

BUDDHISM | MEDITATION | MINDFUL LIVING | YOGA

SHAMBHALA MOUNTAIN CENTER

SPRING | SUMMER 2018



Connect | Discover | Explore

Nestled within a serene valley in the Rocky Mountains of Colorado, Shambhala Mountain Center is a sanctuary and training ground for body, mind, and spirit. This Spring and Summer, we are delighted to offer retreats lead by an inspiring array of teachers to support your meditation, yoga, and contemplative art practices. Visit for a day or join us for one of our weekend retreats, meditation intensives, creative workshops, or family programs. Please enjoy this catalog of our upcoming offerings. We look forward to hosting you on the land.

*Your friends at Shambhala
Mountain Center*

Pictured on the cover from top to bottom:
Sakyong Mipham Rinpoche, Rev. angel Kyodo williams,
Rick Hanson, Sharon Salzberg,
Lama Tsultrim Allione, B. Alan Wallace



2018 Program Highlights

Retreat Intensives

- 2 **Week-Long Spring Meditation Retreat**
Lodro Rinzler & Susan Piver
- 7 **Awakened Heart** | B. Alan Wallace
- 13 **Insight Meditation Retreat**
David Chernikoff
- 16 **Neurodharma** | Rick Hanson
- 16 **Summer Dathün** | Shastri Calryn Aston
- 18 **Mindfulness Meditation Retreat**
Jim Colosi & Janet Solyntjes

Meditation and Buddhism

- 15 **Dream and Sleep Yogas**
Tenzin Wangyal Rinpoche
- 17 **Open Heart Project Retreat**
Susan Piver
- 19 **Wisdom Rising** | Lama Tsultrim Allione
- 21 **Rediscovering Essence Love**
Tsoknyi Rinpoche
- 22 **Living Radical Dharma**
Rev. angel Kyodo williams
& Lama Rod Owens
- 23 **Compassion in Action**
Sharon Salzberg, Acharya Fleet Maull
& Rhonda Magee
- 24 **From Mindfulness to Pristine Mind**
Orgyen Chowang Rinpoche

Yoga and Embodied Living

- 8 **Wisdom of the Body**
Katharine Kaufman
- 11 **Deep Healing** | Blake D. Bauer
- 14 **Trusting the Wisdom of Direct Experience** | Hope Martin & David Rome
- 18 **Mindful Hiking** | Kay Peterson

Relationships and Family

- 9 **Relationship as a Spiritual Path**
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& Nicole Wolf
- 17 **Wired for Love** | Stan Tatkin
& Tracey Boldeman-Tatkin

Mindfulness at Work

- 8 **Empowering the Heart of Healthcare** | Acharya Melissa Moore,
Dr. Aaron Snyder & Leslie Booker
- 10 **Happier at Work** | Gayle Van Gils
& Zach Mercurio
- 15 **Mindfulness Retreat for Educators**
Rona Wilensky & Kristin McKeown
- 27 **Foundations of Authentic Leadership**
Acharya Susan Skjei & Michael Gayner

CALENDAR OF PROGRAMS

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- Spring Break Family Retreat** *
Kate Raddock & Leslie Gossett | Mar 26 – 30
- Beyond Suffering: Unconditional Self Love, Mindfulness, Meditation & Qi Gong Retreat** *
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- Wisdom of the Body: Yoga and Meditation Retreat** 8
Katharine Kaufman | Apr 19 – 22
- Relationship As A Spiritual Path: Getting The Love You Want, Couples Workshop** 9
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- Women, Food, and Forgiveness: The Heroine's Journey** 10
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Jenny Bondurant, Cynthia Moku & Eric Thompson | May 16 – 20
- The Way of the Happy Woman: Cultivating Inner Strength and Self-Love** 13
Sara Avant Stover | May 17 – 20
- Insight Meditation Retreat: Grief, Joy and Awakening** 13
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Erica Kaufman | May 25 – 28
- Trusting the Wisdom of Direct Experience: Embodied Listening®** 14
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Acharya Holly Gayley | Sep 14 – 16

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Stan Tatkin & Tracey Boldemann-Tatkin
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Introduction to Mindfulness-Based Stress Reduction 26
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Beyond Suffering: Unconditional Self Love, Mindfulness, Meditation & Qi Gong Retreat 26
Blake D. Bauer | Sep 28 – 30

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Acharya Susan Skjei & Michael Gayner | Oct 5 – 7

Shambhala Path Programs

Mar 9 – 17

Chakrasamvara Intensive

Greg Smith

Mar 17 – 25

Week-Long Spring Meditation Retreat (Weekthün)

Lodro Rinzler & Susan Piver

Apr 3 – 13

Yun Retreat:

The Great Retreat of Yang

Sakyong Mipham Rinpoche, Wendy Friedman & Robert Reichner

By invitation only

Apr 13 – 15

The Art of Being Human: Shambhala Training I

Acharya Gaylon Ferguson

May 5 – 13

Monarch Retreat

Cynthia MacKay | By invitation only

Jun 8 – July 8

Summer Dathün: Month-Long Meditation Retreat

Shastri Calryn Aston

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Jun 19 – 30

Warrior Assembly

Acharya John Rockwell & Shastri Janet Solyntjes

Jul 6 – 8

The Art of Being Human: Shambhala Training I

Acharya Dan Hesse

Jul 15 – 26

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Sakyong Mipham Rinpoche

Jul 28 – August 4

Family Camp

Steve Sachs, Rachel Steele, Kelly Lindsey & Nicole Wolf

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Aug 24 – 26

Birth of the Warrior: Shambhala Training II

Acharya Dale Asrael

Sep 14 – 16

The Art of Being Human: Shambhala Training I

Acharya Holly Gayley

SPRING | SUMMER SHAMBHALA PATH PROGRAMS

Visit the Great Stupa

A Monument to Human Kindness

The Great Stupa of Dharmakaya, built in honor of the Center's founder, Chögyam Trungpa Rinpoche, stands 108 ft. tall and is dedicated to world peace. It was constructed and continues to be worked on by volunteers inspired to offer the world a big, beautiful, reminder that our nature as human beings is inherently good, pure, and sane. Encountering the Stupa allows one to rediscover this inherent goodness, to experience a state of simplicity and confidence, and to connect with a lineage of sanity that goes back 2,500 years. The Great Stupa welcomes the general public 365 days a year, between the hours of 9 am and 9 pm, free of charge. Experiential teaching tours of the Stupa can be arranged for groups of eight or more for \$10 per person. To schedule a tour please call 888-788-7221.

"An inspiration for peace and happiness throughout the world, now, and in the future."

— *The XIVth Dalai Lama*

Open House

Join us the first Sunday of each month for our popular Open House series. Enjoy a day in the beautiful Rocky Mountains and choose from a variety of free activities, including touring the Great Stupa of Dharmakaya, receiving meditation instruction, listening to engaging dharma talks, or simply relaxing on this serene and powerful land.

Bring a picnic or, for a \$10 suggested donation, join us for a delicious lunch. For updates on our list of Open House speakers and topics, please visit our website.

Tuition: FREE

Mar 4 | Apr 1 | May 6 | Jun 3 | Jul 1 | Aug 5 | Sep 2

"I love coming to the Stupa – it fills me with peace that lasts long after I leave."

— *Liz Tuohy*



THE GREAT STUPA

Relaxing Weekend Retreats

Discover relaxation and wakefulness in a pristine mountain environment. These retreats 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. Spacious retreat schedules include contemplative practices and plenty of time to walk the land, visit the Great Stupa, and follow the spontaneous callings of your spirit.

Retreat and Renewal

Meditation (with instruction), yoga, a guided hike with our land steward, and evening activities. Great for friends, couples, or individuals. Massage available.

Tuition: \$100 + 2 nights or \$125 + 3 nights

Mar 23 – 25 | Apr 27 – 29 | May 11 – 13 | Jul 5 – 8
Jul 6 – 8 | Aug 24 – 26 | Sep 7 – 9

Meditation Unplugged

Put your electronics aside and reconnect to your body and mind while immersed in the natural world.

Tuition: \$100 + 2 nights

Mar 30 – Apr 1 | May 25 – 27 | Aug 10 – 12

Learn to Meditate

Shambhala Mountain Center is a great place to learn to meditate or refresh your practice in a supportive environment with a qualified teacher.

Learn to Meditate

Learn accessible and powerful meditation practice techniques to help us find peace within ourselves while developing a strong and flexible mind.

Tuition: \$150 + 2 nights

Feb 23 – 25 | Aug 31 – Sep 2

The Art of Being Human: Shambhala Training I

This immersive meditation workshop helps us open to ourselves with gentleness and appreciation and begin to see our potential as genuine compassionate human beings. Recommended for new and experienced meditators, as well as those looking to enrich their existing spiritual path.

Tuition: \$150 + 2 nights

Apr 13 – 15 | Jul 6 – 8 | Sep 14 – 16

Getaways: Self-Guided Retreats

Hike along eight miles of wilderness trails, visit the Great Stupa, meditate in one of our many meditation halls, spend time relaxing, journaling, reading, or practicing yoga. Our mountain retreat center offers vastness, stillness and gentle support that will allow you to unwind, relax, and reconnect to life's inherent rhythms.

Tuition: \$0 + 25% off lodging and meals

Dates: Some blackout dates apply, see web for details.



SPRING | SUMMER PROGRAMS

Awakened Heart:

Cultivating Immeasurable Loving-Kindness, Compassion, Joy and Impartiality Through Meditation

B. Alan Wallace

Co-hosted by Shambhala Mountain Center and Wisdom Publications



His Holiness the Dalai Lama has often commented that the essence of spiritual practice is cultivating a good heart. In this meditation retreat, B. Alan Wallace will teach a sequence of meditations for the cultivation of the “Four Immeasurables,” namely loving-kindness, compassion, empathetic joy, and impartiality. While many teachings on Buddhist meditation fill us with a longing to spend more time in quiet, solitary meditation, these practices bring us back to life, to the active world of living with others. Regardless of whether we hold to any religious beliefs, the practices offered in this retreat can be of benefit to everyone seeking to explore their own capacity to experience unconditional love and compassion.

Tuition: \$400 + 7 nights



Dynamic lecturer, progressive scholar, and one of the most prolific writers and translators of Tibetan Buddhism in the West, B. Alan Wallace, PhD, continually seeks innovative ways to integrate Buddhist contemplative practices with Western science to advance the study of the mind. Wallace devoted fourteen years to training as a Tibetan Buddhist monk, ordained by H. H. the Dalai Lama and is the author of many titles published by Wisdom Publications including *Stilling the Mind* and *The Attention Revolution*.

AWAKENED HEART

April 16 – 22

Empowering the Heart of Healthcare:

Embodied Presence

Acharya Melissa Moore, Dr. Aaron Snyder & Leslie Booker

Have you ever felt overcome by the pressures of your work as a caregiver, or lost heart for the profession you simultaneously feel called to do? You are not alone. In the U.S., 46% of physicians and 33% nurses have symptoms of burnout. Embodied Presence is designed to help healthcare professionals increase awareness of their emotional state through proven meditative practices, train in compassion as a sustainable way of being, and renew and strengthen the heartfelt inspiration that led them to be of service in the first place. With this unique, holistic training approach and sophisticated, secular meditation methodology, you'll discover life changing practices and resources to help you deal with emotional intensity and stress.

Tuition: \$600 Physicians / \$400 Nurses and Other Care Professionals + 6 nights

Melissa Moore, PhD is an Acharya in the Shambhala tradition. She co-founded, and is a head teacher in, The Karuna Training, a two-year professional training program in contemplative psychology now offered in 7 countries.

Aaron Jay Snyder, MD is the founding director of Present Moment Project, Inc. and personal physician to Sakyong Mipham Rinpoche. He is a family physician, geriatrician, medical ethicist, and long-time meditation teacher.

Leslie Booker brings her heart, wisdom, and compassion to the intersection of social justice, yoga, and mindfulness. She offers lectures, workshops, and retreats across the country for front line Changemakers, and those in direct service.



April 19 – 22

Wisdom of the Body: Yoga and Meditation Retreat

Katharine Kaufman

You've experienced joy and health, pain and loss. You've tested your physical limits, and have recovered from surgeries. You've traveled, shared insights, and cared for others. Now it's time to attend to your body as it is today.

In this retreat, you are invited to practice with a fresh perspective that acknowledges your mind and body's wisdom. Starting from the ground and building to heart centering postures, we will learn the Four Ways of Being With Body. Through a variety of sequences – both restorative and flowing – we'll support sitting, walking, standing, and lying meditation postures. We'll gain strength and coax flexibility.

Emerge from the weekend with a new lens on your unique experiences, and rich understanding of how to practice Yoga and Meditation safely and wisely whether practicing alone or in a group.

Tuition: \$250 + 3 nights

Katharine Kaufman is a priest ordained in the Soto Zen lineage and teaches meditation, writing workshops, yoga, and contemplative dance in Boulder, Colorado and at Shambhala Mountain Center. She taught for many years at The Yoga Workshop and Studio Be in Boulder. Katharine is an adjunct professor at Naropa University. She holds MFAs in Performance/Choreography and Writing/Poetics.



SPRING | SUMMER PROGRAMS

April 20 – 22

Relationship as a Spiritual Path: Getting the Love You Want

Ben Cohen

Every great wisdom tradition teaches the importance of love and compassion. But how do we practice this in our daily lives, especially in our intimate relationships? We will draw on the Buddhist teachings of Thich Nhat Hanh and the works of Harville Hendrix, PhD, to develop our skills in deep listening and loving speech. In this experiential couples workshop, you will be guided through processes to help you understand your core conflicts and how to transform them into opportunities for connection, healing, and growth. If you wish to have greater intimacy and connection in your relationship, this promises to be a rewarding weekend.

Tuition: \$300 + 2 nights

Ben Cohen, PhD has been in private practice in Boulder for over 25 years, and has led over 90 "Getting the Love You Want" Couples Workshops. Former Co-Dean of the Faculty of Imago Relationships International, and a former adjunct faculty at The Naropa University, he is a "student" of Thich Nhat Hanh, and integrates Eastern and Western approaches in his psychotherapy practice.



April 26 – 29

Mindful Living: Teachings and Practices from Mindfulness-Based Stress Reduction (MBSR)

Janet Solyntjes

Inspired by the work of Jon Kabat-Zinn, this 4-day retreat offers an in-depth look at mindfulness tools for engaging the demands of our lives and for deepening our inquiry into fundamental health and wholeness. Through sitting, walking, and body scan meditation practices, mindful yoga, and extended periods of silence, we will return to our lives better equipped to manage stress and to confidently integrate mindfulness into daily life.

Recommended for both newcomers and people with prior experience in mindfulness disciplines.

Tuition: \$350 + 3 nights

Janet Solyntjes, MA is a senior teacher in the Shambhala Buddhist tradition, and leads meditation classes and retreats for Naropa University, The Center for Mindfulness, and The Engaged Mindfulness Institute. A practitioner of mind-body disciplines since 1977, she completed a professional training in MBSR with Jon Kabat-Zinn and Saki Santorelli and an MBSR Teacher Development Intensive at the Center for Mindfulness at the University of Massachusetts Medical School. Janet is co-founder of the Boulder-based Center for Courageous Living, committed to promoting the inherent goodness of individuals and groups by uncovering their basic health and well-being.



April 27 – 29

Boundless Playground: Creativity and the Meditative Mind

Nina Rolle

We are all creative – whether that is expressed through the arts, how we get dressed in the morning, or how we pack lunches. During this retreat, we will examine the connection between the meditative mind and the creative process. Through the practices of meditation and contemplation, we connect to the present moment, giving us access to the vast playground of our inherent creativity. Fresh inspirations come from a settled mind and an open heart. Learn how to open your senses, delight in curiosity and play within the practices to experience the richness that is always available to us.

No experience is necessary.

Tuition: \$150 + 2 nights

Nina Rolle is a voiceover artist, cabaret performer, and avid thrower of holiday dinner parties. She was first introduced to Shambhala meditation in 1989 at the Naropa Institute, and her practice path and artistic career path have been intertwined ever since. In addition to Shambhala Training, Nina teaches Dharma Art for the Chapman University program at SMC.



AWAKEN YOUR HEART AND MIND

May 2 – 4

Happier at Work: Leading from Purpose and Love

Gayle Van Gils & Zach Mercurio

Do you want a more inspired organization? When people are happy at work, they do better work. Through this immersive experience, discover the researched-backed practices that will allow you to cultivate personal joy at work and build a happier workplace. You will leave with the transformative tools of self-awareness and inner purpose which will allow you to manage stress, increase focus, expand empathy, and better serve those around you. In addition, you will learn how to use these tools to take strategic action to improve effectiveness and engagement in your work and organization.

Register with a team of 4 or more and receive 25% off tuition.

Tuition: \$399 + 2 nights

Gayle Van Gils is a senior teacher in the Shambhala lineage, author, and leadership consultant. With an MBA from UCLA, Gayle combines her practice and business background through her company Transform Your Culture. Gayle is a certified teacher of the Search Inside Yourself program developed at Google.

Zach Mercurio is an author, speaker and consultant. He is the founder and author of PurposeSpeaks.com, the popular blog on purposeful leadership, a regular contributor to the Huffington Post, and a researcher.



May 2 – 6

Women, Food, and Forgiveness: The Heroine's Journey

Marcella Friel

Would you describe your relationship to food as challenging? Does the task of healing your relationship with food seem overwhelming? You are not alone – the journey begins with forgiveness and supportive community. Join Mindful Eating coach Marcella Friel in this warm and welcoming 5-day retreat for women, where she will guide you step-by-step through the Heroine's Journey of unconditional forgiveness and liberation. Through meditation, journaling, discussion, ritual, and a simple stress-relief tool called EFT (Emotional Freedom Techniques), you will embark on the path of forgiveness and gratitude.

Tuition: \$250 + 4 nights

Having cooked and taught in meditation retreat centers across North America, Marcella Friel now runs Tapping with Marcella, a food and body image coaching practice that supports health-conscious women in forgiving and loving themselves, their food and their figures.



May 4 – 9

Deep Healing:

A 5-day Unconditional Self-Love, Qi Gong, and Meditation Retreat

Blake D. Bauer

Join international bestselling author Blake D. Bauer for 5 days of deep healing and life-changing self-care. Explore why suffering, depression, and disease are caused by years of hiding your true emotions, denying your life purpose, and living in fear. Engage in daily meditation practice and Qi Gong healing exercises designed to unlock the stuck energy, blood, and emotion that is keeping you unhappy or sick. The purpose of this gathering is to support your body, heart, and mind to open fully and to release whatever is limiting your health, happiness, and peace. You will finally learn how to love and value yourself in practical ways that lead to deep self-worth, self-acceptance, self-respect, and self-confidence. This retreat will empower you to think and love in healthy ways that support you to be well and to enjoy your life.

Tuition: \$400 + 5 nights

Blake D. Bauer is an internationally recognized author, counselor, Qi Gong master, and alternative medicine practitioner. His pioneering work and best-selling book, *You Were Not Born To Suffer*, focuses on unconditional self-love as the key to self-healing, fulfilling your life's purpose, and spiritual awakening. Bringing together what he's found to be the most effective spiritual practices and holistic approaches to well-being, Blake's work has successfully guided thousands of people around the world to greater health and freedom in mind and body.



May 9 – 13

Touching the Moment:

Indelible Presence

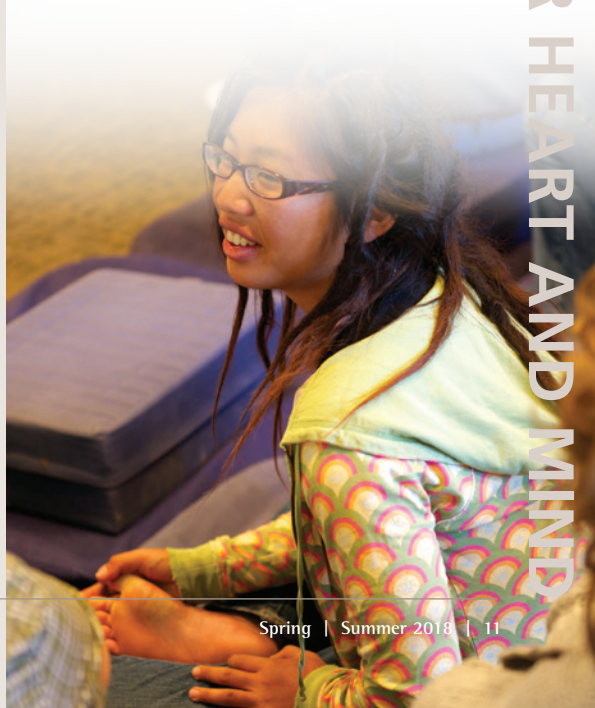
Acharya Dale Asrael & Cynthia Moku

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: \$205 + 4 nights

Acharya Dale Asrael was appointed Dean of Meditation Instructors for Shambhala International by Sakyong Mipham, Rinpoche. She studies qigong with, and has been authorized to teach by, Daoist lineage-holder Eva Wong. Dale is an Associate Professor at Naropa University.

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.



AWAKEN YOUR HEART AND MIND

May 15 – 20

12th Annual Courageous Women, Fearless Living:

A Retreat for Women Touched by Cancer

Jemi Steele, Ann Braden & Chasse Bailey-Dorton

Cancer is one of life's greatest challenges. In this retreat, we learn how to navigate this potentially confusing, treacherous, and heartbreaking terrain. 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 a 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 and receive the tools you need to transform the way you relate to the challenges you face.

Tuition: \$375 + 5 nights

Jemi Steele began meditating in the 70's, has lived in Nepal, and completed a traditional 3-year Buddhist retreat. She received an MA in Teaching English as a Second Language, and has been an elementary teacher for 20 years. She is also a cancer survivor.

Chasse Bailey-Dorton, MD, MSPH completed a fellowship in Integrative Medicine at the University of Arizona and trained at the Benson-Henry Mind-Body Institute and the Center for Mind-Body Medicine. Currently, she serves as Chief of Integrative Oncology at the Levine Cancer Institute. She is the mother of 3 children, married, and is a 16-year cancer survivor.

Ann Braden, CYT, E-RYT500 holds certifications in yoga therapy from Loyola Marymount University, Yoga of the Heart and the yoga4cancer program. Her teaching style invites students to relax and connect with their inner healing resources. She is a 5-year cancer survivor.



May 16 – 20

Taming the Wild Horse: Riding the Energy of Emotions

Jenny Bondurant, Cynthia Moku & Eric Thompson

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.

Tuition: \$205 + 4 nights

Jenny Bondurant has been a dharma teacher for 30 years, both in the Shambhala Buddhist tradition, and in the tradition of Anam Thubten. She is an adjunct faculty member in the Contemplative Psychology Department at Naropa University.

Eric Thompson has been teaching Qi Gong at meditation retreats for the past 6 years. He has been practicing meditation for over 20 years and holds a master's in Buddhist Studies from Naropa University.

See bio for Cynthia on page 11.



May 17 – 20

The Way of the Happy Woman: Cultivating Inner Strength and Self-Love

Sara Avant Stover

Calling all women who do too much! This self-care retreat puts us back into alignment with the seasons, starting with the flowering and growth of spring. As women, we are far more deeply tied to the seasons than most of us realize. This retreat will show us how to access and rejuvenate simply, through our own inner cycles. Based on Sara Avant Stover's best-selling books, this program teaches powerful women's yoga, meditation, and lifestyle practices. Let go of old, debilitating baggage and embrace your greatest source of power: your feminine essence. Come rest, rejuvenate, and revitalize!

Tuition: \$250 + 3 nights

Sara Avant Stover is a yoga and meditation teacher, best-selling author of *The Way of the Happy Woman*, and *The Book of SHE*, and an inspirational leader to tens of thousands of women worldwide. The creator of The SHE School and the Women's Yoga Teacher Training, Sara has been featured in *Yoga Journal*, *Huffington Post*, and on ABC, NBC, and CBS.



May 21 – 27

Insight Meditation Retreat: Grief, Joy and Awakening

David Chernikoff

The primary focus of this retreat will be the practice of sitting and walking meditation in Noble Silence. There will be dharma talks, meditation instruction, and small group interviews with the teacher. In addition, we'll do some interactive exercises, guided meditations, and mindful movement practices (qigong) that are designed to deepen our understanding of the powerful role of grief and joy in the process of spiritual awakening.

Please note: In lieu of tuition and in accordance with the traditional Buddhist practice of dāna, you will be invited to support the teacher and the assistant teacher with a financial offering of your choice at the end of the retreat.

Tuition: \$0 + 6 nights

David Chernikoff has been a student of meditation since 1971. He has been teaching Insight Meditation since 1988 and now teaches workshops and retreats throughout the U.S. David taught meditation and psychology at Naropa University for many years and currently has a private practice as a spiritual counselor and life coach in Boulder, Colorado.



May 25 – 28

Lila Yoga® Mindfulness Retreat

Erica Kaufman

Discover the power of compassionate awareness by bringing mindfulness into your daily life. During this nourishing retreat, we will embrace our vulnerabilities and allow them to safely guide us into expansive ease. By practicing the art of open attention, Mindfulness Lila Yoga provides a complete holistic approach to a healthy, balanced body and mind. Through the ancient Indian practices of asana (yogic postures), pranayama (yogic breathing), chanting, satsang gathering, meditation, and quiet-present time, we are able to open to our greatest awareness and learn the keys to joy, patience, peace, and eternal wisdom.

Tuition: \$300 + 3 nights

Yogacharya Erica Kaufman is the founder of Lila Yoga® and the owner of Lila Yoga Studios. Her teaching expertise and sophisticated gutsy openness awarded her *Yoga Journal's* Karma Credit and features in publications such as *The Times of India*. As a mentor to yoga teachers, aspirants, and community members alike, Erica tours the USA, Europe, Israel, and India teaching seminars on Lila Yoga® and Contact Improvisation.



AWAKEN YOUR HEART AND MIND

May 25 – 28

Trusting the Wisdom of Direct Experience: Embodied Listening®

Hope Martin & David Rome

Our bodies hold our lives. They hold wisdom and energy for living and growing. They also hold our obstacles: anxiety, painful emotions, and constricting habitual patterns. The more we are able to make loving contact with these places and live deeply from within our bodies, the more our stuck places transform, allowing for a more authentic, joyous, and fruitful life.

During this retreat, we will draw on three contemplative practices that cultivate insight, compassion, and confidence: Mindfulness Meditation to relax mental holding patterns; Alexander Technique to release physical holding patterns; and Mindful Focusing to access deeper feelings held in the body. This workshop is highly experiential and includes periods of meditation, exploration of the felt sense, gentle hands-on bodywork, sharing together, and humor.

Tuition: \$300 + 3 nights

Hope Martin has taught the Alexander Technique for 30 years, trains Alexander teachers at the American Center for the Alexander Technique and operates Hope Martin Studio in New York City. She is a meditation instructor and a Focusing trainer.

David Rome is the developer of Mindful Focusing and author of *Your Body Knows the Answer: Using Your Felt Sense to Solve Problems, Effect Change, and Liberate Creativity*. Previously, David served as private secretary for Chögyam Trungpa Rinpoche for many years.



May 31 – June 3

Mindful Games Family Retreat

Susan Kaiser Greenland & Leslie Gossett

Slow down, breathe in the mountain air, and have fun with the whole family at this one of a kind Mindful Games retreat. Separately and together, parents and kids will learn fun, brief, original, and effective mindfulness activities that build lasting psychological strengths while offering moments of calm and humor even when stress and strong emotions in your household run high. Mindful Games strengthen and support how families connect to and communicate with one another while helping parents and kids alike develop greater mind-body awareness, compassionate life skills, and manage stress.

Please see website for family pricing.

Susan Kaiser Greenland is an internationally recognized leader in teaching mindfulness and meditation to children, teens, parents, and professionals. She is author of *The Mindful Child* and *Mindful Games*.

Leslie Gossett is the Director of Family and Children's Programming for Northern California Shambhala and founder of Be You Yoga and Mindfulness for Families and Children. She has worked with children for over 19 years.



Dream and Sleep Yogas:

Teachings from the Bön Mother Tantra

Tenzin Wangyal Rinpoche

We sleep one-third of our lifetime, an average of twenty to twenty-five years. Centuries ago, Tibetan yogis developed spiritual practices that use dream and sleep as a spiritual path. Tenzin Wangyal Rinpoche will teach us about the relationships between dream and waking, and guide us in the clear-light sleep practices of the Mother Tantra, one of the most important cycles of teachings in the Tibetan Bön Buddhist tradition. Dream Yoga is a practice that spans every moment, waking and sleeping and Sleep Yoga helps us to integrate all moments – waking, sleeping, meditation, and even death – with the clear light of awareness. Through these practices, we are able to open the door to the luminous, open awareness that is the true nature of the mind.

Tuition: \$195 + 3 nights

Tenzin Wangyal Rinpoche is the founding director of Ligmincha International. In his more than 25 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. Rinpoche is the author of 10 books including *The Tibetan Yogas of Dream and Sleep*.



Mindfulness Retreat for Educators

Rona Wilensky & Kristin McKeown

Take time to cultivate your capacity for attention, emotional balance, and compassion in and out of the classroom. Designed to support you in bringing a mindful presence to your personal life and professional work in schools, this retreat includes daily periods of silent meditation practice, one full day of silence, mindful movement, solitary reflection, time in the natural world, and opportunities to share perspectives and experiences with other educators. This program is not focused on bringing mindfulness practices to students.

Mindfulness for educators is part of a global movement to bring research-based practices and mindsets to individuals and organizations interested in transformation.

Tuition: \$300 + 4 nights

Rona Wilensky is Director of Mindfulness Programs and a senior faculty member for SMART in Education. She has served on the Leadership Council of the Initiative on Contemplative Teaching and Learning at Garrison Institute. Rona served as founding principal of New Vista High School in Boulder, CO from 1992 – 2009.

Kristin McKeown is a teacher advocate and personal coach. As the founder of Teaching Balance, Kristin integrates her experience as a meditation teacher with her 22 years in public education to offer mindfulness-based strategies for wellness and self-care.



June 8 – July 8

Summer Dathün: Month-Long Meditation Retreat

Shastri Calryn Aston

Dathün, Tibetan for “moon session,” is an intensive group meditation retreat for new and experienced meditators interested in deepening their mindfulness-awareness. Composed of four week-long segments, this month-long retreat allows participants to attend 1, 2, 3, or 4 full weeks. In this immersive experience, mindfulness practice goes beyond the meditation hall, with every aspect of daily life becoming a practice of wakefulness and an opportunity to make better friends with ourselves and our world. Practices include: sitting meditation, walking meditation, daily chants, silence, contemplative silent meals, and light chores supporting the retreat.

Tuition: \$0 + 8, 15, or 30 nights

Shastri Calryn Aston has been a student of Sakyong Mipham Rinpoche since 1997. She has been active in training Shambhala Guides across the Front Range since 2007. She serves as a senior teacher in Boulder and other Front Range centers and also teaches mindfulness in corporate and educational settings. She is the Director of Lunacare LLC.



June 8 – 17

Neurodharma: A 10-Day Vipassana Retreat

Rick Hanson

Modern brain science is beginning to shed light on the underlying neuropsychological implications of deep experiences on present moment awareness – integrated wholeness of mind and the sense of interdependent connection with nature and physical reality.

Join New York Times bestselling author Rick Hanson, PhD and discover how to use new findings in brain science to relax the contracted sense of self, and to rest increasingly in resilient well-being at the front edge of now.

This 10-day silent Vipassana style retreat will include meditation, insightful Buddhist teachings, and guided practices based on a progression of brain-savvy perspectives.

Tuition: \$450 + 9 nights

Rick Hanson, PhD is a psychologist, Senior Fellow of the Greater Good Science Center at UC Berkeley, and New York Times best-selling author. His books are available in 26 languages and include *Hardwiring Happiness*, *Buddha’s Brain*, *Just One Thing*, and *Mother Nurture*. Founder of the Wellspring Institute for Neuroscience and Contemplative Wisdom, he’s been an invited speaker at Oxford, Stanford, Harvard, and other major universities, and taught in meditation centers worldwide.



SPRING | SUMMER PROGRAMS



Wired for Love: Relationship Workshop

Stan Tatkin & Tracey Boldeman-Tatkin

“People are complex,” says Stan Tatkin, clinician, teacher, and developer of A Psychobiological Approach to Couple Therapy® (PACT). “We don’t come with manuals that automate the process of getting along.” Even if we did have general manuals, we aren’t robots: what works for one person won’t necessarily work for another. Nor does it work to fly blind, as many couples do, and expect relationships to simply fall into place. This workshop will demonstrate general principles to help you understand what makes a relationship successful, and how to work toward that with your partner. During this weekend of teaching, interacting, and experimenting, you will come to understand how you and your partner really work and begin to construct a specific set of guidelines for both of you.

This workshop will teach couples about the fundamental biological realities of human bonding and the psychobiological particulars of your partner. If you are in a relationship, the tools you will be shown will be invaluable, and ready to use immediately in your relationship. If you are not currently in a relationship, this workshop will help prepare you to choose your next partner and help you to construct a safe and secure, long-lasting relationship.

Tuition: \$375 + 2 nights

This program also occurs September 14 – 16. See page 25.

Stan Tatkin, PsyD, MFT Clinician, author, PACT developer, and co-founder of the PACT Institute, teaches at UCLA, maintains a private practice in Southern California, and leads PACT programs in the US and internationally.

Tracey Boldemann-Tatkin, PhD has served as the director of various philanthropic family foundations over three decades. In addition to her leadership roles, she has been involved at the ground level of humanitarian efforts worldwide. Tracey is co-founder of the PACT Institute.



Open Heart Project Retreat

Susan Piver

Practice meditation to recover a sense of balance, cultivate fearlessness, sharpen your mind, and soften your heart. This 4-day retreat is a gathering for the Open Heart Project, a 20,000 member online meditation community, and anyone who is committed to living with a clear mind and an open heart in order to bring more sanity, love, and joy into the world. Each day will include guided practices and talks from Susan Piver as well as participant led breakout sessions that arise from the group’s collective wisdom. Days will be spent in practice, dialog, and learning from each other. Evenings are for gathering socially to get to know each other and deepen connections.

Tuition: \$425 + 4 nights

Susan Piver is the *New York Times* best-selling author of nine books on mindfulness, meditation, and relationships. She is a graduate of a Buddhist seminary and has been a meditation practitioner for more than 20 years. Susan has been featured on Oprah, CNN, the TODAY Show, and in the *New York Times*, the *Wall Street Journal* and *TIME*. She founded the Open Heart Project, an online mindfulness community.



AWAKEN YOUR HEART AND MIND

June 30 – July 3

Mindful Hiking: Opening to Change

Kay Peterson

Sometimes we welcome change in our lives; other times it comes unexpectedly. It may feel like our life adventure has brought us to the banks of a swollen river and we're not sure how to proceed – do we turn back or take a leap of faith?

Through engaging mindfulness/awareness practices, we can delve deeply into our connection with the natural world, turn our attention toward the subtle interplay of our thoughts and feelings, tune into our sense perceptions, and rediscover our innate ability to weather impermanence in our lives with grace and strength. Join us for a weekend that will include sitting and hiking meditation (moderate difficulty at 7,000'– 9,000' elevation), restorative yoga, group discussions, and lots of time for solo reflection in nature.

Tuition: \$185 + 3 nights

See other Mindful Hiking programs on pages 20 and 24.

Kay Peterson, MA, MFT is a psychotherapist, wilderness guide, and Shambhala Meditation Instructor. She has been facilitating nature-inspired programs that integrate mindfulness, individual transformation, and creative group process since 1996. Kay also teaches Mindfulness-Based Stress Reduction (MBSR) and is adjunct faculty at Naropa University.



June 30 – July 7

Mindfulness Meditation Retreat: A 7-Day, Teacher-Led, Silent Retreat

Janet Solyntjes & Jim Colosi

All of us have an innate capacity to experience well-being, resilience, and unconditional care and kindness. In order to enhance this capacity, we explore the power of mindfulness and mindfulness related practices such as loving-kindness and compassion for self and other. This Mindfulness Meditation Retreat emphasizes the direct experience of mind and heart in a powerful, silent container, supported by the indescribable and vivid beauty of the Rocky Mountains that surround the retreat center.

Tuition: \$665 + 7 nights

See bio for Janet on page 9.

Jim Colosi is a Certified Teacher in the Mindfulness-Based Stress Reduction (MBSR) program and has taught meditation for 30 years in the Shambhala tradition. He was the Director of the Prison Meditation Program, North Central Correctional Institution, Gardner, MA, from 1995 – 2000. Prior to becoming an adjunct teacher at the Center for Mindfulness at the University of Massachusetts in 2006, Jim had a 25-year career in strategic marketing and communications, with Hewlett-Packard Company and other technology companies.



July 11 – 15

Deconstructing Yourself

Michael W. Taft

When we release belief in the ego, we release our suffering as well – an insight which is the essence of liberation. Explore and experience the wisdom of this truth as Michael W. Taft guides you in meditation techniques for carefully revealing this constructed nature of selfhood. This peaceful retreat consists of guided meditations, dharma talks, and Q&A sessions, as well as time for silent practice and reflection. Each retreatant will have the opportunity to discuss their practice 1:1 with Michael. Backing up these traditional practices with insights from neuroscience and psychology and nondualism, you will learn the method of what Michael calls “deconstructing yourself.”

Tuition: \$250 + 4 nights

Michael W. Taft is a meditation teacher and bestselling author. As a mindfulness coach, he specializes in secular, science-based mindfulness training in groups, corporate settings, and one-on-one sessions. Michael is the author of several books, including the bestselling *The Mindful Geek*, and *Nondualism*, as well as the founding editor of the popular blog *Deconstructing Yourself*.



SPRING | SUMMER PROGRAMS

July 12 – 15

Inside (and) Out:

Yoga and Meditation for Everyone

Katharine Kaufman

Our unique sensibilities are sustained by practices that include our whole being. The encouragement in this 4-day retreat is to find your way through the simple and spacious practices of meditation and yoga. You will design new playful and personal rituals you can carry into your life. Periods of silence will nourish intimacy. We will cultivate community by sharing our Way-Seeking Mind stories; the tender under-world of our being. We will practice alone and together, inside and out, in the fields, forests and groves of this sacred land.

This retreat is designed for everyone.

Tuition: \$250 + 3 nights

See bio for Katharine on page 8.

July 27 – 29

Wisdom Rising:

Journey into the Mandala of the Empowered Feminine

Lama Tsultrim Allione

Calling all women for this life-changing meditation retreat and celebration of the Empowered Feminine. Come transform through the power of the mandala, a universal template of inner and outer wholeness. Lama Tsultrim Allione offers a guide to access a previously forbidden aspect of the feminine: the fierce wise dakini, whose juicy potency is needed to meet the gale force winds of the current world situation. The Mandala of the Five Dakinis is a dynamic spiritual model based on 1000-year-old tradition coming from Tibet, where obstructive emotional patterns are transformed into wisdom. This meditation practice gives you a practical method to center yourself and find strength within while empowering you to be an effective agent of transformation in your world. We will work with meditation, active imagination, sound, and mandala drawing during the retreat.

Tuition: \$195 + 2 nights

Lama Tsultrim Allione is an author, internationally known Buddhist teacher, and the founder and resident lama of Tara Mandala. She is the author of *Women of Wisdom* and *Feeding Your Demons: Ancient Wisdom for Resolving Inner Conflict* and *Wisdom Rising: Journey into the Mandala of the Empowered Feminine*, to be published in May 2018.



July 27 – 31

Mindful Hiking: Weathering Life's Storms

Kay Peterson & Jenny Bondurant

A passing rainstorm doesn't have to ruin a hike if we remember to bring a raincoat or don't mind temporarily getting a little wet! The clouds are certain to pass and we may even be left feeling stronger and more rejuvenated than we expected. Our emotional landscape is much like the weather – we may not be able to control it, but we do have power over our reactions to it. In this program we learn to ride the waves of intensity by tapping into the indestructible calm within. Join us for a weekend of meditation, mindful hiking, restorative yoga, and silence as well as group activities leaving you feeling refreshed and empowered for the weather ahead!

Tuition: \$195 + 4 nights

See other Mindful Hiking programs on pages 18 and 24.

See bio for Kay on page 18.

See bio for Jenny on page 12.

July 28 – August 4

Family Camp

Steve Sachs, Rachel Steele, Kelly Lindsey & Nicole Wolf

Nurture family connections while rejuvenating your spirit in the beautiful terrain of Shambhala Mountain Center. Family Camp is a creative and contemplative retreat the whole family can enjoy. Take time for yourself in the mornings to practice meditation or yoga while your children participate in enriching group activities. The afternoons and evenings offer fun family activities like hiking, family yoga, dance, contemplative arts and crafts, games, storytelling, song night, and a talent show.

Children are in a morning program grouped by age. Experiential activities include craft projects, stories, songs, hikes in the woods, and group games. Children are introduced to sitting meditation and meditative arts as ways to work with their hearts and minds. They are also introduced to the notion of basic goodness as a way to instill confidence, bravery, and compassion – all while having fun and developing friendships!

Rites of Passage (for children age 9 – 10)

This special program marks the transition children begin to make from being dependent on their parents to taking on greater responsibility within the family and the community. Through sitting meditation, kyudo (Zen archery), ikebana (flower arranging), haiku, calligraphy, and other meditative arts, Rites of Passage gives children powerful tools to help them care for their own mind and emotions. At the week's end, this transformative program is sealed with a powerful ceremony in which the children take a vow of kindness towards themselves and others.

Please see our website for Family Camp pricing options.

Steve Sachs has been an educator for 35 years and a member of the Shambhala community since 1982. He has taught in Montessori schools, co-founded the Eastern Sun Academy, and is a teacher and co-director of Alaya Preschool. He also teaches at Naropa University.

Rachel Steele holds an MA in Contemplative Education from Naropa University and taught at Alaya Preschool for over 15 years. She has been involved in Shambhala Family Programming since 2002.

Kelly Lindsey is a meditation teacher, mind-body therapist, co-founder of Dakini Meditative, and mother of three. She is passionate about serving children and families in the Shambhala Community of which she has been a part for over 20 years.

Nicole Pressly Wolf is currently an editor at Sounds True, a long-time practicing buddhist, and a member of Shambhala's Family Council. Nicole coordinated and taught in Shambhala NYC's children's program when her two boys were younger.



August 1 – 5

Women's Yoga and Meditation Retreat

Katharine Kaufman

Our bodies hold emotions, images, patterns, and stories. When we inhabit our bodies through mindfulness practices, we come to know ourselves as complete and wakeful beings. During this rejuvenating program, we will play with the 4 postures of meditation, practice nourishing yoga, and retreat in the forests, fields, and groves of Shambhala Mountain Center. Through sitting meditation, we will contemplate the nature of Way-Seeking Mind, the tender under-world of our being. Our practice and insight will deepen through silent periods, and our community will develop understanding and trust through conversation.

Tuition: \$285 + 4 nights

See bio for Katharine on page 8.

August 10 – 12

Rediscovering Essence Love

Tsoknyi Rinpoche

We all want and need the capacity to love and be loved unconditionally. We also seek the understanding and insight to work confidently with the challenges in our modern busy lives.

Rinpoche teaches on how we can rediscover our spark of unparalleled brilliance, an unlimited capacity for warmth, openness, and courage, or essence love. Timeless and imperishable, essence love is often layered over by patterns of behavior and belief that urge us to seek happiness in conditions or situations that never quite live up to their promises.

Tuition: \$195 + 2 nights

Born in 1966 in Nubri, Nepal, Tsoknyi Rinpoche is one of the most renowned teachers of Tibetan Buddhism trained outside of Tibet. Deeply versed in both the practical and philosophical disciplines of Tibetan Buddhism, he is beloved by students around the world for his accessible style, his generous humor, and his deeply personal, compassionate insight into human nature.



AWAKEN YOUR HEART AND MIND

August 10 – 13

Living Radical Dharma

Rev. angel Kyodo williams & Lama Rod Owens

Radical Dharma is an urgent call to dharma communities to wake from the habitual ways they and their members reproduce and sustain exclusion. Radical Dharma advocates a “new dharma” that deconstructs rather than amplifies systems of suffering, and prepares us to weigh the shortcomings not only of our own minds, but also of our communities. We can only accomplish shifts in awareness through radical honesty, a common ground where we can drop our need for perfection to speak and act from a place of deep vulnerability, and authentic presence. Regardless of how unpleasant this feels or how messy this looks, Radical Dharma emerges out this kind of disarmed honesty, just as a lotus emerges from the mud.

Tuition: \$215 + 3 nights

Rev. angel Kyodo williams, Sensei is a maverick dharma teacher, author, and founder of Center for Transformative Change. She applies wisdom teaching to social issues at the intersections of racial, economic and climate justice. Rev. angel notes, “Love and justice are not two. Without inner change, there can be no outer change. Without collective change, no change matters.”

Lama Rod Owens is an activist, poet, and authorized Lama in the Kagyu School of Tibetan Buddhism. He is a core teacher with Natural Dharma Fellowship in Cambridge, MA and will complete a Master of Divinity degree at Harvard Divinity School in May where he has been focusing on the intersection of social change, identity, and spiritual practice.



August 13 – 17

Quiet Mind, Open Heart: Stillness, Silence, and Spaciousness

Kelly Lindsey, Marissa Knox & Brooke Binstock

Come home to yourself. Say YES to a spacious, 5-day retreat designed to nurture your body, heart, and mind. Connect with your heartfelt knowing through embodied practices inspired by sacred wisdom traditions. A nourishing daily schedule will include guided meditation, yoga, bodywork, time in nature, and meaningful connection with others. You will leave this retreat feeling open, inspired, and ready to meet your everyday life with greater clarity and compassion.

Tuition: \$270 + 4 nights

Marissa Knox is a PhD candidate at UT Austin with a research focus on self-compassion. Marissa teaches yoga and meditation with wholehearted reverence, integrity, and deep-rooted compassion. She sees spiritual practice as a remembrance of our wholeness, with each breath a sacred invitation to discover all we need within.

Brooke Binstock is a heart-centered solopreneur and owner of Open Circle Healing, an all encompassing wellness initiate where self-care and self-acceptance are the main pulse. In addition to teaching yoga and meditation, Brooke is also a Licensed Massage Therapist.

See bio for Kelly on page 20.



SPRING | SUMMER PROGRAMS



Compassion in Action

Sharon Salzberg, Acharya Fleet Maull & Rhonda Magee

Our world seems to be increasingly influenced by speed, materialism, and aggression. Many of us feel overwhelmed and powerless, wondering how we can make a difference. Compassion in Action is an opportunity to reconnect with our best intentions and engage in practices to develop compassion and resiliency. Relaxing our minds in meditation, we'll cultivate a firm foundation from which to open to our own experiences of suffering and reclaim the tenderness of our hearts – the wellspring of love and happiness. Together we'll explore how connecting with this innate sense of compassion in yourself and others prepares you to empower and uplift your relationships and communities.

Tuition: \$400 + 4 nights

Sharon Salzberg is a central figure in the field of meditation, a world-renowned teacher and *New York Times* bestselling author. She has played a crucial role in bringing meditation and mindfulness practices to the West and into mainstream culture since 1974, when she first began teaching.

Acharya Fleet Maull, PhD, is an author, meditation teacher, social entrepreneur and activist working for peace, prison reform and social transformation. He is a senior Dharma teacher in both the Shambhala Buddhist and Zen Peacemaker traditions and leads retreats, activist and leadership trainings and prison programs worldwide.

Rhonda Magee, MA (Sociology), JD, is Professor of Law and former Co-Director of the Center for Teaching Excellence at the University of San Francisco. She is an expert in Contemplative Pedagogy, Race Law, Identity-Sensitive Pedagogy, and Critical Race Perspectives on the Intersection of Race and Immigration.



COMPASSION IN ACTION

August 17 – 19

Mindful Hiking: Waking up to the Wild

Kay Peterson

Like the snow melting to reveal vast meadows ripe with the promise of wildflowers, we too can shed the layers of past seasons and old habits to make way for new possibilities in our lives. By tuning into our senses and mindfully moving through nature, we can cultivate the ability to discern opportunities for growth as they arise moment to moment. Join us for a rejuvenating weekend of sitting and hiking meditation (moderate difficulty at 7,000' – 9,000' elevation), restorative yoga, group exercises and discussion, and solo time in nature. Return home with a renewed sense of purpose and fresh start. Wake up to the wild both inside and out!

Tuition: \$175 + 2 nights

See other Mindful Hiking programs on pages 18 and 20.

See bio for Kay on page 18.

August 24 – 26

Healing Sound Retreat

Christine Stevens

Explore music and rhythm as gateways to spiritual consciousness. Learn practical tools and creative practices for using sound in healing, spiritual practice, and community building. Discover the 3 secrets to drumming for healing, reaching back thousands of years. Greet the day with morning song, drum around a fire under the stars, and ignite your creative spirit. This is a celebration of the music of your soul through a path that unites sacred music traditions in sound.

No prior musical experience necessary. Drums provided – or bring your own.

Tuition: \$255 + 2 nights

Music for Peace Ceremony at the Great Stupa (included in retreat)

Saturday Aug 25, 5 pm

Tuition: \$30 to attend Saturday evening only (includes dinner)

Christine Stevens holds master's degrees in music therapy and social work. She is the founder of UpBeat Drum Circles and author of *Music Medicine* and the Healing Drum Learning Program. She has studied with Lakota elders for over a decade, taught drumming for peacemaking in Iraq, and traveled internationally training facilitators in more than 25 countries.



August 31 – September 2

From Mindfulness to Pristine Mind:

Journeying Into Your Natural State of Mind through Meditation

Orgyen Chowang Rinpoche

Join renowned meditation master Orgyen Chowang Rinpoche for this special meditation retreat designed to take us through a progression of the true human experience of happiness and a sense of well-being to the total transformation of our world. We will focus on practical meditation instructions and will experientially introduce the way these methods fit together to reconnect us with the unconditional happiness that lies within us all. Orgyen Chowang Rinpoche will present methods from ancient masters of Tibet and India to bring this experience into our lives today. These methods are deeply relevant whether you are just seeking a happier life or are pursuing the spiritual journey all the way to enlightenment.

Tuition: \$195 + 2 nights

Orgyen Chowang Rinpoche is a meditation master in the Nyingma lineage of the Buddhist tradition. He studied for nine years at Larung Gar in Serta, eastern Tibet, with his teacher, Jigmed Phuntsok Rinpoche, who is widely acknowledged as one of the greatest Dzogchen meditation masters of the twentieth century. Orgyen Chowang Rinpoche lives in the San Francisco Bay Area and is the founder and spiritual director of Pristine Mind Foundation.



SPRING | SUMMER PROGRAMS

September 7 – 9

Lucid Dream Yoga

Andrew Holecek

Discover the remarkable world of nocturnal meditation, where a wealth of wisdom awaits you every night. Lucid dreaming and dream yoga have boundless potential for rapid psychological and spiritual growth. During this weekend we'll explore the science behind lucidity, how to induce lucid dreams, what to do with them, and how to transcend any obstacle. Lucid dreaming has been developed for thousands of years in the East, and recently augmented with sophisticated techniques from the West. Learn how lucid dreaming leads to lucid living, and how this ancient practice can change your brain, facilitate healing, improve relationships, heighten performance, and wake you up.

Tuition: \$185 + 2 nights

Andrew Holecek has completed the traditional three-year Buddhist meditation retreat and offers seminars internationally on meditation, lucid dreaming, and dream yoga. He is the author of *The Power and the Pain*, *Preparing to Die*, and *Meditation in the iGeneration*, as well as the audio learning course, *Dream Yoga: The Tibetan Path of Awakening Through Lucid Dreaming*. His most recent book is *Dream Yoga: Illuminating Your Life Through Lucid Dreaming and the Tibetan Yogas of Sleep*.



September 8

Living The Full Catastrophe:

A Day of Mindfulness-Based Stress Reduction Denver Program

Janet Solyntjes

This experiential workshop will offer user-friendly techniques for dealing with stress 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 the mindfulness practices used in MBSR (body scan, sitting and walking meditation, hatha yoga), and discussion of the benefits and applications of mindfulness in daily life.

This program takes place in Denver, CO.

Tuition: \$125

See bio for Janet on page 9.

September 14 – 16

Wired for Love: Relationship Workshop

Stan Tatkin & Tracey Boldemann-Tatkin

"People are complex," says Stan Tatkin, clinician, teacher, and developer of A Psychobiological Approach to Couple Therapy® (PACT). "We don't come with manuals that automate the process of getting along." Even if we did have general manuals, we aren't robots: what works for one person won't necessarily work for another. Nor does it work to fly blind, as many couples do, and expect relationships to simply fall into place. This workshop will demonstrate general principles to help you understand what makes a relationship successful, and how to work toward that with your partner. During this weekend of teaching, interacting, and experimenting, you will come to understand how you and your partner really work and begin to construct a specific set of guidelines for both of you.

This workshop will teach couples about the fundamental biological realities of human bonding and the psychobiological particulars of your partner. If you are in a relationship, the tools you will be shown will be invaluable, and ready to use immediately in your relationship. If you are not currently in a relationship, this workshop will help prepare you to choose your next partner and help you to construct a safe and secure, long-lasting relationship.

Tuition: \$375 + 2 nights

This program also occurs June 22 – 24. See page 17.

See bios on page 17.

AWAKEN YOUR HEART AND MIND

Introduction to Mindfulness-Based Stress Reduction

Janet Solyntjes

Mindfulness-Based Stress Reduction (MBSR) is a program of practical, scientifically-supported teachings to reduce stress, facilitate relaxation, and promote physical health and emotional well-being. Inspired by the work of Jon Kabat-Zinn, this retreat offers tools for engaging the demands of our lives, including illness, chronic pain, personal crisis, and even the ongoing challenges of a “full catastrophe.” By relating directly with our bodies and emotions, we’ll discover the power of mindfulness to change our lives. Through sitting, walking, and body scan meditation practices – as well as mindful yoga – we will return to our lives better equipped to manage stress.

Recommended for stressed out people from all walks of life.

Tuition: \$195 + 2 nights

This program also occurs March 9 – 11.

See bio for Janet on page 9.

Beyond Suffering: Unconditional Self Love, Mindfulness, Meditation and Qi Gong Retreat

Blake D. Bauer

Join international bestselling author Blake D. Bauer to discover why depression, addiction, physical illness, unfulfilling work, and relationship problems are caused by years of hiding your true emotions, denying your life purpose, and living in fear. Learn how all forms of suffering are logical cries from your body, soul, and subconscious mind asking you to finally love, value, forgive, and be true to yourself in the present.

This weekend will help you to create a healthy relationship with yourself that is based on deep self-worth, self-acceptance, and self-respect. It will include mindfulness meditation and Qi Gong healing exercises designed to unlock the stuck energy, blood, and emotion that is keeping you unhappy, sick, or trapped.

Tuition: \$300 + 2 nights

This program also occurs March 30 – April 1.

See bio for Blake on page 11.

SPRING | SUMMER PROGRAMS



Foundations of Authentic Leadership

Acharya Susan Skjei & Michael Gayner

Authentic Leadership is a powerful approach to leadership that encourages us to bring the best of who we are into how we lead. Anchored in self-awareness and the courage to genuinely show up for the moments that matter, you can effectively lead the changes we want to see in our lives and work. This experiential workshop provides practical methods for fostering self-awareness, inspiring and engaging others, and taking wise action with confidence and compassion. Drawing on principles and practices from contemplative traditions as well as contemporary approaches to leadership and organizational learning, we will create a collaborative learning lab to foster deep personal insights, enhance interpersonal skills, and increase overall leadership effectiveness.

Tuition: \$395 + 2 nights

Acharya Susan Skjei is an educator, executive coach, and consultant specializing in leadership and transformative change. Formerly a Vice President of Learning and Development for a large technology company, she currently directs the Authentic Leadership program at Naropa University and consults internationally.

Dr. Michael Gayner has lived at Shambhala Mountain Center since 2010, serving as the Executive Director since 2012. In his previous incarnations, Michael owned a benefits management company, taught and studied in Japan for four years, and served as an officer in the Canadian Armed Forces. He earned a PhD in Education from the University of Toronto.



Volunteer and Core Staff Opportunities

We are seeking committed individuals who aspire to create an enlightened society through working in a contemplative practice community – serving and inspiring the thousands of guests who come to Shambhala Mountain Center each year.

Visit shambhalamountain.org/staff to learn more about current opportunities!

Group Rentals

Shambhala Mountain Center is available to groups for exclusive and non-exclusive rental use. Bring your business, family, non-profit, spiritual, or educational group for a retreat in our beautiful contemplative environment. Let us host you as you enjoy time to practice, meet, deepen, and relax together.

For more details about rental facilities, including square footage and capacity, and date availability, please visit our website or email rentals@shambhalamountain.org.

Generosity in Action

Your generosity plays a pivotal role in furthering Shambhala Mountain Center's mission to provide extensive programs for personal and societal transformation, both now and for generations to come.

Shambhala Mountain Center is a 501(c)3 educational non-profit and all donations are tax deductible. You can donate on our website, send a check care of the development department, or contact us at development@shambhalamountain.org for more information.



Plan Your Retreat

1 | CHOOSE A PROGRAM

Use this catalog or visit
www.shambhalamountain.org

2 | SELECT YOUR LODGING

Peak season rates may apply Jun 1 – Sep 1.

LODGE OR SEASONAL DORM

7–15 people per same-gender room with shared same-gender bathrooms.
\$85 – 117 per night per person

LODGE DOUBLE

Two full-size beds, private bathroom. Roommate assigned or selected.
\$158 per night per person

LODGE SINGLE

Full or queen-size bed and private or shared bath.
\$179 – 219 , per night 1st person
\$89 per night for 2nd person

LODGE SUITE

Queen-size bed, closet, private bath with tub, and sitting area.
\$279 per night 1st person
\$89 per night for 2nd person

RED FEATHER DOUBLE CABIN

Two twin-size beds, shared same-gender bathhouse.
\$117 per night per person

TENT SINGLE (Avail. Jun – Sep)

12'x14' tent with two twin beds, shared same-gender bathhouse.
\$117 per night per person

TENT DOUBLE (Avail. Jun – Sep)

12'x14' tent with two twin beds, shared same-gender bathhouse. Roommate assigned or selected.
\$85 per night per person

3 | SEE WHAT'S INCLUDED

LODGING, MEALS, AND AMENITIES

Cost per night includes:

- Lodging selection
- Three meals per day (vegetarian, vegan, and gluten-free available)
- Hiking trails, walking paths
- Access to the Great Stupa of Dharmakaya
- Coffee, tea, and fruit



Lodge Double



Retreat Intensives

For longer retreats lodging rates may be significantly reduced. See web for details.

4 | REGISTER

ONLINE: shambhalamountain.org
BY PHONE: 888.788.7221

Payment

Full payment is required for stays of three nights or less. A 50% deposit is required for stays of four nights or more. The final 50% balance is processed 30 days prior to arrival. Payment can be made by credit card, check, or money order.

Cancellation Policy

If you cancel your reservation more than 14 days prior to arrival, you will receive a full refund less a credit card processing fee of 5% of payment. If you cancel 2–14 days prior to arrival, you will receive program credit to be used toward another program at Shambhala Mountain Center. No refunds or credits are issued for cancellations received fewer than 48 hours prior to arrival.

Discounts

Shambhala Mountain Center offers a 10% discount off our lodging and meals to full-time students and senior citizens (60 years or older). If you qualify, please use the coupon code indicated on the registration page or mention it over the phone.

Subsidized Rate/Financial Aid

Our subsidized rate offers a \$65 per night rate for Tent Double or Seasonal Dorm accommodations, depending on the season. Tuition is still paid in full.

This option is available on the program registration page. It cannot be combined with other discounts or financial aid.

We also offer financial aid to individuals for Shambhala Path programs on a by-needs basis. If financial aid is available for the program you are interested in, a notice will appear on the registration page.

5 | ARRIVAL AND DEPARTURE

SAMPLE SCHEDULE

(May change depending on program)

ARRIVAL DAY

2 – 5 pm | Registration
6:30 – 7 pm | Dinner
7 pm | Orientation: Program Begins

TYPICAL DAY

7:30 – 8:30 am | Breakfast
9 am – 12:30 pm | Program Session
12:30 – 1:30 pm | Lunch
1:30 – 3 pm | Free Time
3 – 6:30 pm | Program Session
6:30 – 7:30 pm | Dinner
8 pm | Program Session

DEPARTURE DAY

7:30 – 8:30 am | Breakfast
9 am – 12:30 pm | Program Activities
12:30 pm | Lunch and Departure

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.

Stay an Extra Night

Take the stress out of your travel plans by adding an extra night before or after your retreat for 25% off.



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Transformative Programs and Retreats Inspiring Presenters Powerful, Contemplative Environment


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