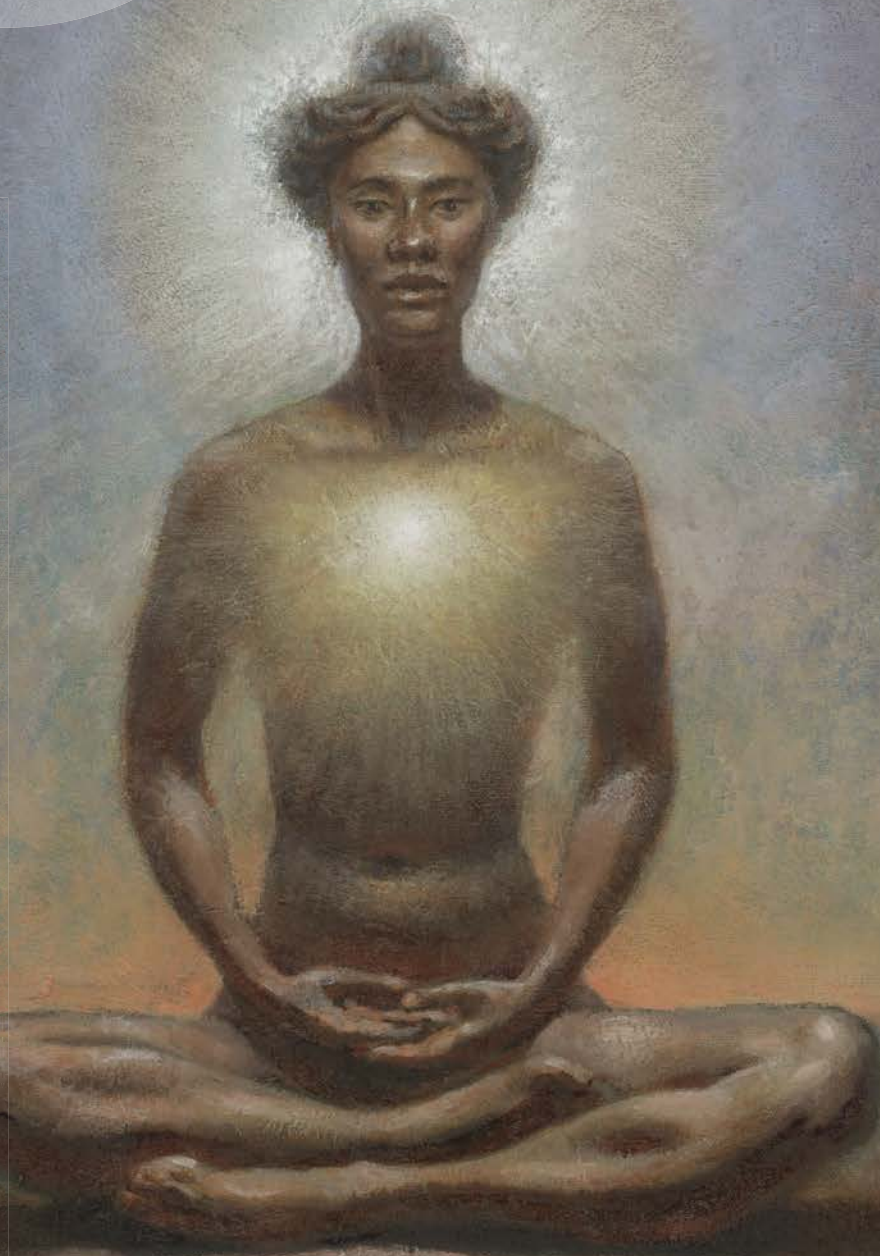


BUDDHISM | MEDITATION | MINDFUL LIVING | YOGA

SHAMBHALA MOUNTAIN CENTER

SPRING | SUMMER 2019



Connect | Discover | Explore

Dear friend,

It is with joyful and humble hearts that we present this catalog of retreats to you. The Shambhala community has come to a point in our journey where the examination and evaluation of societal integrity, justice, and peace, is critical to our path forward.

The challenges we face in the Shambhala community parallel many of the challenges faced by our global society. Holding this awareness, we have decided to offer a series of programs dedicated to addressing anti-oppression from an individual and societal perspective (see Social Impact, pg. 2-3). At this time, we also feel it is important to return to the timeless wisdom of the Buddha's core teachings. We are pleased to offer a month-long immersion into Traditional Buddhist practice and study called Summer Seminar (see pg. 16).

In an effort to make our programs more financially accessible, we've restructured our Financial Aid and are introducing multi-tiered tuition pricing for some retreats.

We thank you for walking the path toward collective awakening with us. We invite you to join us this retreat season as we explore and engage the brilliant aspects of our humanity for the benefit of all beings.

With love from the mountains,
SMC Program Development & Marketing Team



2019 Program Highlights

Retreat Intensives

- 27 Neurodharma Retreat with Dr. Rick Hanson: A 10-day Experiential Exploration**
Dr. Rick Hanson, Alisa Dennis, Peter Grossenbacher, Tina Rasmussen & Terry Vandiver
- 19 Insight Meditation Retreat: Grief, Joy, and Awakening** | David Chernikoff
- 11 5-Day Silent Mindfulness Retreat**
Janet Solyntjes
- 17 Mindfulness Meditation Retreat: A 7-Day, Teacher-Led, Silent Retreat**
Janet Solyntjes & Jim Colosi
- 19 Summer Half Dathun**
Acharya Michael Greenleaf

Meditation and Buddhism

- 16 Summer Seminar I: Discovering the Path of Liberation**
Acharya Holly Gayley, Acharya Dan Hesse, Acharya Susan Chapman & Shastri Loden Nyima
- 9 White Tara: A Soothing Practice for Difficult Times**
Acharya Judith Simmer-Brown
- 17 The Four Yogas of Mahāmudrā**
B. Alan Wallace
- 23 Graceful Exit: Preparing for a Good Death** | Andrew Holecek
- 25 From Mindfulness to Pristine Mind**
Orgyen Chowang Rinpoche

Yoga and Embodied Living

- 21 Quiet Mind, Open Heart: Sacred Simplicity** | Kelly Lindsey & Brooke Binstock
- 20 Women's Summer Meditation and Yoga Retreat** | Katharine Kaufman
- 11 Invoking Nature's Magic: Five Element Plant Spirit Healing**
Marlow Brooks
- 12 Ayurveda Spring Cleanse Retreat**
Kate O'Donnell & Rich Ray

Relationships and Family

- 16 Adoptive Families Retreat**
Leslie Gossett & Julie Goldstein
- 20 Family Camp**
Kelly Lindsey, Steve Sachs, Rachel Steele & Nicole Wolf
- 14 In the Company of Love: An Introduction to Family Constellations** | Suzi Tucker
- 18 Wired for Love: A Couple's Workshop**
Stan Tatkin and Tracey Boldemann-Tatkin

Creative Expression

- 23 Writing as a Path to Awakening**
Albert Flynn DeSilver
- 26 Art + Life Retreat: Contemplative Creative Practices for an Open Heart**
Marcia Wang Shibata & Shastri Sandra Ladley
- 9 Healing and Transforming Consciousness Through Sacred Sound, Music and Dance** | Yuval Ron
- 19 Heart of the Brush** | Kazuaki Tanahashi



2019 Social Impact Retreats

We are pleased to offer this series of programs dedicated to our societal awakening. Join us for in-depth explorations concerning social healing, race, gender, power, and anti-oppression work. Visit our website for additional details and to apply for scholarships.

For these retreats you may choose between three tuition prices:

Subsidized: \$50 / Standard: \$100 / Supporting: \$200.

April 26 – 28

Heart of Recovery Retreat:

Exploring Higher Power from a Buddhist Perspective

Dennis Southward & Martha Hildreth

Heart of Recovery joins the ancient wisdom of Shambhala Buddhism with the 12-step form in order to support our commitment to the path of recovery from addictive behaviors. In this retreat, we will learn a new way of understanding the recovery path and contemplate how to relate to “higher power” as a non-theistic source of strength and wisdom.

Tuition + 2 nights



May 3 – 5

Empowered Communication:

Healing Social Divides with Compassionate Strength

Basia Solarz

How can we approach others in dialogue about the most critical social issues from a place of strength and compassion? What makes it hard to be our best selves in difficult conversations? This experiential program invites us to take a deeper look at what matters to us in conflict and gain clarity about how to show up differently in challenging situations.

Tuition + 2 nights



May 10 – 12

Looking Deeply:

Meditation and Discovering Diversity

Jeff Scott

Grounded in the profound contemplation of basic goodness and the gentle stability provided by sitting meditation, over the course of this retreat we will engage with each other around our own experiences of exclusion/inclusion, privilege, difference, and strength.

Tuition + 2 nights



June 6 – 11

Embodied Power and Play:

Reclaiming the Feminine

Acharya Holly Gayley, Hannah Kinderlehrer, Geo Logeretta & Kriste Peoples

The contributions of women to all aspects of life are shaping the future, yet we face ongoing challenges as individuals and as a collective. Co-creating a safe, inclusive and collaborative environment in this retreat, we will use movement and stillness to explore the wisdom and power of the feminine. All intersex, non-binary, and female-identified people are warmly welcome.

Tuition + 5 nights



June 6 – 9

Love and Racial Justice: A Multi-Tradition Movement Healing Racism

Myokei Caine-Barrett, Lyn Fine, Jozen Tamori Gibson, Acharya Charlene Leung, Kaira Jewel Lingo & Michaela McCormick

If you are already engaged in the challenge of racial healing in North America and long for spiritual connection in this work, join us for this special retreat. This retreat offers a unique opportunity for people from various Buddhist and other wisdom traditions to intentionally create a group composed of approximately 55% people of color and 45% white identified. We aspire to ignite a multi-tradition movement that builds capacity toward action for racial justice within our respective sanghas and beyond.

Tuition + 3 nights



August 4 – 8

Radical Dharma Conversation

Rev. angel Kyodo williams & Lama Rod Owens

Please see page 21 for details



August 8 – 11

Radical Dharma Camp

Rev. angel Kyodo williams & Dr. Jasmine Syedullah

Please see page 21 for details



September 13 – 15

True Becoming: How Our Queer/Straight Experiences Inform Our Perception

Presented by Boulder Queer Dharma Group & Allies

Everyday we are challenged to show up in our lives in an authentic way. No matter how we might identify, simply being ourselves can feel like a radical act of bravery. Join us for an exploration of our sense of self and our place in the world with gentleness and honesty, in an environment that fosters safety and belonging.

Tuition + 2 nights

AWAKEN YOUR HEART AND MIND

CALENDAR OF PROGRAMS

APRIL

Wisdom of the Body: Yoga and Meditation Retreat Katharine Kaufman Apr 4 – 7	8
Healing and Transforming Consciousness Through Sacred Sound, Music and Dance Yuval Ron Apr 5 – 7	9
Open House Apr 7	6
White Tara: A Soothing Practice for Difficult Times Acharya Judith Simmer-Brown Apr 12 – 14	9
Retreat and Renewal Apr 12 – 14	7
The donothing® Leadership Retreat Janet Solyntjes Apr 15 – 18	10
Rising Strong Retreat for Women Kathy Williams-Tolstrup Apr 18 – 21	10
Invoking Nature's Magic: Five Element Plant Spirit Healing Marlow Brooks Apr 19 – 21	11
The Art of Being Human: Shambhala Training I Acharya Arawana Hayashi Apr 19 – 21	11
5-Day Silent Mindfulness Retreat Janet Solyntjes Apr 23 – 28	11
Heart of Recovery Retreat: Exploring Higher Power from a Buddhist Perspective Martha Hildreth & Dennis Southward Apr 26 – 28	2
Relationship as a Spiritual Path Ben Cohen Apr 26 – 28	12
Summer Set-Up Apr 29 – May 10	27

MAY

Silent Meditation Intensive May 3 – 5	7
Empowered Communication: Healing Social Divides with Compassionate Strength Basia Solarz May 3 – 5	2
Touching the Moment with Indelible Presence Acharya Dale Asrael & Cynthia Moku May 9 – 13	12
Looking Deeply: Meditation & Discovering Diversity Jeff Scott May 10 – 12	2
Ayurveda Spring Cleanse Retreat Kate O'Donnell & Rich Ray May 11 – 17	12
Taming the Wild Horse Jenny Bondurant & Valerie Lorig May 15 – 19	13
Deep Healing: A 5-Night Unconditional Self-Love, Qi Gong, and Meditation Retreat Blake D. Bauer May 17 – 22	13
Vajrayogini: The Glorious Coemergent Mother Larry Mermelstein May 17 – 26	13
Lucid Dream Yoga Andrew Holecek May 24 – 26	14
Retreat and Renewal May 24 – 26	7
Trusting the Wisdom of Direct Experience: Embodied Listening Hope Martin & David Rome May 24 – 27	14

In the Company of Love: An Introduction to Family Constellations Suzi Tucker May 31 – Jun 2	14
Lila Yoga Mindfulness Retreat: Living with Cosmic Energy in Life Erica Kaufman May 31 – Jun 3	15

JUNE

Mindfulness Retreat for Educators Rona Wilensky & Kristin McKeown Jun 1 – 5	15
Open House Jun 2	6
Love & Racial Justice: A Multi Tradition Movement Healing Racism Acharya Charlene Leung, Kaira Jewel Lingo, Michaela McCormick, Jozen Tamori Gibson, Lyn Fine & Myokei Caine-Barrett Jun 6 – 9	2
Embodied Power and Play: Reclaiming the Feminine Acharya Holly Gayley, Hannah Kinderlehrer, Geo Legorreta & Kriste Peoples Jun 6 – 11	3
Extended Retreat and Renewal Jun 6 – 9	7
Retreat and Renewal Jun 7 – 9	7
Awakened Body, Awakened Mind: Non-dualism, Yoga, Neuroscience, and Meditation Michael Taft & Nataraja Kallio Jun 7 – 14	15
Summer Seminar I: Discovering the Path of Liberation Acharya Holly Gayley, Acharya Dan Hesse, Acharya Susan Chapman & Shastri Loden Nyima Jun 7 – Jul 6	16
Adoptive Families Retreat Leslie Gossett & Julie Goldstein Jun 13 – 16	16
Mindfulness Meditation Retreat: A 7-Day, Teacher-Led, Silent Retreat Janet Solyntjes & Jim Colosi Jun 14 – 21	17
The Four Yogas of Mahāmudrā B. Alan Wallace Jun 14 – 21	17
Inside (and) Out: Yoga and Meditation of Belonging Katharine Kaufman Jun 20 – 23	17
Mindful Hiking: Waking up to the Wild Kay Peterson Jun 21 – 23	18
Wired for Love: A Couple's Workshop Stan Tatkin & Tracey Boldemann-Tatkin Jun 21 – 23	18
The Origin of Modern Mindfulness: A 4-Day Practicum of Meditation and Buddhism Acharya Judith Simmer-Brown & Dr. Amelia Hall Jun 25 – 30	18
Heart of the Brush Kazuaki Tanahashi Jun 27 – 30	19
The Art of Being Human: Shambhala Training I Shastri Jon Barbieri Jun 28 – 30	11

JULY

Enlightened Society Assembly | Jul 1 – 11 8

Extended Retreat and Renewal | Jul 4 – 7 7

Retreat and Renewal | Jul 5 – 7 7

Summer Half Dathun
Acharya Michael Greenleaf | Jul 6 – 21 19

Open House | Jul 7

Scorpion Seal Assembly
Garchen II, III, V, VI | Jul 13 – 24 8

Living the Full Catastrophe – Denver
Janet Solyntjes | Jul 20 *

Insight Meditation Retreat: Grief, Joy, and Awakening
David Chernikoff | Jul 24 – 30 19

Family Camp
Kelly Lindsey, Steve Sachs, Nicole Wolf & Rachel Steele | Jul 27 – Aug 3 20

Women’s Summer Meditation and Yoga Retreat
Katharine Kaufman | Jul 31 – Aug 4 20

AUGUST

Open House | Aug 4 6

Radical Dharma Conversation
Rev. angel Kyodo Williams & Lama Rod Owens | Aug 4 – 8 21

Quiet Mind, Open Heart: Sacred Simplicity
Kelly Lindsey & Brooke Binstock | Aug 5 – 9 21

Radical Dharma Camp
Rev. angel Kyodo Williams & Dr. Jasmine Syedullah | Aug 8 – 11 21

Mindful Living
Janet Solyntjes | Aug 9 – 14 22

Befriending Your Body: Meeting Your Body as Your Teacher
Ann Saffi Biasetti | Aug 9 – 11 22

Beyond Suffering: Mindfulness, Meditation and Qi Gong Retreat
Blake D. Bauer | Aug 9 – 11 22

Writing as a Path to Awakening
Albert Flynn DeSilver | Aug 14 – 18 23

Mindful Hiking: Weathering Life’s Storms
Kay Peterson | Aug 15 – 18 23

Retreat and Renewal | Aug 16 – 18 7

Graceful Exit: Preparing for a Good Death
Andrew Holecek | Aug 16 – 23 23

Radically Happy: Getting to Know Your Mind Retreat
Erric Solomon | Aug 23 – 25 24

Healing Sound Retreat: Personal Transformation through Sacred Drumming & Chant
Christine Stevens & Jonathan Crowder | Aug 23 – 25 24

Birth of the Warrior: Shambhala Training II
Shastri Calryn Aston | Aug 23 – 25 8

Musical Peace Ceremony at the Great Stupa of Dharmakaya
Christine Stevens & Jonathan Crowder | Aug 24 24

Fall Take-Down | Aug 26 – Oct 7 27

From Mindfulness to Pristine Mind: Journeying Into Your Natural State of Mind through Meditation
Orgyen Chowang Rinpoche | Aug 30 – Sep 1 25

Silent Meditation Intensive | Aug 30 – 1 7

Running with the Mind of Meditation and Yoga
Marty Kibiloski, Michael Sandrock, Nathan Railla & Lara Johnson | Aug 30 – 2 25

SEPTEMBER

Open House | Sep 1 6

Courageous Women, Fearless Living
Jemi Steele, Chasse Bailey-Dorton & Ann Braden | Sep 3 – 8 26

Art + Life Retreat: Contemplative Creative Practices for an Open Heart and Mind
Shastri Sandra Ladley & Artist to the Court Marcia Wang Shibata | Sep 6 – 15 26

The Art of Being Human: Shambhala Training I
Acharya Gaylon Ferguson | Sep 6 – 8 11

Living the Full Catastrophe – Denver
Janet Solyntjes | Sep 7 *

Extended Retreat and Renewal | Sep 12 – 15 7

Retreat and Renewal | Sep 13 – 15 7

Wired For Love
Stan Tatkin & Tracey Boldemann-Tatkin | Sep 13 – 15 18

True Becoming: How our Queer/Straight Experiences Inform our Perception
Boulder Queer Dharma Group | Sep 13 – 15 3

Neurodharma Retreat with Dr. Rick Hanson: A 10-day Experiential Exploration of the Deepest Roots of the Highest Happiness
Rick Hanson, Alisa Dennis, Peter Grossenbacher, Tina Rasmussen & Terry Vandiver | Sep 20 – 29 27

OCTOBER

Rising Strong Retreat for Women
Kathy Williams-Tolstrup | Oct 3 – 6 *

Beyond Suffering : Mindfulness, Meditation and Qi Gong Retreat
Blake Bauer | Oct 4 – 6 *

Mindful Self-Compassion Intensive
Megan Prager & Michelle Becker | Oct 6 – 11 *

Red indicates Shambhala Path Programs

***Details about programs without page numbers can be found online.**

Grey indicates Denver Program
Additional information available online

Visit the Great Stupa

A Monument to Human Kindness

The Great Stupa of Dharmakaya, built in celebration of our inherent sacredness, 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 proclamation that our nature as human beings is basically good, pure, and sane. Encountering the Stupa allows one to rediscover this 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. Tea and a 25-minute video are offered in the Visitors' Center. You are welcome to join us for lunch, which is served daily from 12:30-1:30 pm in our dining hall for a \$10 donation.

Group Stupa Tours

Experiential teaching tours of the Stupa can be arranged for groups of 8 or more for \$10 per person. To schedule a tour please call 888-788-7221.

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

Apr 7 | Jun 2 | Jul 7 | Aug 4 | Sep 1

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

— *Liz Tuohy*

THE GREAT STUPA

Recurring 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.

Retreat and Renewal

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

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

Apr 12 – 14 | May 24 – 26 | Jun 5 – 9 | Jun 6 – 9
Jul 4 – 7 | Jul 5 – 7 | Aug 16 – 18 | Sep 12 – 15
Sep 13 – 15

Silent Meditation Intensive

This two day practice intensive is designed for meditators looking to take a deep dive into their practice. Arriving Friday to settle in, this retreat offers 7 hours of meditation on both Saturday and Sunday. Silence is an integral part of this retreat and will be practiced throughout the weekend. Minimal instruction on the practice of sitting meditation, walking meditation, and mindful eating will be offered.

Not suitable for novice meditators.

Tuition: \$100 + 2 nights

May 3 – 5 | Aug 30 – Sep 1

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.

The Art of Being Human: Shambhala Training I

This immersive meditation workshop helps us open to ourselves with gentleness and appreciation as we 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 19 – 21 | Jun 28 – 30 | Sept 6 – 8

See p. 11 for more information.

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.



Shambhala Path Programs

Apr 19 – 21 | Jun 28 – 30 | Sep 6 – 8

The Art of Being Human: Shambhala Training I

More details on page 11

May 17 – 26

Vajrayogini: The Glorious Coemergent Mother

Larry Mermelstein

More details on page 13

June 7 – Aug 6

Summer Seminar I: Discovering the Path of Liberation

Acharya Holly Gayley, Acharya Dan Hesse, Acharya Susan Chapman & Shastri Loden Nyima
More details on page 16

Jul 1 – 11

Enlightened Society Assembly

See website for details

July 6 – 21

Summer Half Dathun

Acharya Michael Greenleaf

More details on page 19

Jul 13 – 24

Scorpion Seal Assembly Garchen (II, III, V, VI)

See website for details

Jul 27 – Aug 3

Family Camp

Steve Sachs, Kelly Lindsey, Rachel Steele & Nicole Wolf

More details on page 20

Aug 23 – 25

Birth of the Warrior: Shambhala Training II

Shastri Calryn Aston

See website for details

April 4 – 7

Wisdom of the Body: Yoga and Meditation Retreat

Katharine Kaufman

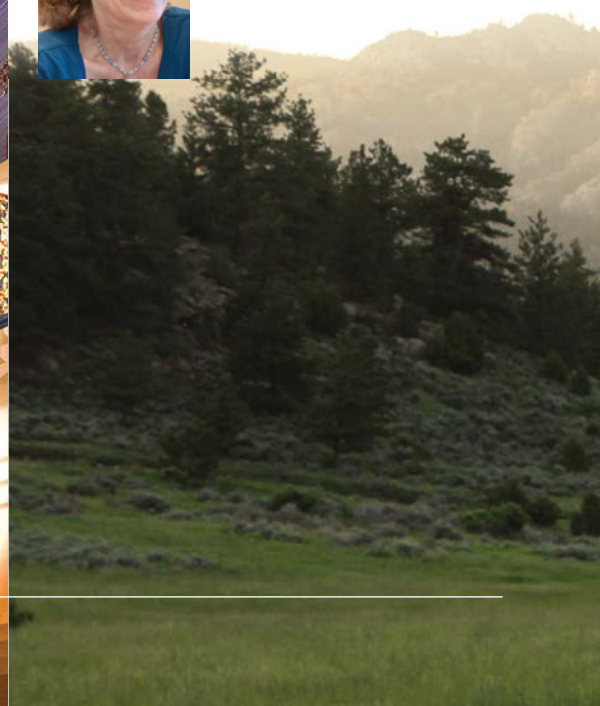
You've experienced joy and health, pain and loss. You've tested your physical limits, and have recovered from surgeries. You've traveled, shared insights, and cared for others. Now it's time to attend to your body as it is today.

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 a 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 SHAMBHALA PATH PROGRAMS

April 5 – 7

Healing and Transforming Consciousness Through Sacred Sound, Music and Dance

Yuval Ron

Take a journey deep into sacred music, chanting, movement, and spiritual mindfulness practices in this unique experiential seminar. Drawing from the hidden wisdom of Eastern traditions, these practices are known to open the heart, increase compassion, and deepen one's inner explorations. Having been scientifically proven to impact the structure and function of the brain in ways that enhance memory, cognition and awareness, these practices also promote healing by lowering stress, anxiety, depression, and anger. The activities introduced in this program are based on Yuval Ron's work with master spiritual teachers of the East and neuroscientists of the West.

Tuition: \$195 + 2 nights

Yuval Ron is an award-winning world music artist, composer, educator, peace activist, and record producer. He has collaborated with Sufi leader Pir Zia Inayat Khan, as well as neuroscientists Mark Robert Waldman and Robert Monroe, and led the Gala Concert for the Dalai Lama's Seeds of Compassion. He has taught at many colleges and universities including Yale, John Hopkins University, UCLA, Middlebury College, and MIT.



April 12 – 14

White Tara: A Soothing Practice for Difficult Times

Acharya Judith Simmer-Brown

This weekend retreat will introduce the short daily practice of White Tara, one of the most famous bodhisattvas of compassion in Tibetan Buddhism. Emanated from the tears of Avalokiteshvara, peaceful White Tara is said to witness the suffering of beings through her seven eyes, soothing their fear, calming their anguish, healing their suffering, and extending their lives. This is a lineage practice particularly relied upon in times of domestic and community turmoil and disharmony. The reading transmission of this particular practice composed by Sakyong Mipham Rinpoche will be provided, and the retreat will be comprised of practice sessions and talks on compassion practice and the tradition of White Tara. Prerequisite: one year of meditation.

Tuition: \$195 + 2 nights

Acharya Judith Simmer-Brown, Ph.D., is Distinguished Professor of Contemplative and Religious Studies at Naropa University, where she has taught since 1978. She has been a Shambhala Acharya, senior dharma teacher, since 2000, and is author of *Dakini's Warm Breath: The Feminine Principle in Tibetan Buddhism* and editor of *Meditation in the Classroom*. She and her husband have two adult children and three grandchildren.



AWAKEN YOUR HEART AND MIND

April 15 – 18

The donothing® Leadership Retreat

Janet Solyntjes

Co-sponsored with Shambhala Mountain Center and donothing® (a leadership-focused mindfulness program).

The donothing® Leadership Retreat presents business and community leaders, entrepreneurs, and business owners with the most rewarding challenge you may ever take on – a silent retreat. We invite you to join us to learn and practice how meditation can benefit you as a leader and as a person. As leaders, the greatest gift we can bring to our teams is our full presence and awareness.

The purpose of this unique experience is to help you cultivate a deeper mindfulness practice. Every detail is tailored to inspire: the majestic environment of Shambhala Mountain Center nestled high in the Colorado Rockies, senior meditation experts to thoughtfully guide your technique, and a supportive community of like-minded leaders to connect with.

Tuition: See website for pricing information.

Janet Solyntjes, M.A. is a senior teacher (Shastri) in the Shambhala-Buddhist tradition and has offered mindfulness courses at Naropa University, Omega Institute, Hollyhock, Shambhala Mountain Center, and in corporate and non-profit workplaces. A practitioner of mind-body disciplines since 1977, she is a Certified MBSR Teacher and faculty member of The Center for Mindfulness at the University of Massachusetts. Janet leads MBSR courses in Colorado and offers mindfulness seminars and retreats in the U.S. and internationally. She is the co-founder of the Boulder-based Center for Courageous Living and is a teaching faculty member of the Engaged Mindfulness Institute.



April 18 – 21

Rising Strong™ Retreat for Women

Kathy Williams-Tolstrup

If we are brave often enough we will fall. Rising Strong™ is about what it takes to get back up. Based on the insightful book by renowned storyteller and researcher, Brené Brown, this 4-day retreat will teach you how owning your stories of struggle can give you the power to write daring new endings. Struggle can be our greatest call to courage and the clearest path to a wholehearted life. At the end of the weekend, you will have learned how to apply the Rising Strong™ process to transform the way you live, love, parent and/or lead.

Tuition: \$375 + 3 nights

This program also occurs October 3-6.

Kathy Williams-Tolstrup, M.Ed, LPC is a psychotherapist, Certified Daring Way Facilitator, and has a private practice in Fort Collins. Kathy's style can best be described as nonjudgmental, compassionate, and collaborative. She is also trained in EMDR, an integrative psychotherapy approach proven effective for the treatment of trauma.



SPRING | SUMMER PROGRAMS

April 19 – 21

Invoking Nature's Magic:

Five Element Plant Spirit Healing

Marlow Brooks

In this challenging and chaotic world we often forget that we are not alone. In fact, there is a rich and benevolent unseen world of spirits that are willing to support and nourish us if we'd only listen and receive their wisdom and guidance. This retreat offers a way to bridge our ordinary "everyday" world with a world of magic and sacredness that is always available to us.

Through studying the 5 Elements – Water, Wood, Fire, Earth, and Metal – we will explore what nourishes and protects us, and what causes our imbalances. By connecting with nature, guided meditations, simple shamanic journeys, and creative experiential exercises we can learn to trust the wisdom of our bodies, our intuition, and the messages of the phenomenal world.

Tuition: \$185 + 2 nights

Marlow Brooks is an established artist, meditation teacher, and healer trained in Five Element Acupuncture and Plant Spirit Healing. She teaches calligraphy, meditation and the Psychology of 5 Elements at Naropa University. Marlow has written three books reflecting her journey and teachings on healing and art.



April 19 – 21

The Art of Being Human:

Shambhala Training I

Acharya Arawana Hayashi

Through the practice of meditation, we glimpse unconditional goodness as the ground of our existence. This immersive weekend workshop helps us open to ourselves with gentleness and appreciation and begin to see our potential as genuine and compassionate human beings. This program is recommended for new and experienced meditators, as well as those looking to enrich their existing spiritual path.

Tuition: \$150 + 2 nights

This program also occurs on June 28 – 30 and Sep 6 – 8.

Acharya Arawana Hayashi is a senior teacher in Shambhala. She is a dancer, choreographer and practitioner of Shambhala Art. She currently works with the Presencing Institute, bringing meditation and embodiment practice into the context of organizational and social change. With colleagues, she has created an art form called Social Presencing Theater, an awareness practice for synchronizing the body and mind of both individuals and the collective.



April 23 – 28

5-Day Silent Mindfulness Retreat

Janet Solyntjes

All of us have an innate capacity to experience well-being, resilience, and unconditional kindness. In order to enhance this capacity, we will directly explore the power of mind and heart in a silent and supportive atmosphere.

This secular retreat will be offered in the tradition of Jon Kabat-Zinn's Mindfulness-Based Stress Reduction as taught through the Center for Mindfulness at University of Massachusetts Medical School and in many places around the world. It will include guided meditation instruction, talks, periods of sitting and walking meditation, mindful yoga, and an opportunity to discuss your practice in small group audiences. It can be a profound and strengthening opportunity to meet oneself in this kind of supported, extended, compassionate silent retreat setting.

Tuition: \$450 + 5 nights

See bio for Janet on page 10.

AWAKEN YOUR HEART AND MIND

Relationship as a Spiritual Path

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.



Touching the Moment with Indelible Presence

Acharya Dale Asrael & Cynthia Moku

Rediscover Fresh Perception

Uniquely blending meditation, contemplative arts, sensory discovery practices, qigong, and hatha yoga, we will practice in a rich environment to shed habitual patterns and rediscover the world with fresh perception.

Open to the Fullness of Life

Investigating elements of our outer, inner, and innermost experience, 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: \$225 + 4 nights

Acharya Dale Asrael has led retreats and meditation programs internationally for the past thirty years. She studies qigong with, and has been authorized to teach by, Daoist lineage-holder Eva Wong. Dale is an Associate Professor at Naropa University and is the founder and principal teacher of Naropa's Mindfulness Instructor Training Program.

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.



Ayurveda Spring Cleanse Retreat

Kate O'Donnell & Rich Ray

Spend 5 days in a pristine mountain environment learning about and living the Ayurvedic diet and lifestyle. This 5-day retreat begins each day with gentle yoga for the season, breathing exercises, and meditation. Days include free time for being in nature, 3 cleansing yet nourishing meals, two lectures daily on the Ayurveda diet and lifestyle by Kate O'Donnell, and awareness-boosting for mindful daily living with Rich Ray.

Tuition: \$275 + 6 nights

Kate O'Donnell is an author, lecturer, and senior yoga teacher. She has written two books on Ayurvedic cooking practices. An Ayurvedic Practitioner and Ashtanga yoga teacher, Kate is on faculty for Kripalu School of Ayurveda and Boston Ayurveda School.

Rich Ray brings over 20 years of yoga and meditation practice to his workshops assisting students in their search for the expanding experience of freedom. He is a Level 2 Authorized Ashtanga Teacher and has 4 years of silent monastic training in the Soto Zen tradition.



Taming the Wild Horse

Jenny Bondurant & Valerie Lorig

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 and meditation practices that foster clarity and insight. 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. We will have daily contemplative movement and dharma art practices to explore what it means to trust our emotions.

Tuition: \$225 + 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.

Valerie Lorig, M.Ed, LPC, has practiced and taught Buddhism for over 30 years. She is a faculty member at Naropa University and has a psychotherapy practice using Mindfulness and Awareness, Hakomi, EMDR, Brainspotting, and PACT to help clients connect with their innate goodness.



Deep Healing: A 5-Night Unconditional Self-Love, Qi Gong, and Meditation Retreat

Blake D. Bauer

Join international bestselling author Blake D. Bauer for five days of deep healing and self-care. Explore why suffering, disease and relationship problems are caused by years of hiding your true emotions, thinking negatively, and living in fear. Discover how your current struggles are logical cries from your body, soul and subconscious mind asking you to finally value yourself and the miracle of your life. Each day you'll engage in meditation and qi gong healing exercises specifically designed to unlock stuck energy, blood, and emotion. This safe gathering will help you transform patterns of self-harm and clarify how to love yourself in practical ways that lead to deep self-worth, self-acceptance, self-respect, and self-confidence.

Tuition: \$495 + 5 nights

Blake D. Bauer is the author of the international best-selling book *You Were Not Born To Suffer*. He is a sought after wisdom teacher with an extensive background in psychology, alternative medicine, nutrition, traditional healing and mindfulness meditation. Based on both his personal experience overcoming deep suffering, addiction and adversity, as well as his professional success with thousands of people worldwide, his pioneering work integrates what he's found to be the most effective approaches to optimal mental, emotional and physical health.



Vajrayogini: The Glorious Co-Emergent Mother: Sadhana Intensive in the Great Stupa

Larry Mermelstein

Join us as we immerse ourselves in the vivid world of Vajrayogini, exploring the richness of yidam practice. A treasure of the Kagyu lineage, this sadhana holds powerful transmissions for immediate transformation in our lives. Emotional and conceptual obscurations are burned in Vajrayogini's fiery wisdom, and her unblinking gaze awakens our greatest capacities for limitless awareness. Special attention will be placed on coemergent mahamudra and the practice of ordinary mind. This sadhana intensive, appropriate for all levels of Vajrayogini practitioners, is a celebration of the heart of our vajrayana community and culture. Practicing in the Great Stupa of Dharmakaya can be truly transformative.

(Prerequisite: Vajrayogini Abhisheka)

Tuition: \$150 + 9 nights

Larry Mermelstein became a close student of the Venerable Chögyam Trungpa Rinpoche in 1971. He served as an acharya in the Vajradhatu/Shambhala community for twenty years, and was a member of the board of directors for nearly that long. He is a founding member and the Executive Director of the Nalanda Translation Committee for over forty years, as well as a long-time consulting editor to Shambhala Publications.



May 24 – 27

Trusting the Wisdom of Direct Experience: Embodied Listening®

David Rome & Hope Martin

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

David I. 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.

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.



May 24 – 26

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: \$195 + 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 several books, including *Preparing to Die, Meditation in the iGeneration, and Dream Yoga: Illuminating Your Life Through Lucid Dreaming and the Tibetan Yogas of Sleep*.



May 31 – June 2

In the Company of Love:

An Introduction to Family Constellations

Suzi Tucker

Family Constellation is both philosophy and an experiential process; its focus is inclusion, integration, celebration. Have you ever wondered if you might be carrying burdens that are not entirely yours? Based in the work of Bert Hellinger, we will explore the ways in which our self-limitations may be entangled in the systemic threads of the past, ways in which we may be secretly wedded to the sadness, failure, poverty, anger, illness, or loss of previous generations. And, together we will begin to imagine how to harness the life-force of the deeper ancestry to find permission and incentive to break free from our destructive loyalties.

Tuition: \$200 + 2 nights

Suzi Tucker worked as an editor and publisher in the field of psychology for over 30 years. In 1998, she began a 15-year collaboration with Bert Hellinger, curator of Family Constellation, to bring his work to the United States. She maintains a private practice and has served as guest faculty at many retreat centers.



May 31 – June 3

Lila Yoga Mindfulness Retreat: Living with Cosmic Energy in Life

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.



June 1 – 5

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 7 – 14

Awakened Body, Awakened Mind: Non-dualism, Yoga, Neuro- science, and Meditation

Michael Taft & Nataraja Kallio

Join us for a deep dive into the natural wisdom, aliveness, and awakening found within our bodies and minds. Conjoining somatic practices and meditation drawn from the contemplative traditions of Yoga and Buddhism, we will explore ways of rediscovering awakening through an integrated practice. Modern neuroscience and these ancient teachings both point to the constructed nature of selfhood, the delusion that the ego is our true nature. When we “deconstruct ourselves” through meditative inquiry and connecting with the wisdom of the body, it is possible to touch the truth of our nondual nature directly and powerfully.

Tuition: \$350 + 7 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*.

Nataraja Kallio is a professor of Yoga Studies at Naropa University and has been a student of yoga since 1989. While studying in India for 7 years, he immersed himself in the contemplative traditions of Tantra, Vedanta, Sri Aurobindo, Buddhism, and the Hatha Yoga lineages. He has advanced degrees in Religious Studies and Psychology.



AWAKEN YOUR HEART AND MIND

June 7 – July 6

Summer Seminar 1: Discovering the Path of Liberation

Acharya Susan Chapman, Acharya Holly Gayley,
Acharya Daniel Hessey & Shastri Loden Nyima

A Month-Long Immersion in Traditional Buddhist Practice and Study

The single focus of the Buddha’s teachings was showing humanity the path to ending suffering and reconnecting with our natural state of freedom.

Over this month-long retreat we will live with the intention of mixing our minds with the teachings and directly experiencing our inherent wisdom. We’ll spend this time practicing the disciplines of the complete path taught by the Buddha.

We will co-create a community and environment to support your journey in deepening your understanding of the Buddha’s teachings, developing your meditation practice, and relaxing the speed and habitual patterns that characterize so many of our daily lives.

This retreat is appropriate for beginning to advanced meditation practitioners, including those on the teaching path.

Tuition: See pricing information on our website.

Acharya Susan Chapman, author of *The Five Keys To Mindful Communication*, is a retired family therapist, contemplative psychologist and meditation teacher. She completed Gampo Abbey’s three year retreat and served as Druppon, retreat leader, for six years.

Acharya Holly Gayley is Associate Professor of Buddhist Studies at the University of Colorado Boulder. Her research focuses on Buddhist literature in contemporary Tibet with special attention to gender and ethics.

Acharya Daniel Hessey became a student of Shambhala Buddhism in 1973. He has translated and written a commentary of the *I Ching* as a map of social development. He is currently the resident Acharya at Shambhala Mountain Center.

Shastri Loden Nyima is a fully ordained Buddhist monk. He lived at Gampo Abbey from 2009 – 2017 where he completed shedra studies, practiced intensively, and served in various roles including as Shastri during the formative years of the Shambhala Monastic Order.



June 13 – 16

Adoptive Families Retreat

Leslie Gossett & Julie Goldstein

Inherent in all families is their unique formation and story. Together with other adoptive families, we will celebrate your family’s unique journey on the path of adoption. We will explore and engage in mindfulness and compassion practices, as well as discussions and activities that support this uniquely chosen journey. Our time will be spent separately as parents and tweens/teens, and together in family units in both structured and unstructured environments that aim to foster connection, understanding, and healthy communication. This program is suitable for middle and high school aged youth and their parents or guardians.

Tuition: See website for special pricing information.

Leslie Gossett is the Chair of the Leadership Council for the Shambhala Office of Families and Children and founder of Be You Yoga and Mindfulness for Families and Children. She has worked with children for over 20 years, is a certified yoga teacher for children and adults, and is a Meditation Instructor in the Shambhala tradition.

Julie Goldstein holds MA degrees from Naropa University and the University of Colorado, as well as a Coaching Certification from the University of Santa Monica School of Spiritual Psychology. She has worked in the non-profit arena for over 25 years. Julie has one adopted daughter from China.



SPRING | SUMMER PROGRAMS

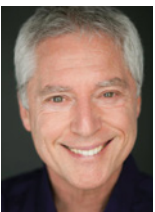
The Four Yogas of Mahāmudrā

B. Alan Wallace

This retreat will focus on the four yogas of Mahāmudrā as explained in Karma Chagme Rinpoche's Practical Instructions on the Union of Mahāmudrā and Atiyoga, for which the main body of his text has been translated under the titles *A Spacious Path to Freedom* and *Naked Awareness*. These four yogas constitute a complete path to achieving the perfect enlightenment of a buddha in one lifetime by providing practical methods for fully realizing the luminous and empty nature of consciousness itself, which is our own buddha-nature. Oral commentaries on these four yogas will be complemented with guided meditations on Śamatha, Vipāśyanā, and Mahāmudrā, also based of Karma Chagme Rinpoche's classic text.

Tuition: \$400 + 7 nights

B. Alan Wallace, Ph.D. is a dynamic lecturer, progressive scholar, and one of the most prolific writers and translators of Tibetan Buddhism in the West. Wallace continually seeks innovative ways to integrate Buddhist contemplative practices with Western science to advance the study of the mind. He has 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*.



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 surrounds the retreat center.

Tuition: \$665 + 7 nights

See bio for Janet page 10.

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.



Inside (and) Out: Yoga and Meditation of Belonging

Katharine Kaufman

Our unique sensibilities are sustained by personal practices that integrate our whole being. In this 4-day retreat, you will explore ways to bring every aspect of yourself into the practice and expand that acceptance to others, creating a true environment of belonging. Through the simple and spacious practices of meditation and yoga we will work together to 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.

Tuition: \$250 + 3 nights

See bio for Katharine on page 8.

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: \$195 + 2 nights

Kay Peterson, MA, LMFT, is a psychotherapist in private practice in the San Francisco Bay Area as well as a seasoned wilderness guide who has been facilitating nature-inspired programs that integrate meditation, self-reflection, and creative group process since 1996. Kay also teaches Mindfulness-Based Stress Reduction (MBSR) and is adjunct faculty at Naropa University.



Wired for Love: A Couple's Workshop

**Stan Tatkin
& Tracey Boldemann-Tatkin**

"People are complex," says Stan Tatkin. "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 expect relationships to simply fall into place, as many couples do. This workshop will demonstrate 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 retreat is for couples only.

Tuition: \$375 + 2 nights

**This program also occurs
Sep 13 – 15.**

Stan Tatkin, PsyD, MFT Clinician, author, PACT developer, and co-founder of the PACT Institute, Dr. Tatkin 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.



The Origin of Modern Mindfulness:

**A 4-Day Practicum of
Meditation and Buddhism**

**Acharya Judith Simmer-Brown
& Dr. Amelia Hall**

The impressive health benefits of mindfulness meditation have led to its implementation in significant secular settings; from education, medicine, non-profits, business, the government and even to the military. But long before the healthy effects of meditation were recognized, it was being used as a method to directly experience one's intrinsic wakefulness and the habitual patterns of mind that generate and reinforce suffering. In this immersive retreat you'll be introduced to the central practices of Buddhist meditation with guidance from Theravāda, Zen and Tibetan Buddhist textual traditions. You'll learn the stages of meditation, the techniques that enable you to quickly stabilize your meditation practice, applications for daily life and the workplace, and the recent findings of mindfulness neuroscience.

Tuition: \$200 + 5 nights

See bio for Acharya Simmer-Brown on page 9.

Dr. Amelia Hall is an assistant professor of Indo-Tibetan Buddhism in the Wisdom Traditions Department at Naropa University. She gained her PhD in Tibetan and Himalayan Studies from the University of Oxford in 2012. She has taught and developed courses on Buddhism at Central Michigan University and Antioch University Buddhist Studies Abroad Program. She has practiced Dharma for 20 years.



June 27 – 30

Heart of the Brush

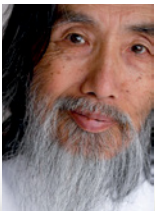
Kazuaki Tanahashi

Become a brush and, step by step, we will find ways to foster joy and serene excitement, both in our art and in everyday life. Experiment with artistic interpretation and spontaneous improvisation using a variety of papers and brushes.

During this contemplative retreat, we will explore the 1,700-year-old wisdom of East Asian calligraphy and engage our hearts in learning and creativity. We will faithfully copy selected ideographs in the different styles of ancient Chinese masterpieces. While practicing basic aesthetics and techniques of brushwork, we will notice how our inner criticism keeps us from fully enjoying each moment.

Tuition: \$250 + 3 nights

Kazuaki Tanahashi is a painter, calligrapher, writer and peace worker. Born and trained in Japan, he is known for creating a genre of one-stroke paintings and multi-colored Zen circles. A fellow of the World Academy of Art and Science, his brushwork has been featured in many solo exhibitions. He teaches and performs worldwide. His publications include *Brush Mind*, *The Heart Sutra: A Comprehensive Guide*, and *Painting Peace: Art in a Time of Global Crisis*.



July 6 – 21

Summer Half Dathun

Acharya Michael Greenleaf

A half-dathün is two weeks of intensive group meditation retreat for new and experienced meditators interested in deepening their mindfulness-awareness. Doing this practice transforms how we relate to ourselves and everyday life by allowing us to get to know our mind and patterns. 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 + 15 nights

Acharya Greenleaf began his dharma practice as a teenager in 1974. In 2005, Sakyong Mipham Rinpoche appointed Michael as an Acharya, or Senior Teacher, in the Shambhala lineage. He is a CPA and holds a MBA from New York University. His work focus is nonprofit marketing and development.



July 24 – 30

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 to 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.



Family Camp

Kelly Lindsey, Steve Sachs, Rachel Steele & 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.

Tuition: Please see our website for special Family Camp pricing options.

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.

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.

Nicole Wolf is a freelance editor, a long-time practicing buddhist, and the director of Family and Children Programming at the Boulder Shambhala Center. She serves on the council of the Shambhala Office of Family and Children.



Women's Summer Meditation and Yoga 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. Women, including trans women, genderqueer women, and female-identified non-binary people are welcome.

Tuition: \$285 + 4 nights

See bio for Katharine on page 8.

Radical Dharma Conversation

Rev. angel Kyodo williams & Lama Rod Owens

It's time to create the conditions that reimagine a path of healing, reconnect with authentic community, and manifest true justice. Radical Dharma ("complete truth") is a way to enter the critical conversation about how the legacy of racial injustice and white supremacy plays out and prevents our collective awakening. We can only accomplish shifts in awareness by creating conditions for radical honesty, where we drop our need for perfection to speak and act from a place of deep vulnerability and authentic presence. This deep dive Conversation offers the critical guidance, practices, and experiences we need, but were never taught.

Tiered Tuition + 4 Nights, see website for pricing.

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.



Radical Dharma Camp

Rev. angel Kyodo williams & Dr. Jasmine Syedullah

Going beyond race training 101, Radical Dharma Camp is an immersive experience designed to gather and connect peoples already committed to implementing racial justice and anti-oppression interventions in their circles of community, identity, faith and vocation.

Together we'll take a deep dive into the framework and practices of a radical dharma approach to confronting white supremacy, racial injustice and the intersections of dominance and isolation that keep us from personal and collective liberation.

Tiered Tuition + 3 Nights, see website for pricing.

See bio for Rev. angel Kyodo williams this page.

Jasmine Syedullah is a black feminist political theorist of abolition, and co-author of *Radical Dharma: Talking Race, Love, and Liberation*. Dr. Syedullah holds a PhD in Politics with a designated emphasis in Feminist Studies and History of Consciousness from University of California Santa Cruz and a B.A. from Brown University in Religious Studies with a focus in Buddhist Philosophy. She is currently Visiting Assistant Professor of Sociology at Vassar College.



Quiet Mind, Open Heart: Sacred Simplicity

Brooke Binstock & Kelly Lindsey

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

See bio for Kelly on page 20.

Brooke Binstock is a licensed social worker, writer, massage therapist, and founder of Open Circle Healing, a wellness initiative rooted in body based self-care practices. Through her work, she is dedicated to cultivating a non-judgmental approach to being human. Her teaching style is warm, grounded, compassionate, intuitive and body-centered. She encourages her clients and students to come home to themselves in a gentle, spacious and loving way.



August 9 – 11

Befriending Your Body: Meeting Your Body as Your Teacher

Ann Saffi Biasetti

The spiritual traditions respect the body as the foundation of awareness and connection to self and other. Your body is full of wisdom and is your greatest teacher.

Join together with other women in this powerful retreat where we will explore the lost, but not forgotten, relationship with our bodies through understanding the history of the mind/body divide, and the cultural influences that have left us all in states of disconnection, disempowerment, and disillusion. Together, we will explore embodiment through self-reflection, meditation, and self-compassion practices.

Come to cultivate connection, empowerment, self-compassion and the return to your Buddhature to live fully alive. Women, including trans women, genderqueer women, and female-identified non-binary people are welcome.

Tuition: \$195 + 2 nights

Dr. Saffi Biasetti is a private psychotherapist in Saratoga Springs, NY, specializing in somatic psychotherapy and embodiment. She has been a practicing clinician for 27 years, holds a certificate in mindfulness, is a Mindful Self-Compassion (MSC) teacher, Certified Yoga Therapist, and Yoga Teacher.



August 9 – 11

Beyond Suffering: Mindfulness, Meditation and Qi Gong Retreat

Blake D. Bauer

Join international bestselling author Blake D. Bauer to discover why suffering, anxiety, depression, addiction, and illness are logical cries from your body, soul, and subconscious mind asking you to finally value, accept, forgive, honor, and be true to yourself now.

The weekend will include mindfulness meditation and qigong healing exercises designed to unlock the stuck energy, blood, and emotion keeping you unhappy, sick, or trapped. This retreat will offer a safe environment to face your core fears, transform negative thinking, and move forward with your life purpose.

Tuition: \$335 + 2 nights

This program also occurs October 4 -6.

See bio for Blake on page 13.

August 9 – 14

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 + 5 nights

See bio for Janet on page 10.

SPRING | SUMMER PROGRAMS

August 14 – 18

Writing as a Path to Awakening

Albert Flynn DeSilver

Are you ready to experience and write forth the truth of who you really are? The practice of writing is an exploration of consciousness, a practice toward deeper self-awareness that moves us along the path of awakening to our true nature. Many of our greatest spiritual teachers from around the world were, and are, writers. From Sappho in the 7th century BCE to Pema Chödrön, from Rumi in the 13th century to Thomas Merton, Jack Kornfield, and the Dalai Lama – the written word has the power not only to inspire, but also to awaken the very best in the human heart. Join us for this exciting week exploring your inner and outer creativity. The days will include periods of meditation, innovative and fun writing exercises, readings, and more.

Tuition: \$495 + 4 nights

Albert Flynn DeSilver is an internationally published poet, author, teacher, and speaker. Albert served as Marin County, California's very first Poet Laureate from 2008-2010. He is the author of several books including his latest book, *Writing as a Path to Awakening*, based on his workshops of the same name. Albert has been practicing meditation, writing, and teaching for 20 years.



August 15 – 18

Mindful Hiking: Weathering Life's Storms

Kay Peterson

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: \$225 + 3 nights

See bio for Kay page 18.

August 16 – 23

Graceful Exit: Preparing for a Good Death

Andrew Holecek

This retreat will explore The Painful Bardo of Dying, and all the ancillary topics that surround letting go of this life. Guided meditations and contemplations for each stage of the dissolution process will be offered, giving you the inner strength to handle anything that occurs. By the end of this program you will learn everything you need to know to let go gracefully, and to guide others facing the end of life. You will penetrate the mysteries of death and learn how to transform the greatest obstacle into the greatest opportunity. Learn why meditation masters look forward to this transition as a once-in-a-lifetime opportunity.

Tuition: \$400 + 7 nights

See bio for Andrew page 14.

Radically Happy: Getting to Know your Mind Retreat

Eric Solomon

Can we really find contentment and meaning in this crazy, hectic, always on, wired world? Yes! By understanding our mind and our heart, we can make a slight change in our perspective which creates a radical shift in our life. Discover the path to Radical Happiness – a sense of well-being is always accessible, even when life is really challenging.

This program, presented by author Eric Solomon, was developed in collaboration with Phakchok Rinpoche. Based on the ancient wisdom of Tibetan Buddhism, Radically Happy has been especially adapted to the challenges of modern life. Using meditations and contemplations, participants will get an authentic taste of the natural source of happiness, well-being and contentment that we already possess.

Tuition: \$215 + 2 nights

Eric Solomon is co-author, with Phakchok Rinpoche, of the book *Radically Happy: A User's Guide to the Mind*. A former Silicon Valley technologist, he has studied with some of the world's greatest spiritual masters and, in 2009, he completed a traditional three year retreat. He has been an invited speaker leading seminars and retreats in corporate settings, as well as in prisons, and Buddhist centers across the US and Europe.



Healing Sound Retreat: Personal Transformation through Sacred Drumming and Chant

Christine Stevens & Jonathan Crowder

Explore music and rhythm as gateways to spiritual consciousness. Learn specific tools for using sound in healing, spiritual practice, and ceremony. Learn the 4 elements on the frame drum, chanting to greet the day, and radiant poetry in group experience. Take a deep dive into the 4 elements of music medicine; rhythm for the body, silence for the mind, harmony for the soul, and melody for the heart.

Participate in a multicultural musical peace ceremony inside the Great Stupa of Dharmakaya on Saturday evening after dinner. We will join in a processional carrying the heartbeat of human kindness into the Stupa, dressed in white. Co-facilitated with Jonathan Crowder, founder of Peak Rhythms and member of African Chant Boulder.

Tuition: \$255 + 2 nights

Musical Peace Ceremony at the Great Stupa of Dharmakaya

August 24 | Ceremony Time: 7pm

\$30 Tuition, 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 peace making in Iraq, and traveled internationally training facilitators in more than 25 countries.

Jonathan M. Crowder, JD, is the founder of Peak Rhythms. A multi-instrumentalist, he facilitates programs and keynotes for spiritual growth and group development. He has worked with Fortune 500 companies, the University of Texas football team, the University of Colorado hospital and Boulder area recovery groups. He is a trained Health Rhythms and Remo drum company facilitator.



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.



Running with the Mind of Meditation and Yoga

Marty Kibiloski, Michael Sandrock, Lara Johnson & Nathan Railla

Distance running or walking is often the exercise of choice for reducing stress, bringing us greater perspective, and connecting us directly to the wisdom of the body. The practices of meditation and yoga offer similar benefits, helping us cultivate stillness and non-judgemental awareness of the mind's activities. Join us for an extraordinary Labor Day weekend of exploration, as we run on beautiful mountain trails and discover a deeper experience of peace through meditation and yoga. The program will include meditation instruction and practice, yoga specifically for runners, group discussion and contemplative group runs. Experienced teachers of the three disciplines will lead us on this delightful journey.

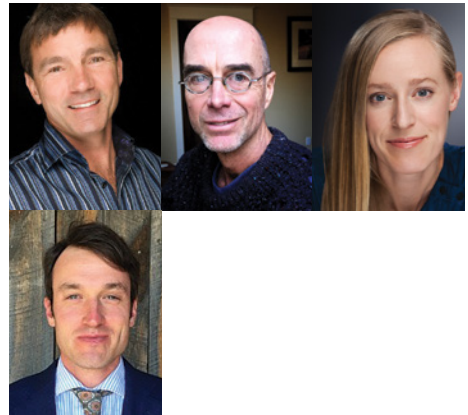
Tuition: \$195 + 3 nights

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

Michael Sandrock is an award-winning journalist and author. He began running as a teenager outside Chicago and went on to compete for the University of Colorado. He now studies comparative mythology, running, yoga, and meditation.

Lara Johnson was a competitive runner before earning her PhD in Physical Therapy. She now owns Lara Johnson Health & Wellness, combining her knowledge of neuro-muscular body mechanics with yoga and other modalities to foster inner and outer vitality.

Nathan Railla was first inspired by Shambhala in 2008 and is now a counselor for teens in Denver, CO. An avid runner, cyclist and meditator, Nathan lives with his lovely wife, Betsy and cat, Ember.



Courageous Women, Fearless Living

Chasse Bailey-Dorton, Ann Braden & Jemi Steele

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

Chasse Bailey-Dorton, MD, MSPH was an Integrative Medicine fellow at the University of Arizona and trained at the Benson-Henry Mind-Body Institute and the Center for Mind-Body Medicine. She is the Chief of Integrative Oncology at the Levine Cancer Institute. She 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.

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.



Art + Life Retreat: Contemplative Creative Practices for an Open Heart and Mind

Artist to the Court Marcia Wang Shibata & Shastri Sandra Ladley

Contemplative creative practices that cut through concept and draw on nonverbal wisdom are especially potent in times like now. This retreat is for artists and non-artists alike to reconnect deeply with the space of creativity as a resource for our lives. We will have the opportunity to settle deeply into ourselves, nature and sacred community so that we can return home refreshed with creative methods rooted in meditative awareness to help us in these difficult times. The retreat will include Dharma Art teachings, meditation, and creative processes including movement, sound, writing, drawing, calligraphy and work with natural materials and the five elements. It will include Shambhala Art Parts 1-5 and Maitri Space Awareness practice.

Tuition: \$350 + 9 nights

Marcia Wang Shibata is a Master Shambhala Kado/Ikebana Instructor within the Shambhala community and founder of the Shambhala Kado Ridgen School of Ikebana. Ms Shibata was further bestowed the title of “Artist to the Kalapa Court” in the autumn of 2013.

Sandra Ladley is the Program Director and core faculty for the Karuna Training program in Contemplative Psychology. She is a senior Shambhala Buddhist resident teacher for the SF Bay Area. She teaches Buddhist, Contemplative Psychology and Dharma Art programs internationally.



Wired for Love: A Couple's Workshop

Stan Tatkin & Tracey Boldemann-Tatkin

See page 18 for details.

Neurodharma Retreat with Dr. Rick Hanson:

A 10-day Experiential Exploration of the Deepest Roots of the Highest Happiness

Rick Hanson, Alisa Dennis, Peter Grossenbacher, Tina Rasmussen & Terry Vandiver

The combination of modern brain science and ancient Buddhist wisdom is illuminating the embodied basis of present moment awareness, contentment and love, and the sense of being one with everything.

Join *New York Times* bestselling author Rick Hanson, PhD, and learn experiential methods for relaxing the contracted sense of self and resting in resilient well-being at the front edge of now. This mainly silent retreat will include sitting and walking meditation, guided practices, talks, movement, small group meetings, and Q&A sessions.

Prerequisite: Since this is a sustained, experientially intense program, all participants must have previously attended one 7+ day meditation retreat. Additionally, this is not appropriate for anyone vulnerable to psychotic or dissociative experiences.

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.

Alisa Dennis, PhD, is a clinical psychologist in Los Angeles, has practiced meditation in the Vipassana and Soto Zen traditions, and is trained in MBSR.

Peter Grossenbacher, PhD, teaches at Naropa University in Boulder, Colorado, where he serves as Professor and Department Chair of Contemplative Psychology.

Tina Rasmussen, PhD, has practiced in the Theravada and Tibetan Buddhist traditions for 30+ years. She is an author and ordained Buddhist nun.

Terry Vandiver has led mindful movement and gentle yoga and practiced Buddhist meditation for 35 years. She has taught Iyengar style classes internationally. devotional chanting.



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 visit Shambhala Mountain Center each year.

Summer Set-Up | Apr 29 – Jun 10
Fall Take-Down | Aug 26 – Oct 7

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.

Help Sustain SMC for Generations to Come

Your generosity plays a pivotal role in Shambhala Mountain Center's ability to provide extensive programs for personal and societal transformation, both now and for generations to come. As a 501(c)3 educational non-profit, SMC depends on your support. Help sustain SMC by becoming a monthly donor, (even \$1/month helps). Sign up online, send a check in care of the Development Department, or contact us at development@shambhalamountain.org



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.

\$90 – 126 per night per person

LODGE DOUBLE

Two full-size beds, private bathroom. Roommate assigned or selected.

\$169 per night per person

LODGE SINGLE

Full or queen-size bed and private or shared bath.

\$189 – 235, per night 1st person

\$89 per night for 2nd person

LODGE SUITE

Queen-size bed, closet, private bath with tub, and sitting area.

\$299 per night 1st person

\$89 per night for 2nd person

RED FEATHER DOUBLE CABIN

Two twin-size beds, shared same-gender bathhouse.

\$126 per night per person

TENT SINGLE (Avail. Jun – Sep)

12'x14' tent with two twin beds, shared same-gender bathhouse.

\$126 per night per person

TENT DOUBLE (Avail. Jun – Sep)

12'x14' tent with two twin beds, shared same-gender bathhouse.

Roommate assigned or selected.

\$90 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 \$70 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 meditation-based retreats and our social impact programming on an as-needed 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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