real. Not easy, but worth the effort.”

— Winter Dathun participant



July 27

BODY AWARENESS

The Way of the Happy Woman®: Heeding the Sultry and Sensual Call of Summer

Boulder Program

Sara Avant Stover

Calling all women ready to tap into their deepest sensuality and richest creativity. This high-summer retreat brings together a tribe of like-minded women who are longing to embrace the most fertile parts of their feminine nature. Summer is a time of sensuality, creativity, and play. No matter if you're an entrepreneur, a stay-at-home-mom, student, or a healer entering her golden years, this retreat will give you the tools you need to harness your inner feminine wisdom and radiance. We will practice seasonal yin and flow yoga, insight meditation, journaling and group practices, and empowerment techniques to help you reclaim your natural ease, vitality and wise-woman knowing. For women in all seasons of life; no yoga experience necessary.

This program will be held in Boulder, location TBA.

Time: 12-5pm

Tuition \$95

Sara Avant Stover is the best-selling author of *The Way of the Happy Woman*. She is a speaker and mentor to women all over the world. Her online business, The Way of the Happy Woman, has attracted tens of thousands of women, and Sara has been featured in the *Huffington Post*, *Yoga Journal*, *Fit Yoga*, *Pilates Style* and *Yogi Times*.



EXPLORE. ENGAGE. EXPAND.

August 1 – 4

MINDFUL LIVING

Outer War, Inner Peace: A Mindfulness Retreat for Veterans and their Families

Paul Kendel, Margot Neuman, Gary Allen,
Bayard Cobb & Medicine Horse Program

Too often the traumatic experiences of combat can rage on as an inner war upon the return home. While the external conflict may have ended, the internal conflict continues, taking its toll on personal health, well-being and relationships. The practice of mindfulness can cultivate gentleness towards ourselves and others and a sense of inner peace. Designed for veterans and their families, this retreat includes talks, discussion, and introduction to a variety of mindfulness practices, including gentle and powerful healing work with horses. We will create a safe and intimate setting in which to share and learn from one another, and have the option for one-on-one meetings. The goal of the retreat is to offer a transformative experience and to return home with concrete ways to integrate the benefits of mindfulness into daily life.

Tuition \$195 + 3 nights

Scholarships and low-cost housing options are available

Medicine Horse Program collaborates with Veteran's Peace of Mind Project in the Fearless Victory program to help veterans with Post-Traumatic Stress Disorder (PTSD) by providing mindfulness meditation techniques and equine-assisted psychotherapy as tools for dealing with trauma.



Paul M. Kendel (SSG Ret), MA, is the author of *Walking the Tiger's Path: A Soldier's Spiritual Journey in Iraq*, which chronicles his military deployment in Iraq, experiences of doubt and disillusionment, and eventual introduction to and connection with the Shambhala Buddhist teachings.



Margot Neuman is Executive Director of Veteran's Peace of Mind Project, providing mindfulness training for veterans suffering from post-traumatic stress. Together with the Medicine Horse Program, she developed 'Fearless Victory', a program for veterans.



Gary Allen leads meditation groups for the Veterans Peace of Mind Project and regularly teaches Shambhala Training meditation programs around the U.S.



Bayard Cobb, MA, joined the Fearless Victory project in 2010. An adjunct faculty member of Naropa University, she has practiced and taught meditation and mindfulness for over 30 years.



SUMMER PROGRAMS

BODY AWARENESS

**Waking up to the Wild:
Mindful Hiking**

Kay Peterson

Like trees in the forest or fish in the sea, we have an innate ability to live in greater harmony with our environment. While trying to navigate our busy, high-tech world, we can develop habits of mind that leave us feeling disconnected and unfulfilled. Delving deeply into the practice of mindfulness/awareness in nature, we turn our attention toward the subtle interplay of our thoughts, feelings, physical sensations and sense perceptions and rediscover how we can open to our fundamental inter-connection to all things. Rather than always needing to change where we work, live, or who we love, we can change our relationship to these aspects of our lives in a way that brings us greater happiness and contentment. Join us for an extended weekend that will include sitting and hiking meditation, restorative yoga, and lots of time for solo reflection in nature. Wake up to the wild both inside and out!

Tuition \$175 + 3 nights

See Kay Peterson’s bio on page 14.

WISDOM TRADITIONS

**Qigong Practice
and Study Retreat**

Eva Wong and Acharya Dale Asrael

The goal of this program is to teach people how to read a sacred text using both the deciphering method and the hermeneutical (text-listening) methods and integrate the Daoist philosophy of health with the practice of qigong. In this five-day retreat we will have an opportunity to deepen the practice of qigong through studying the texts of the Daoist arts of health and longevity. In the study sessions we will take sections of Daoist texts and show how they encode qigong practices. In the practice sessions, we will take qigong forms and show how they can help us understand the text. There will also be daily meditation sessions for instilling a state of mind that is conducive to contemplative study.

Tuition \$395+ 5 nights

Prerequisites for the program: Qigong levels 1-5.

Note that this program is NOT a prerequisite for any qigong levels. However, it can be used to fulfill a requirement for maintaining acceptance and continuation of level 6 qigong.

See Eva Wong’s and Acharya Dale Asrael’s bios on page 18.



EXPLORE. ENGAGE. EXPAND.

August 20 – 25

MINDFUL LIVING

7th Annual Courageous Women, Fearless Living:

A Retreat for Women Touched by Cancer

Acharya Judith Lief, Victoria Maizes, MD & Linda Sparrowe

Cancer is one of life's greatest challenges. How does one navigate this potentially confusing, treacherous and heart-breaking terrain in the most enlightened way? Our extraordinary team of experts will share their wisdom in integrative medicine, Tibetan Buddhist healing, meditation, yoga, art, ritual and community building, providing a multi-dimensional roadmap for this transformative journey. When gently and skillfully embraced, facing our mortality or that of someone we love can be a vehicle for profound healing and awakening – physically, mentally, emotionally and spiritually. Integrating body, mind, heart and soul, we will discover ways to meet the totality of this experience directly and courageously.

Whether you have a current or past diagnosis or are the caregiver or loved one of a woman on the cancer journey, join us August 20th and receive the tools you need to transform the way you relate to the challenges you are facing.

Tuition \$375 + 5 nights

Scholarships are available for this program on a first-come basis. Please email scholarships@cwfl.org for information and an application specific to this retreat.

The 7th Annual Courageous Women Retreat is being generously supported by the Eileen Fisher Foundation and the Cancer League of Colorado, both of whom have awarded grants to fund program scholarships.



Acharya Emeritus Judith Lief is a contemplative hospice pioneer, a senior meditation instructor, the former dean of Naropa University and author of *Making Friends With Death*.



Victoria Maizes, MD, is executive director of the Arizona Center for Integrative Medicine at the University of Arizona, founded by Dr. Andrew Weil, and Professor of Medicine, Department of Medicine, University of Arizona. She is an internationally recognized leader in integrative medicine.



Linda Sparrowe is a writer, yoga instructor, mentor and practitioner with deep roots in the Vedas, Sanskrit and women's health. She is editor-in-chief of *Yoga International* magazine and author of several books, including *The Woman's Book of Yoga & Health*.



SUMMER PROGRAMS

BODY AWARENESS

May I Be Happy:

A Yoga and Meditation Workshop for Women

Cyndi Lee

Many of us have a natural impulse to be helpful to others but are not as good at caring for ourselves. We tend to put our own honest needs last, leaving us with unhealthy feelings of depletion, isolation and resentment. Learning to take care of ourselves is not selfish, it is actually spiritual maturity. When we take responsibility for our own happiness, we begin to create the patterns of compassion and understanding which will allow us to truly offer support for others.

Drawing on Cyndi Lee's new book, *May I Be Happy: A Memoir of Love, Yoga, and Changing My Mind*, this workshop will use Maitri – the traditional loving kindness practice – as the framework for asana and meditation sessions. Each session will focus on one of the slogans:

May I Be Healthy will offer breath work to soothe the nervous system and slow flow sequences which offer spaciousness to help you connect to your natural goodness.

May I Be Happy will integrate a fun, rollicking yoga class with contemplations on how to experience unconditional happiness, whether you can do each pose or not!

May I Be Safe will combine physical alignment principles with an exploration of how our aspiration and actions are aligning.

May I Live with Ease will be an opportunity for some delicious restorative yoga.

This retreat is for women only and recommended for those who have at least 6 months yoga experience.

Tuition \$225 + 3 nights

Talk and Book Signing of Cyndi Lee's new book:

Thursday, August 29, 7:30pm at the Boulder Bookstore, 1107 Pearl Street, Boulder, CO

Cyndi Lee was the first Western yoga teacher to fully integrate yoga asana and Tibetan Buddhism in her practice and teaching. One of the most influential yoga teachers in the US, Cyndi founded OM Yoga Center in New York City in 1998. She regularly writes for *Yoga Journal* and the *Shambhala Sun* and is the author of *Yoga Body, Buddha Mind*, the recent *May I Be Happy: A Memoir of Love, Yoga and Changing My Mind*, and others.



EXPLORE. ENGAGE. EXPAND.

August 30 – September 2

BODY AWARENESS

Running with the Mind of Meditation

Jon Pratt, Marty Kibiloski & Tarah Cech

This popular retreat is based on Sakyong Mipham Rinpoche's book, *Running with the Mind of Meditation: Lessons for Training the Body and the Mind*. Geared for runners and other athletes, the book offers fresh insights into the activities of meditation and running, and the ways our running experience can be dramatically enhanced by working with the principles of meditation. Our retreat will bring these teachings to life through direct instructions in the practices of sitting, walking and running meditation, yoga and discussion groups. The program is designed for runners and walkers of all levels, as well as other athletes wishing to experience the joy of synchronizing mind and body.

Tuition \$225 + 3 nights



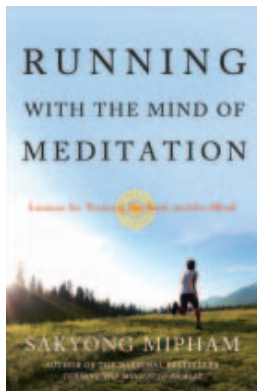
Jon Pratt ran his first marathon in 1980 and continues to run with his teacher Sakyong Mipham Rinpoche. He has been practicing meditation since 1992 and has led the running program at Shambhala Mountain Center since 2006.



Marty Kibiloski is an Ironman veteran. Through meditation and yoga, he has discovered a deeper sense of richness that brings fullness to all aspects of his life.



Tarah Michelle Cech is a Naturopath, Yoga instructor, Lomi Lomi practitioner, and wellness educator. She has run 13 marathons and received All-American honors in track events. Her personal practice, Island Girl Naturals, is located on Maui.



September 6 – 8

BODY AWARENESS

Awareness Through Moving and Stillness:

Feldenkrais and Meditation

Kim Hansen & Katharine Kaufman

This weekend retreat offers a rare pairing of the gently focused Feldenkrais Method combined with sitting meditation. The Feldenkrais method works with gentle novel movements that stay within a range that is easy. We will also explore lying, standing and walking practices, allowing us to enrich our options of response to our current conditions. We will experience dynamic alignment and shine a light on the multiple ways of doing any task. As we practice alternative ways of inhabiting our circumstances based on connection rather than isolation, we have the opportunity to understand our natural elegance and direct, unencumbered movement and stillness. This weekend is open to all and is particularly beneficial to those with challenging physical conditions.

Tuition \$170 + 2 nights

Kim Hansen, MFA, is a Guild Certified Feldenkrais Practitioner, a massage therapist, and a long-time movement teacher. She was on the dance faculty at The University of Colorado, Regis College and Running River Elementary School, and has taught people to swim, rehabilitate after disease and injuries, couple creative movement with academic disciplines, and to build community around body awareness and self-care.

See Katharine Kaufman's bio on page 21.



"The very best part of being in the mountains... soooo many stars!"

— Facebook fan

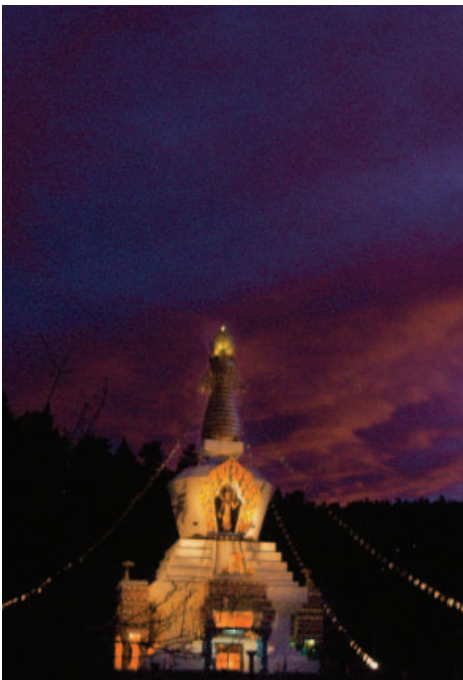
Shambhala Training Level 1: The Art of Being Human

Meditation sharpens our intelligence and uncovers our wisdom. In this workshop, we receive practical instructions for transforming confused emotions and situations into effective actions as they arise. No longer deterred or depressed by obstacles, we can include everything as part of the path. Daily life challenges can become opportunities for both contemplative practice and social action. Through the practice of meditation, we glimpse unconditional goodness as the ground of our existence. Opening to ourselves with gentleness and appreciation, we begin to see our potential as genuine and compassionate human beings. This workshop is recommended for new and experienced meditators, as well as for those looking to enrich their existing spiritual path. You will receive a copy of *Shambhala: The Sacred Path of the Warrior* by Chögyam Trungpa Rinpoche.

Tuition \$135 + 2 nights

“I miss the magic
and serenity of SMC.”

— Facebook fan



Loving Your Way to Enlightenment:

Ancient Wisdom for the Modern Couple

Keith Kachtick & Camilla Figueroa

There's a Buddhist belief that a genuinely loving relationship is the practice for which all other practices are preparation. This weekend couple's yoga and meditation retreat explores romantic partnership as an opportunity for spiritual awakening, cultivating unconditional love as a path to enlightenment. Through heart-opening yoga poses, metta and insight meditation, Thai Yoga Massage, and innovative couple's dialogues, we will discover how to celebrate, revitalize and deepen soulful harmonizing between you and your partner. Grounded in the ancient wisdom of Indian yoga and Tibetan Buddhism, these practices will fine-tune our communication skills, enhance understanding of our partner's needs and desires, and help us to realize our full spiritual potential. For yoga and meditation students of all levels; heterosexual or same-gender couples in committed relationships welcome.

Tuition \$170 + 2 nights

Keith Kachtick, founder of Dharma Yoga, has taught meditation and yoga worldwide since 1999. Keith writes for *Yoga Journal* and is author of *You Are Not Here & Other Works of Buddhist Fiction* and *Hungry Ghost*.

Camilla Figueroa, MSW, is founder of Dharma Yoga Therapy and is certified in Thai Yoga Massage, Dharma Yoga and Phoenix Rising Therapy.



EXPLORE. ENGAGE. EXPAND.

Nonviolent Communication as a Spiritual Path

Paul Shippee

Learn how to create your life, your relationships, and your world in harmony with your values. Drawing on the renowned discipline of Nonviolent Communication, we will explore and practice skills of deep listening, vulnerability, and empathic presence. Nonviolent Communication is a creative method to bring out authentic connection between people through honestly expressing one's feelings and needs, and listening for the feelings and needs in others. The weekend will include talks, meditation periods, identifying feelings and needs, body awareness work, dyads, interpersonal sharing, and group discussion. Our emphasis will be on working with real-life examples contributed from the participants. This method and retreat are ideal for all those working with groups as well as those interested in bringing greater clarity, ease, joy and awareness to their interpersonal relationships.

Tuition \$165 + 2 nights

Paul Shippee, MA Psychology, studied Nonviolent Communication (NVC) intensively with founder Marshall Rosenberg and other NVC trainers. He has facilitated NVC groups continuously for the past 8 years and teaches NVC workshops around the country.



Resounding of the Profound Treasury of the Ocean of Dharma

Acharya Emeritus Judith Lief

Please join Acharya Emeritus Judy Lief at the Great Stupa of Dharmakaya (the Stupa built in honor of Chogyam Trungpa Rinpoche) for the resounding, or recitation, of the final chapters of *The Profound Treasury of the Ocean of Dharma*. This program is open to all and includes a Friday night talk, group meditation practice, listening and reciting, and discussion.

Between 1973 and 1986, Chogyam Trungpa Rinpoche conducted a series of annual study and practice intensives, called "Vajradhatu Seminars." In these programs he presented heart teachings on the three stages of Tibetan Buddhism to his most senior students. Transcripts of these teachings were available only to authorized students. Now, forty years after the first Vajradhatu Seminary took place, Acharya Emeritus Judy Lief has completed the mammoth work of compiling and editing the seminary material into three volumes totaling more than 2,000 pages. With the publication of *The Profound Treasury*, for the first time, these teachings have become publically available.

This is a chance to experience this powerful land center founded by Chogyam Trungpa Rinpoche, and the site of the final Vajradhatu seminars. Shambhala Mountain Center embodies the brilliance, wildness, and beauty of the teachings of this extraordinary spiritual visionary.

See website for tuition details

Acharya Emeritus Judith Lief is a close student of Chögyam Trungpa and served for many years as the Executive Editor of Vajradhatu Publications. She has edited a number of books by Trungpa Rinpoche and is a published author and respected dharma teacher.

**"I've sat in this room
and taken this course...
it changed my life!"**

**— Facebook fan about
Shambhala Level one**

Advanced Tibetan Cranial Apprentice Program

Shar Lee

A nearly extinct energetic healing modality passed down orally from Tibetan monks throughout the centuries, Tibetan Cranial (TC) work reconnects us to our inherent healing capacity. While maintaining a state of prayer or mantra, practitioners read hundreds of pulses, and then fine tune bones in the skull, jaw, palate and neck. This work has been shown to alleviate suffering and promote a profound sense of well-being. Yoga and meditation will be taught as part of the five-day retreat so that apprentices can develop a daily spiritual practice to support their work.

This is an advanced TC apprenticeship program. Before registering, you must experience an individual TC session from one of our practitioners or Shar Lee, have been accepted as a TC Apprentice, and attend the TC beginners program. See our practitioners listed by location, and details about the program at: www.tibetancranial.com. For more information call 720-378-8044.

Tuition \$1000 + 5 nights

See Shar Lee's bio on page 12.



The Four Dignities Meditation Retreat

Shastri Chuck Whetsell

The Four Dignities are introduced as a path and a process, which describe a warrior's maturing and widening sphere of benevolent engagement in the world. The training in the dignities allows one to maintain awareness and delight at each stage.

Tuition: \$450 + 6 nights

Meek is a study of the grounded, humble and gentle beginning stages of a warrior's journey.

Prerequisite: Drala

Tuition for Meek only: \$175 + 2 nights

Perky is the second of the four dignities and focuses on cultivating sharp, vibrant and uplifted energy through natural discipline.

Prerequisite: Meek

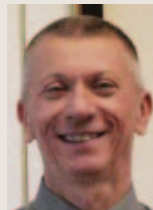
Tuition for Perky only: \$175 + 2 nights

Outrageous and Inscrutable are the third and fourth dignities, which emphasize fruition of the extraordinary skill of a practiced warrior.

Prerequisite: Meek and Perky

Tuition for Outrageous and Inscrutable \$175 + 2 nights

Shastri Chuck Whetsell has been a student of the Shambhala lineage since 1975. He received his MA in Buddhist and Western psychology from Naropa Institute (now Naropa University) in 1979, and later obtained his PhD in psychology from the University of Kentucky. Dr. Whetsell has a private practice in Birmingham, Alabama. He also maintains a rolfing practice, having obtained his basic certification from the Rolf Institute in 1979. Shastri Whetsell completed the traditional three-year retreat at Gampo Abbey in 2010.



June 5 – 10

ADVANCED SHAMBHALA

Engaging with Shambhala Vision: Three Pillars Leadership Training

Sakyong Mipham Rinpoche

This gathering for leaders – both active and aspiring – in all three pillars of Shambhala will be part of a mandala-wide exploration of the ways in which we can more fully embody our teachings and develop the transformative culture of an enlightened society. The Sakyong will address us and lead us personally for two days.

The program will include practice and contemplations based on *The Six Ways of Ruling* and selected passages from *The Shambhala Principle* and *The Treatise on Enlightened Society*. We will revisit and recommit to the Shambhala Vow and Enlightened Society Vow, and engage in the practice of Shambhala Meditation.

There will be relaxed social time set aside to give leaders in similar areas and roles time to meet and exchange with each other.

Tuition \$300 + 5 nights

Prerequisite: The only requirement for attendance is to be an active leader within Shambhala.

Sakyong Mipham Rinpoche is the head of the Shambhala lineage. An incarnation of Mipham the Great, he is the dharma heir and son of Chogyam Trungpa Rinpoche, Shambhala Mountain Center’s founder. Sakyong Mipham is the spiritual director of Shambhala, a global network of meditation and retreat centers, and the author of the national bestseller *Turning the Mind into an Ally*, as well as *Ruling Your World* and *Running with the Mind of Meditation*. His background embraces both Eastern and Western cultures. Born in Bodhgaya, India, the site of the Buddha’s enlightenment, he grew up in Boulder, Colorado, and received his spiritual training from his father and other distinguished lamas. In addition to Shambhala, the Sakyong also holds the Kagyü and Nyingma lineages of Tibetan Buddhism. An avid poet, artist and athlete, he travels extensively teaching throughout the world.

June 9 – 13

ADVANCED SHAMBHALA

Shastri Training

Acharya Adam Lobel
& Acharya Judith Simmer Brown

As an expression of the Shambhala Practice and Education “Year of Deepening,” this training will emphasize our actual realization of the profound Shambhala teachings of the Sakyong, cultivated through our study and practice.

Tuition \$270 + 4 nights

Prerequisite: Actively hold the role of Shastri in the Shambhala Community

Acharya Adam Lobel, MDiv, is a Shambhala teacher, Buddhist minister and Acharya for the Mipham Academy at Karne Choling in Vermont. He has studied Buddhism with masters in Tibet, Nepal, and India and holds a master’s of divinity from Harvard Divinity School. He also teaches meditation to incarcerated young people.

Acharya Judith Simmer-Brown, PhD, is a professor of Buddhist studies at Naropa University. She is also author of *Dakini’s Warm Breath: The Feminine Principle in Tibetan Buddhism*. She travels and teaches in North America, Europe and Asia, teaching meditation practice, Buddhist philosophy and tantric Buddhism, and participates in interreligious dialogue worldwide.



“I’ll be there.
Can’t wait.”
— Facebook fan

ADVANCED SHAMBHALA

Scorpion Seal Assembly III, IV, V Garchen

Sakyong Mipham Rinpoche,
Acharya Judith Simmer Brown (SSAIII),
Acharya Adam Lobel (SSA IV),
Acharya John Rockwell (SSA V)

Sakyong Mipham Rinpoche will preside over a garchen or “great encampment” in which Scorpion Seal Assemblies III, IV, and V will take place separately and simultaneously. This will create a potent mandala of practice, study, and celebration of the Scorpion Seal path. The Sakyong will give the key teachings and transmissions at Scorpion Seal Assembly V, but he will also visit to give teaching to SSA III and SSA IV.

Tuition \$745 + 11 nights

See Sakyong Mipham Rinpoche’s bio on page 30.

See Acharya Judith Simmer Brown’s bio on page 30.

See Acharya Adam Lobell’s bio on page 30.

Ashe Acharya John Rockwell first met Chogyam Trungpa Rinpoche in 1975 and entered the Buddhist and the Shambhala path. He has taught Buddhist Studies at Naropa University, was co-director of Karmê Chöling, and was Director of Shambhala International. In 1996, he was named an acharya (senior teacher) by Sakyong Mipham Rinpoche, and in 2001 was appointed the Ashe Acharya, in charge of the Shambhala Office of Practice and Education. For seven years he was resident acharya at Karmê Chöling in Vermont. During this time, he studied Daoist qigong with Eva Wong who authorized him to teach. He now lives in Halifax, Nova Scotia with his wife and travels internationally to teach.



Enlightened Society Assembly

Ashe Acharya John Rockwell

Enlightened Society Assembly is a Shambhala mahayana program that emphasizes the intrinsic goodness of all beings and society, practices that rouse bodhichitta and compassionate openness, and confident activity that engages fully in the world. In particular, living up to its name, this Assembly will focus on how we can create enlightened society on the spot, at home, in our city and nation, and wherever we go.

Tuition \$420 + 15 nights

Prerequisite: Rigden Weekend

See Ashe Acharya John Rockwell’s bio on this page.

July 22 – 26

ADVANCED SHAMBHALA

Golden Key

Valerie Lorig

Drawing wisdom from the Shambhala root text *The Letter of the Golden Key*, we work with our relationship to the material world and our sense perceptions by learning the practice of enriching presence – the ability to instantly sense the inner wealth within oneself, phenomena, and the natural world.

This program is a requirement for attending Warrior Assembly. The price of this program includes the text you will receive.

Tuition \$200 + 4 nights

Prerequisite: Completion of Outrageous and Inscrutable

Valerie Lorig, M.Ed, NCC, has been a practitioner of Buddhism and Shambhala since the 1970s and teaches nationally at Shambhala Centers. A teacher at Naropa University and a therapist in private practice, she explores the union of meditative disciplines with contemplative psychology. Valerie leads groups, classes, and workshops and facilitates seminars on Health and Well-Being for corporations. She participates in Bhutan's Well-Being and Happiness conferences, including A New Economic Paradigm at the UN in 2011.



July 26 – August 6

ADVANCED SHAMBHALA

Warrior Assembly

Acharya Gaylon Ferguson & Shastri Janet Solyntjes

Warrior Assembly, which follows Enlightened Society Assembly, provides participants with the weapons of the warrior, the tools to actualize the experience of basic goodness and create enlightened society. The primary tools are Windhorse, the Ashe, and the terma texts themselves. Warrior Assembly is a pre-requisite for attending Sacred World Assembly (formerly Vajrayana Seminary).

Tuition \$789 + 11 nights

Prerequisite: Enlightened Society Assembly

Acharya Gaylon Ferguson, PhD, is a senior teacher in the Shambhala Buddhist tradition who has been leading meditation retreats since 1976. He is a member of Naropa University's core faculty and the author of *Natural Wakefulness: Discovering the Wisdom We Were Born With*. Additionally, his article, "Making Friends with Ourselves," was selected for inclusion in *The Best Buddhist Writing 2005* and his essay "No Color, All Colors" appears in the book, *Mindful Politics*.

For Shastri Janet Solyntjes' bio see page 14.



ADVANCED SHAMBHALA



"Too good! Ok, not too good. What could be too good? But, oh so good."

— R&R participant



Generosity in Action

Help us continue offering contemplative retreats that explore individual and societal wisdom.

Your generosity plays a pivotal role in providing transformative retreats now and for generations to come. Your financial offering bridges the gap between our program revenue and the expense of offering affordable, inspiring retreats in a sustainable, natural environment.

Become a Member

– Make an ongoing commitment to support SMC through monthly giving. As an expression of our appreciation, you will receive a membership pin as well as special updates on what is happening at SMC.



Give to our Scholarship Fund – Your generosity will help retreatants with financial restrictions experience Shambhala Mountain Center.

Offer a One-Time Donation – All donations are greatly appreciated and tax-deductable.

Contact us on our website, by mail or email, or by giving the Development Team a call.

Shambhala Mountain Center
151 Shambhala Way
Red Feather Lakes CO 80545
Att: Development
Phone: (970) 881-2184 x384
development@shambhalamountain.org

Spread the Word

Bring a friend to one of our monthly Open Houses. Check out our Shambhala Mountain Center in the City programming. Tell us what you think.

Keep in Touch

Join our growing social media community.

Find us on Facebook at:
facebook.com/shambhalamountaincenter

Our Twitter handle is: @ShambhalaMC

Our YouTube channel is:
youtube.com/ShambhalaMC

Share our catalog with your friends and family. Invite them to join our mailing list and e-communications at:
shambhalamountain.org

Group Rentals

Our facility and its surroundings provide a comfortable, rustic and naturally peaceful environment for rental groups seeking a contemplative environment. We can host up to 150 guests in the fall, winter and spring. During the summer, platform tents increase our group capacity to 450. Our campus has three unique indoor meeting facilities, ranging in size from 875 to 1600 sq ft, which can be used singly or jointly. All meeting facilities provide an environment that can be configured to suit your group's needs and activities.

For more details about our rental facilities, including square footage, group capacity configurations and photos, please visit our website.

Lodging and Meals Inclusive

Shambhala Mountain Center's accommodations are comfortable and varied, ranging from simple shared quarters to fine lodge rooms. Meals, with vegetarian options, are included. There are no televisions. Cell phones do not get reception. Phones can be requested for certain rooms, and public phones are available to all guests. Internet access is available in most rooms, but access is unpredictable due to our remote location.

Lodges

The Shambhala Lodge offers single and double rooms, with full-size beds. All rooms have a desk, walk-in closet and private bathroom with towel warmers. If you are traveling alone and reserve a bed in a double room, we will assign you a roommate.

The Rigden Lodge offers single rooms with a queen-size bed topped by a cozy comforter, a desk, dresser, closet and private bath. Our Jr. Suites also include a sitting area and bathtub. Smaller rooms are furnished with full-size beds, a desk and closet, and access to shared baths. Two same-gender dormitories, each with seven twin beds and shared baths, are also available.

Red Feather Campus

Red Feather is a 15 minute walk from the main campus and features four rustic cabins. Three contain five double rooms, outfitted with two twin beds, and a fourth is arranged for dormitory space. Guests make use of a shared bathhouse.

Summer Platform Tents

Located in campgrounds throughout the property, these 12' x 14' tents have two twin beds, two bookcases, and a hanging clothes rack. Each campground offers a shared bathhouse.

Seasonal Dorms

Additional dorm space, configured for up to fifteen people per room, is available from September through May.

Bedding

All Lodge and Red Feather rooms include bedding and towels. If you are staying in a tent or seasonal dormitory please bring your own twin bedding and towels unless otherwise indicated in your registration information.

Staying Offsite

Participants staying offsite pay tuition, plus \$45 per day, for meals and use of our facilities.

Transportation

For travel information including shuttle providers from Denver International Airport, directions from surrounding areas, and the Shambhala Mountain Shuttle to and from Fort Collins, please visit our website or email travel@shambhalamountain.org.

About Your Stay

- Guest registration is from 2:00 to 5:00 p.m. on arrival day
- Meals include dinner (6:30p.m.) on arrival day through lunch on departure day.
- SMC altitude is 8000 feet. Weather changes quickly and can vary to extremes.
- Gift store is open daily and offers some toiletries and a few over-the-counter medications.
- Internet access is available in most rooms, but connectivity is unpredictable in our mountainous location.
- Cell phones do not get reception here. Public phones are available.
- The nearest medical facility and/or pharmacy is located about one hour away in Fort Collins.
- Please bring no-scent or low-scent toiletries, and refrain from using scented products. All campus facilities are smoke-free. Smoking is allowed only in designated outdoor areas
- Pets, other than designated service animals, are not allowed on the land.
- For safety reasons, please refrain from burning candles, incense or sage in rooms/tents.

More Questions? Need Help?

Call us! 888-788-7221 or 303-468-9640.

Rates and Registration

www.shambhalamountain.org | (888) 788-7221 or (303) 468-9640 | callcenter@shambhalamountain.org

Rates

The rates given are per person, per night. Prices include lodging, three meals per day (vegetarian option available) and use of our facilities (trails, the Great Stupa, meditation gardens, dining hall, etc.). To calculate the total cost of your stay, add your lodging amount (program nights x room rate) to the tuition amount listed in your program description. Prices are subject to change. Please call or check our website for updates and special offers. We reserve the right to cancel any program.



Room and Meals Inclusive All rates are per person/per night	
Platform Tent	
Single	\$99
Double	\$74
Seasonal Dorm	
(Sep-May)	\$74
Red Feather	
Double	\$99
Lodge Accommodations	
Dorm/Shared bath	\$99
Double/Private bath	\$136
Single/Shared bath	\$156
Single/Private bath*	\$191
Jr. Suite/Private bath*	\$229
Children's Rates (Ages 7 – 17) †	
Same room as parents	\$39
Age 6 and under	FREE
* A second person in a private bath Single or Jr. Suite is \$75 per night.	
† Children must be accompanied by a parent or caregiver at all times. We do not offer childcare. For more information, visit our website.	

Payment

Full payment is required upon registration for stays of three nights or less. A 50% deposit is required upon registration for stays of four nights or more. We must receive the full balance due 30 days prior to your arrival date. We accept payments by credit card, check or money order in U.S. currency. If paying by check, your registration is not confirmed until we receive your payment. If your check is not received within two weeks, the reservation you are holding will be cancelled. If paying via credit card, we will automatically process the remaining balance due 30 days prior to your arrival date. For further payment details, visit our website.

Discounts

Shambhala Mountain Center offers a 10% discount to full-time students, senior citizens (60 year or older) and those with life-threatening illnesses. If you qualify for a discount, please use the coupon code indicated on the registration page.

Financial Aid

Shambhala Mountain Center endeavors to make its programs and retreats accessible to as many people as possible. We offer a variety of discounts on housing and meals, and financial aid (application required) for selected programs. Discounts and financial aid do not apply to program tuition, and may not be combined with any other discount. Please see our website for details.

Cancellations

If you cancel your reservation more than 14 days prior to arrival, you will receive a full refund less a \$50 processing fee. If you cancel between 2 to 14 days prior to arrival, we will credit your payment, less a \$50 processing fee, towards another program at Shambhala Mountain Center. No refunds or credits are issued for cancellations received fewer than 48-hours prior to arrival.

NOTE: Certain programs have unique cancellation policies that supersede our general policy. These are described on our website.

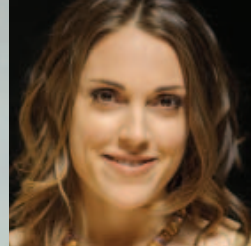
Rideshare

Be kind to the environment. Meet new friends. Rideshare is a fun and easy way to share the seats in your car or catch a ride to or from Shambhala Mountain Center. Available on our website.

EXPLORE. ENGAGE. EXPAND.

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151 Shambhala Way
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“Summer camp for adults”



SHAMBHALA
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www.shambhalamountain.org

(888) 788-7221 | (303) 468-9640 | Red Feather Lakes, Colorado