

BUDDHISM | MEDITATION | MINDFUL LIVING | YOGA

# SHAMBHALA MOUNTAIN CENTER

FALL | WINTER 2019





# Program Highlights



## Retreat Intensives

- 11 **Mindful Self-Compassion Intensive**  
Megan Prager & Michelle Becker
- 14 **Mindfulness Meditation Retreat:  
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Janet Solyntjes & Jim Colosi
- 15 **Fall Week-Long Meditation Retreat**  
Shastri Loden Nyima
- 19 **Winter Dathün:  
A Month-Long Meditation Retreat**  
Acharya Holly Gayley & Jeff Scott
- 24 **Open Heart, Clear Mind:  
A Week-Long Meditation Retreat**  
Susan Piver & Kevin Townley

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- 15 **Foundations of Buddhism:  
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and Early Teachings of the Buddha**  
Dr. Amelia Hall
- 23 **Green Tara: Enlightened Feminine  
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- 25 **Liberation Through Love:  
Investigating Systemic Oppression**  
Lama Rod Owens

## Yoga and Embodied Living

- 10 **Beyond Suffering:  
Unconditional Self Love, Mindfulness  
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Blake D. Bauer
- 12 **Fresh Start:  
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De West & Brian Spielmann
- 14 **From Emotional Eating to Emotional  
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Choices with EFT Tapping**  
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Katharine Kaufman

## Seasonal Retreats

- 5 **3-Day Thanksgiving Retreat and  
Renewal, and Thanksgiving Dinner**
- 20 **Holiday Meditation Retreat**  
Shastri Calryn Aston
- 20 **Taking a Leap into 2020: Establish  
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Jon Barbieri



## CALENDAR OF PROGRAMS

### SEPTEMBER

**Courageous Women, Fearless Living**  
Chasse Bailey-Dorton, Ann Braden, & Jemi Steele  
Sep 3 – 8 6

**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 7

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

**Living the Full Catastrophe – Denver**  
Janet Solyntjes | Sep 7 26

**Extended Retreat and Renewal** | Sep 12 – 15 5

**Retreat and Renewal** | Sep 13 – 15 5

**Wired For Love**  
Stan Tatkin & Tracey Boldemann-Tatkin | Sep 13 – 15 8

**True Becoming: How our Queer/Straight Experiences Inform our Perception**  
Boulder Queer Dharma Group | Sep 13 – 15 8

**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 9

### OCTOBER

**Rising Strong™ Retreat for Women**  
Kathy Williams-Tolstrup | Oct 3 – 6 10

**Beyond Suffering: Unconditional Self Love, Mindfulness Meditation and Qi Gong Retreat**  
Blake D. Bauer | Oct 4 – 6 10

**Learn To Meditate**  
Steve Seely | Oct 4 – 6 11

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

**Fresh Start: Yoga and Meditation for All Beings**  
De West & Brian Spielmann | Oct 11 – 13 12

**Medicine Buddha: Engaging Relative and Ultimate Healing to Embody Compassionate Action**  
Venerable Khenpo Jigme & Nashalla G. Nyinda  
Oct 18 – 20 12

**The Shape of Awake®: Meditation and the Alexander Technique**  
**A 5-Day Meditation Retreat**  
Hope Martin | Oct 22 – 27 13

**Retreat and Renewal** | Oct 25 – 27 5

**HEAL: A Restorative Retreat for Wise Women**  
Sara Avant Stover | Oct 25 – 27 13

**From Emotional Eating to Emotional Freedom: Liberate Unwise Food Choices with EFT Tapping**  
Marcella Friel | Oct 30 – Nov 3 14

### NOVEMBER

**Mindfulness Meditation Retreat: A 7-Day, Teacher-Led, Silent Retreat**  
Jim Colosi & Janet Solyntjes | Nov 1 – 8 14

**Mindfulness Getaway**  
Steve Vosper | Nov 8 – 10 5

**Foundations of Buddhism: Exploring the Practice of Meditation and Early Teachings of the Buddha**  
Dr. Amelia Hall | Nov 8 – 10 15

**Fall Week-Long Meditation Retreat**  
Shastri Loden Nyima | Nov 14 – 22 15

**Yoga and Meditation for Well-Being**  
Katharine Kaufman | Nov 15 – 17 16

**Silent Meditation Intensive: The Cradle of Loving-Kindness**  
Shastri Loden Nyima | Nov 22 – 24 16

**Heart of Recovery Retreat** | Nov 22 – 24 17

**Thanksgiving Dinner** | Nov 28 5

**3-Day Thanksgiving Retreat and Renewal**  
Nov 28 – Dec 1 5

### DECEMBER

**Beyond Suffering: Unconditional Self Love, Mindfulness Meditation and Qi Gong Retreat**  
Blake D. Bauer | Dec 6 – 8 17

**Introduction to Mindfulness-Based Stress Reduction**  
Janet Solyntjes | Dec 6 – 8 18

**Fearlessly Creative: A Meditation and Writing Retreat**  
Susan Piver | Dec 11 – 15 18

**Winter Dathün**  
Acharya Holly Gayley & Jeff Scott | Dec 13 – Jan 12 19

**Weekthun I & II**  
Acharya Holly Gayley & Jeff Scott | Dec 13 – 28 19

**Weekthun I**  
Acharya Holly Gayley & Jeff Scott | Dec 13 – 21 19

**Holiday Meditation Retreat**  
Shastri Calryn Aston | Dec 20 – 28 20

**Weekthun III**  
Jeff Scott | Dec 28 – Jan 5 19

**Weekthun III & IV**  
Jeff Scott | Dec 28 – Jan 12 19

**Take a Leap into 2020:  
Establish Your Intention and Commitment**  
Jon Barbieri | Dec 29 – Jan 1 20

**JANUARY**

**Four Karmas Fire Puja**  
Lynele Jones & Reed Bye | Jan 8 – 18 21

**Silent Meditation Intensive:  
The Cradle of Loving-Kindness**  
Shastri Loden Nyima | Jan 10 – 12 5

**Learn to Meditate**  
Greg Smith | Jan 17 – 19 21

**Retreat and Renewal** | Jan 24 – 26 5

**Precious Knowing**  
Katharine Kaufman | Jan 29 – Feb 2 22

**FEBRUARY**

**The Art of Being Human: Shambhala Training I**  
Acharya Susan Skjei | Feb 14 – 16 22

**9-Day Mahamudra Retreat**  
Acharya Richard John | Feb 14 – 23 4

**Retreat and Renewal** | Feb 21 – 23 5

**Green Tara:  
Enlightened Feminine Wisdom in Action**  
Nashalla G. Nyinda | Feb 28 – March 1 23

**MARCH**

**Introduction to Mindfulness-Based  
Stress Reduction**  
Janet Solyntjes | Mar 6 – 8 23

**Fresh Start: Yoga and Meditation for All Beings**  
De West & Brian Spielmann | Mar 6 – 8 24

**Chakrasamvara Intensive**  
Greg Smith | Mar 6 – 14 24

**Open Heart, Clear Mind:  
A Week-Long Meditation Retreat**  
Susan Piver & Kevin Townley | Mar 13 – 21 24

**Retreat and Renewal** | Mar 13 – 15 5

**Feeding Your Demons:  
Turning Obstacles into Wisdom**  
Charlotte Rotterdam | Mar 13 – 15 25

**Liberation Through Love:  
Investigating Systemic Oppression**  
Lama Rod Owens | Mar 20 – 22 25

**Living the Full Catastrophe – Denver**  
Janet Solyntjes | Mar 21 26

**Family Spring Break Retreat**  
Leslie Gossett & Kate Raddock | Mar 22 – 27 26

**Beyond Suffering: Unconditional Self Love,  
Mindfulness Meditation and Qi Gong Retreat**  
Blake D. Bauer | Mar 27 – 29 27

**Mindfulness Getaway**  
Steve Vosper | Mar 27 – 29 5

**APRIL**

**Rising Strong™ Retreat for Women**  
Kathy Williams-Tolstrup | Apr 2 – 5 27

**The donothing® Leadership Retreat**  
Janet Solyntjes | Apr 19 – 23 \*

**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.

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

— *Liz Tuohy*

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

— *The XIVth Dalai Lama*

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

Oct 25 – 27 | Nov 28 – Dec 1\* | Jan 24 – 26

Feb 21 – 23 | Mar 13 – 15

\*3-Day Thanksgiving Retreat & Renewal (Extended)

### 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

Nov 22 – 24 | Jan 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

Tuition: \$150 + 2 nights

Oct 4 – 6 | Jan 17 – 19

More details on page 11.

### Mindfulness Getaway

Tuition: \$100 + 2 nights

Nov 8 – 10 | Mar 27 – 29

### The Art of Being Human: Shambhala Training I

Tuition: \$150 + 2 nights

Sep 6 – 8 | Feb 14 – 16

More details on page 7 and 22.

## 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

September 6 – 8

## The Art of Being Human: Shambhala Training I

Acharya Gaylon Ferguson

November 14 – 22

## Fall Week-Long Meditation Retreat

Shastri Loden Nyima

December 13 – January 12

## Winter Dathün

Weekthun I: Dec 13 – 21

Weekthun I & II: Dec 13 – 28

Weekthun III: Dec 28 – Jan 5

Weekthun III & IV: Decr 28 – Jan 12

Acharya Holly Gayley & Jeff Scott

January 8 – 18

## Four Karmas Fire Puja

Lynele Jones & Reed Bye

February 14 – 16

## The Art of Being Human: Shambhala Training I

Acharya Susan Skjei

February 14 – 23

## 9-Day Mahamudra Retreat

Acharya Richard John

March 6 – 14

## Chakrasamvara Intensive

Greg Smith

March 22 – 27

## Family Spring Break Retreat

Leslie Gossett & Kate Raddock

September 3 – 8

## 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.



FALL | WINTER SHAMBHALA PATH PROGRAMS

## The Art of Being Human: Shambhala Training I

**Acharya Gaylon Ferguson**

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**

Acharya Gaylon Ferguson, PhD, is Core Faculty at Naropa University in Boulder, Colorado. He received a doctorate in cultural anthropology from Stanford where he was a Fulbright Fellow to Nigeria. He is the author of two books and other recognized writings on race and Buddhism, and has led group retreats in mindfulness-awareness meditation for 40 years.



## 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 San Francisco Bay Area. She teaches Buddhist Contemplative Psychology and Dharma Art programs internationally.



September 13 – 15

## 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**

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.



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: Tiered Tuition + 2 nights, see website for pricing.**

FALL/WINTER PROGRAMS

## 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 has practiced Buddhist meditation for 35 years. She has taught Iyengar style classes internationally.



October 3 – 6

## 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 will also occur April 2 – 5, 2020.**

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.



October 4 – 6

## Beyond Suffering: Unconditional Self Love, 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 will also occur December 6 – 8 and March 27 – 29**

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.



FALL | WINTER PROGRAMS

## Learn To Meditate

**Steve Seely**

Working with your mind is one of the most beneficial skills you can learn, yet most of us don't even know where to start. Through the practice of meditation, it is possible to balance your thoughts and emotions, become less distracted and reactive, and be more engaged and responsive in your life. While meditation itself is simple, it is important to start with the right view, take the correct posture, and know how to work with common obstacles. During this immersive weekend, you'll learn everything you need to know to jumpstart your personal meditation practice. Through learning contemplative practices, participating in group discussions, and spending time in nature away from the speed and busyness of daily life, you will return home feeling focused and relaxed.

**Tuition: \$150 + 2 nights**

**This program also occurs on January 17 – 19**

Steve Seely has trained under the direction of both the founder of Shambhala Training, Chögyam Trungpa Rinpoche, and his son, Sakyong Mipham Rinpoche, for 40 years. He served for five years as Resident Director for Shambhala Training in Vancouver, BC, has completed a traditional Tibetan Buddhist 3-year retreat, and was Managing Director of the Nitartha Institute for Higher Buddhist Studies for many years.



## Mindful Self-Compassion Intensive

**Megan Prager & Michelle Becker**

This 5-day residential program is an intensive form of the internationally recognized, eight-session Mindful Self-Compassion (MSC) training developed by Christopher Germer and Kristin Neff. It is open to laypeople and professionals alike. Participants will learn to: understand the science of self-compassion, practice self-compassion in daily life, motivate themselves with kindness rather than criticism, meet difficult emotions with greater ease, transform challenging relationships, manage caregiver fatigue, and teach simple self-compassion practices to others. This program fulfills the prerequisite for MSC teacher training.

**Tuition: \$750 + 5 nights**

Megan Prager is the Compassion Programs Director and University Liaison at UC San Diego Center for Mindfulness and is an Adjunct Faculty member at San Diego State University. Megan develops and delivers mindfulness trainings for Fortune 500 companies and in educational, healthcare, and academic settings.

Michelle Becker, M.A., LMFT is a licensed Marriage and Family Therapist in private practice in San Diego, CA utilizing mindfulness and compassion based psychotherapy with individuals, couples, families and groups. She is a teacher trainer for Mindful Self-Compassion and co-founder, along with Drs. Germer, Neff and Hickman, of the Mindful Self-Compassion Teacher Training.



## Fresh Start:

### Yoga and Meditation for All Beings

De West & Brian Spielmann

Yoga and meditation provide an ideal practice combo to bring us back to beginner's mind – a sense of relaxation, effortlessness, and unconditional cheerfulness. We will alternate between meditation practices and yoga sequences to work with our mind and body to naturally bring us back to fresh start.

You will receive tools and techniques to bring what you learn in this retreat into your daily life. Yoga and meditation provide a dual approach for mental clarity and calmness, increased body awareness and reduced stress.

**Tuition \$195 + 2 nights**

**This program also occurs March 6 – 8.**

De West is a leader in the Boulder yoga community with over 25 years of teaching yoga therapy with alignment principles. De has developed a movement practice that allows people of all ages and abilities to experience a positive transformation in both body and mind. Her passion is for helping students create more relaxation, awareness and freedom. De is the founder of Be Center in Boulder, CO.

Brian Spielmann has been a Buddhist practitioner for over 30 years and has studied extensively with a variety of teachers including Ponlop Rinpoche, Tsoknyi Rinpoche, Khandro Rinpoche, and Tulku Thondup. He is Founder of Authentic Presence, Inc., a digital marketing firm in Boulder, CO.



## Medicine Buddha:

### Engaging Relative and Ultimate Healing to Embody Compassionate Action

Venerable Khenpo Jigme & Nashalla G. Nyinda

Learn how to embody innate healing potential within through a concise and simple Tibetan Buddhist healing practice based upon generation and embodiment of the Medicine Buddha's characteristics. It is said that innumerable benefits arise just by hearing the name or mantra of Medicine Buddha, including the enhancement of healing practices and infusing medicines.

During this weekend we will practice ultimate compassion and elimination of suffering. We extend this beyond our own benefits so all beings may be touched by the same goodness we have rediscovered. Those new to meditation and healing practices, as well as those seeking to deepen manifestation of healing for self and others, will benefit from this unbroken lineage.

**Tuition: \$195 + 2 nights**

Venerable Khenpo Jigme was born in Bhutan and joined the Monastery at age twelve. Having completed 3-year retreat, Thrangu Rinpoche appointed him to teach in Nepal and India, instilled him the title of "Khenpo" (PhD mastery level) in 1997, and sent him to the USA in 2005. Khenpo is known for his vast skills in all aspects of Buddhist philosophy, rituals and meditation, and his down-to-earth kindness, honesty, and constant example of loving kindness.

Dr. Nashalla Gwyn Nyinda began the study of Tibetan Medicine in 1999. She studied in India and earned her Menpa degree (Doctor of Tibetan Medicine) from Qinghai Tibetan Medical College and The Shang Shung Institute of Tibetan Medicine. Nashalla teaches Tibetan and Western students, practitioners, and doctors around the world. She operates the Tibetan Medicine & Holistic Healing Clinic in Boulder, Colorado.



FALL | WINTER PROGRAMS

## The Shape of Awake®:

### Meditation and the Alexander Technique A 5-Day Meditation Retreat

#### Hope Martin

Being upright is not just an arbitrary shape, it's a perfect expression of meditation itself. In this intensive practice retreat, Hope Martin, a master teacher of the Alexander Technique, will help you establish ease, non-striving, and a friendly relationship to yourself in meditation and everyday activities. Her hands-on work makes subtle adjustments to the head, neck, and back to access effortless, balanced posture – both light and grounded. Principles from the practice of Focusing will be introduced to befriend stuck places and to access the wisdom that resides in the holding pattern. You will become aware of unconscious habits that result in tension, pain, fixed posture and mindset and shift to a more expansive, balanced, and joyful way of being.

**Tuition: \$275 + 5 nights**

Hope Martin has taught the Alexander Technique for 32 years and operates Hope Martin Studio in New York City. She is a meditation instructor and Focusing trainer. Her particular passion is in helping her students discover how easeful, upright posture is an expression of their human dignity, confidence, and innate wakefulness.



## HEAL:

### A Restorative Retreat for Wise Women

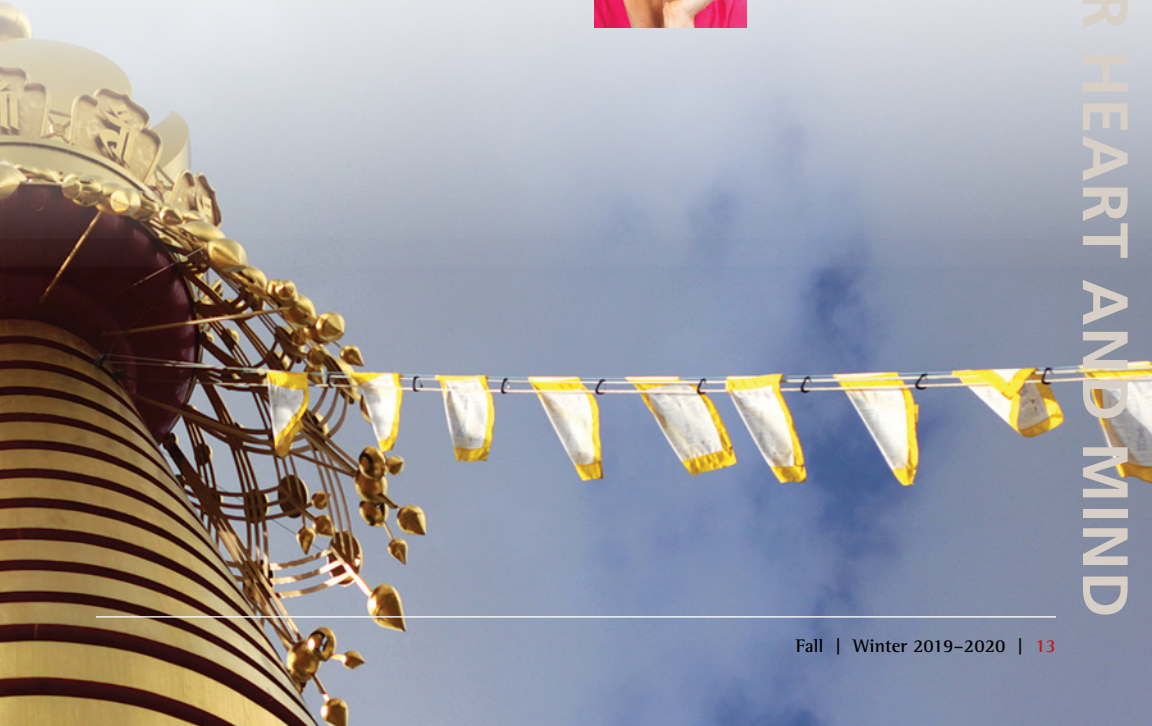
#### Sara Avant Stover

Healing is a creative process with which we must actively engage. Yet, finding space to heal in the world today can be difficult. Whether you're currently weathering a challenge or recovering from a past one, you're welcome to bring your pain, grief, heartbreak, or anything that needs more attention and breathing room.

During this retreat you will address all levels of yourself – body, mind, soul, and relationship. Together, we'll dive into our rich inner landscapes where true healing happens. Through meditation, sacred silence, yin & flow yoga, journaling, nature time, and a supportive sisterhood, you'll strengthen your connection to your own loving presence and creative spark so that you can grow stronger, wiser, and more fully you.

**Tuition: \$300 + 2 nights**

Sara Avant Stover has been a pioneering teacher of women's yoga, meditation, and spirituality for twenty years. Sara is the best-selling author of *The Way of the Happy Woman: Living the Best Year of Your Life* and *The Book of SHE: Your Heroine's Journey into the Heart of Feminine Power* and has been featured in *Yoga Journal*, *the Huffington Post*, *Newsweek*, *Natural Health*, and on ABC, NBC, and CBS.



October 30 – November 3

## From Emotional Eating to Emotional Freedom: Liberate Unwise Food Choices with EFT Tapping

**Marcella Friel**

If you chronically struggle with binge eating, yo-yo dieting, sugar addiction, and relentless body shaming, you know that mindful eating alone is not the answer.

In this intensive retreat, natural foods chef and mindful eating mentor Marcella Friel will teach you the simple stress-relief tool of Tapping (also known as Emotional Freedom Techniques or EFT) to help you liberate self-limiting beliefs and release the unresolved emotions that cause you to reach for those foods you hate to love to eat.

**Tuition: \$250 + 4 nights**

Marcella Friel is a mindful eating mentor who helps health-conscious women love themselves, their food, and their figure. She is the author of two best-selling courses on DailyOM and the book *Tap, Taste, Heal: Use Emotional Freedom Techniques to Eat Joyfully and Love Your Body*. Marcella's writing appears in *Elephant Journal* and elsewhere.



November 1 – 8

## 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**

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.

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 and other technology companies.



FALL | WINTER PROGRAMS

November 8 – 10

## Foundations of Buddhism: Exploring the Practice of Meditation and Early Teachings of the Buddha

**Dr. Amelia Hall**

This weekend we will explore the core tenets of Buddhism for those who are interested in establishing a meditation practice as well as those who have a current practice but want to learn more about the foundational philosophy and view of this tradition. What did the Buddha teach about walking a spiritual path? About the nature of our thoughts and emotions? How do we apply this wisdom in our everyday lives? This weekend will be a combination of talks on foundational Buddhist teachings, periods of meditation instruction, and group discussion. All are welcome, but this is especially for beginners.

**Tuition: \$150 + 2 nights**

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.



November 14 – 22

## Fall Week-Long Meditation Retreat

**Shastri Loden Nyima**

Meditation practice provides us with the tools needed to reflect directly on our own experience and connect to our hearts, body, and senses as the ways through which we connect to our world. This weeklong retreat offers an opportunity to engage in the profound experience of an intensive meditation retreat. We will explore the Buddhist teachings on how meditative practices can refine our understanding of our own experience and use meditation practice as a way to contact and express the inherent nature of mind, our basic goodness. Included will be group practice, the daily chants, teaching talks, opportunities for discussion, individual meetings with a meditation instructor, periods of silence, and contemplative meals in the meditation hall.

**Tuition: \$0 + 8 nights**

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. He now lives and teaches at Shambhala Mountain Center, and spends a portion of each year in retreat.



AWAKEN YOUR HEART AND MIND

November 15 – 17

## Yoga and Meditation for Well-Being

**Katharine Kaufman**

In this weekend retreat you are invited to unravel, unwind, unlearn, let go, pause, relax, go underneath, and touch a sense of your own well-being through restorative and gentle yoga, sitting and walking meditation.

Restorative Yoga uses blankets, blocks, and cushions as support so that we can rest thoughtfully in positions – the art of non-doing. The body seems to float as we release habits of excessive distracted thoughts, and the pain associated with worry, stress, and overdoing it. We experience agreement in the body's underlying rhythms which then support the practice of meditation.

We are able to return to full, vibrant lives, with the ability to call on that which is wholesome, grounded and centered in ourselves, and be available for others.

**Tuition: \$195 + 2 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.



November 22 – 24

## Silent Meditation Intensive: The Cradle of Loving-Kindness

**Shastri Loden Nyima**

In today's speedy world, we are all in need of kindness to ourselves. This two-day practice intensive is designed for meditators looking to take a deep dive into their practice. This weekend is spent in silence to offer ourselves space to settle, on the sacred land of Shambhala Mountain Center and with an experienced instructor. This way, we practice befriending ourselves and uncovering our natural basic goodness.

Arriving Friday to settle in, this retreat offers full days of meditation on both Saturday and Sunday. 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**

See bio for Shastri Nyima on page 15.

FALL | WINTER PROGRAMS

November 22 – 24

## Heart of Recovery Retreat

Heart of Recovery introduces the ancient wisdom of meditation to the path of recovery from addictive behaviors in order to support our commitment to our journey. During this weekend, we will learn a new way of understanding the recovery path by exploring the practice of meditation as a source of strength and wisdom, and settling into the sacred environment of Shambhala Mountain Center to connect directly to the experience of the moment. Both individually and as a community, we will discover how the spirituality of twelve-step programs and other wisdom traditions can enrich our lives and address any addictive or obsessive behavior.

**Tuition: Tiered Tuition + 2 nights, see website for pricing.**

December 6 – 8

## Beyond Suffering: Unconditional Self Love, 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 on October 4 – 6 and March 27 – 29.**

See bio for Blake on page 10.

December 6 – 8

## 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.

**Tuition: \$195 + 2 nights**

**This program also occurs on March 6 – 8.**

See bio for Janet on page 14.

December 11 – 15

## Fearlessly Creative: A Meditation and Writing Retreat

Susan Piver

What do writers want more than anything? Time to write. Yet even if such precious time could be found, it’s not always easy to settle into the writing groove. Meditation can help synchronize mind and body in a way that truly supports the creative process. This program focuses on short meditation sessions followed by plenty of writing time in the quiet, supportive (but non-intrusive!) presence of other writers. This retreat will include meditation instruction and discussion of how to create and maintain a practice at home. Evenings provide the option to share and discuss your work with others, if you would like. Open to writers of fiction and nonfiction, published and unpublished, and to anyone who would like to spend time exploring the path of writing.

**Tuition: \$350 + 4 nights**

Susan Piver is a Buddhist teacher and the *New York Times* bestselling author of nine books, including *The Wisdom of a Broken Heart*, and *Start Here Now: An Open-Hearted Guide to the Path and Practice of Meditation*. Her latest book is *The Four Noble Truths of Love: Buddhist Wisdom for Modern Relationships*.



FALL | WINTER PROGRAMS

## Winter Dathün

Acharya Holly Gayley & Jeff Scott

Please join us in the pristine stillness of winter in the Rocky Mountains for a week or month of meditation. The support of a group retreat, surrounded by natural beauty and far from the clamor of our busy lives, is an important way to deepen in the practice of meditation. It provides the ideal conditions to settle the mind and open the heart.

In this immersive experience, mindfulness and awareness go beyond the meditation hall, with every aspect of daily life becoming an opportunity to wake up and attune to the world around us. While our days are mainly spent in meditation, our daily schedule also includes a guided meditation and talks, movement exercises, periods of silence, contemplative meals, and light chores supporting the retreat.

Participants are welcome to attend 1, 2, 3, or 4 full weeks.

**Tuition: \$0 + 30 nights**

Acharya Holly Gayley is Associate Professor of Buddhist Studies at the University of Colorado Boulder. With a passion for translation, her research focuses on Buddhist literature in contemporary Tibet. She is the author of *Love Letters from Golok: A Tantric Couple in Modern Tibet* (Columbia University Press, 2016) and co-editor of *A Gathering of Brilliant Moons: Practice Advice from the Rimé Masters of Tibet* (Wisdom Publications, 2017). As a senior teacher (Acharya) in the Shambhala tradition, Holly regularly leads meditation workshops and retreats.

Jeff Scott has a Masters degree in Buddhist Studies from Naropa University. He has been practicing meditation on the Shambhala Buddhist path since 1998 and currently serves as the Director of Marpa House, a contemplative residential community in Boulder, CO. He finds great joy in long walks in the mountains.



AWAKEN YOUR HEART AND MIND

December 20 – 28

## Holiday Meditation Retreat

**Shastri Calryn Aston**

The holiday season can leave many of us feeling stressed out and disconnected – from ourselves and our world. However, this time of year has historically been a more naturally reflective time. As the wintry world around us settles, we too can slow down, reflect, and appreciate both the peaceful outer and inner landscape. During this retreat, we will settle into presence and stillness through the practice of peaceful abiding meditation, and engage our hearts through the contemplative practices of loving-kindness and compassion. We will also celebrate the magic of genuine connection with ourselves, one another, and our world. This is a perfect opportunity to learn to meditate, appreciate, and find wakeful community with others.

**Tuition: \$150 + 8 nights**

Calryn Aston has been a student of Sakyong Mipham Rinpoche since 1997. She has been teaching at Shambhala Centers across the United States since 2003. She is the Director of Lunacare LLC, providing coaching and support to individuals, artists, and small businesses. She is also a resilience leader in Boulder County, Colorado, working with individuals and groups to cultivate body/mind-based resources to respond to and recover from trauma and natural disasters.

**Attend both Holiday and Taking a Leap into 2020 New Years program and receive a discount on lodging and tuition!**



December 29 – 1

## Take a Leap into 2020:

### Establish Your Intention and Commitment

**Jon Barbieri**

Join us for this special program and allow your aspirations for the New Year to become clear, as you become confident and committed through reflection and renewal. Our gathering will include guided mindfulness-awareness meditation, contemplative practices, and open time to rest and reflect. On New Year's Eve we will celebrate with a delicious full-course dinner.

**Tuition: \$255 + 3 nights**

Jonathan Barbieri has taught Buddhist and Shambhala trainings extensively throughout North America for over 30 years. Jon has been engaged in several livelihood pursuits including consulting with cities and counties on workforce development, creating contemplative co-housing communities, and most recently, teaching Mindfulness programs to public agencies and businesses.



FALL | WINTER PROGRAMS

January 8 – 18

## Four Karmas Fire Puja

**Lynele Jones & Reed Bye**

Shambhala Mountain Center is delighted to offer this Vajrayogini Four Karmas Fire Puja. Whether you are a veteran of previous Four Karmas Fire Pujas or are a first-time participant, please join us for this powerful practice intensive.

**Prerequisite: Vajrayogini Abhisheka and completion of Vajrayogini Amending the Mantra Fire Puja.**

**Tuition: \$100 + 10 nights**

Lynele Jones received Vajrayogini Abhisheka from Chogyam Trungpa Rinpoche in 1983. After his death, she studied with Khenpo Tsultrim Gyamso Rinpoche and other teachers. Since completion of three-year retreat at Gampo Abbey in 2010, she has coordinated and mentored several Vajrayana practices for the Boulder sangha.

Reed Bye is Professor Emeritus at Naropa University, where he taught writing and poetics for many years. He has been practicing the sadhana of Vajrayogini since the 1980s, and, with Lynele Jones, led a Four Karmas fire offering in 2018.



January 17 – 19

## Learn to Meditate

**Greg Smith**

Working with your mind is one of the most beneficial skills you can learn, yet most of us don't even know where to start. Through the practice of meditation, it is possible to balance your thoughts and emotions, become less distracted and reactive, and be more engaged and responsive in your life. While meditation itself is simple, it is important to start with the right view, take the correct posture, and know how to work with common obstacles. During this immersive weekend, you'll learn everything you need to know to jumpstart your personal meditation practice. Through learning contemplative practices, participating in group discussions and spending time in nature away from the speed and busyness of daily life, you will return home feeling focused and relaxed.

**Tuition: \$150 + 2 nights**

**This program also occurs on October 4 – 6**

Greg Smith, a well known sangha artist and thangka painter, has lived and painted at Shambhala Mountain Center for many years. He has been a student of meditation since 1976, first with Chögyam Trungpa and later with his son Sakyong Mipham. Greg has taught meditation and Buddhist studies since 1982.



AWAKEN YOUR HEART AND MIND

January 29 – February 2

## Precious Knowing:

### A Meditation and Yoga Retreat for Women

**Katharine Kaufman**

Our bodies hold emotions, images, patterns and stories. When we learn to fully inhabit our bodies through mindfulness practices, we can know ourselves as complete and wakeful beings. During this retreat we will practice sitting meditation, flowing and restorative yoga, playful improvisational movement, and a little writing. We will deepen our practice and insight through periods of silence; and our community will develop understanding and trust through discussion and dialogue. Previous yoga or meditation experience recommended but not required.

**Tuition: \$285 + 4 nights**

See bio for Katharine on page 16.

February 14 – 16

## The Art of Being Human:

### Shambhala Training I

**Acharya Susan Skjei**

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**

Susan Skjei, PhD, is an educator, coach, and organizational consultant specializing in leadership and transformative change. In 1972 Susan began studying within Shambhala, becoming the first Shambhala Training resident director in the San Francisco Bay Area in 1974. Since then, Susan has taught extensively in North America and Europe. She is the director of the Authentic Leadership program at Naropa University and is a founding member of the Authentic Leadership in Action Institute in Nova Scotia.



FALL | WINTER PROGRAMS

February 28 – 1

## Green Tara: Enlightened Feminine Wisdom in Action

Nashalla G. Nyinda

Green Tara is said to have been born from the tears of the great compassionate Buddha, Chenrezig. She is the ultimate manifestation of sacred female enlightenment and activity. Practiced in all aspects of Tibetan society, she is praised for alleviating suffering. Tara's enlightened activity teaches us how to embrace and embody compassion in action.

In this retreat, you will learn the short Green Tara practice and mantra. The meaning behind the mantra is said to be the sound which fills all worlds, all space, form, and formless realms, bringing answers and assistance to realms of desire and fulfilling the wishes of beings who call upon her in times of need and fear.

**Tuition: \$195 + 2 nights**

See bio for Nashalla on page 12.

March 6 – 8

## 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.

**Tuition: \$195 + 2 nights**

**This program also occurs on December 6 – 8.**

See bio for Janet on page 14.

AWAKEN YOUR HEART AND MIND

March 6 – 8

## Fresh Start:

### Yoga and Meditation for All Beings

De West & Brian Spielmann

Yoga and meditation provide an ideal practice combo to bring us back to beginner's mind – a sense of relaxation, effortlessness, and unconditional cheerfulness. We will alternate between meditation practices and yoga sequences to work with our mind and body to naturally bring us back to a fresh start.

You will receive tools and techniques so you will be able to bring what you learn in this retreat into your daily life. Yoga and meditation provide a dual approach for mental clarity and calmness, increased body awareness, and reduced stress.

**Tuition: + 2 nights**

**This program also occurs on October 11 – 13.**

See bios for De and Brian on page 12.

March 6 – 14

## Chakrasamvara Intensive

Greg Smith

This Chakrasamvara Intensive is geared toward the accumulation of the recitation practices in a group setting. Those who have finished the recitation are also invited to come and deepen their connection with the practice. If you are just learning the practice, this is a good opportunity to become more familiar with the sadhana. There will be guided practice, instruction on the practice of the different sections, and group study and discussion of the wonderful manual by the Vajravairochana Translation Committee and the tris.

**Prerequisite: Chakrasamvara Abhisheka**

**Tuition: \$50 + 8 nights**

See bio for Greg on page 21.

March 13 – 21

## Open Heart, Clear Mind:

### A Week-Long Meditation Retreat

Susan Piver & Kevin Townley

All the world's wisdom traditions counsel retreat practice in order to return to life strengthened, softened, and fully engaged. In this spirit, we will take a deep dive into the sitting practice of meditation. Each day will begin at 7 a.m. and end at 9 p.m. While the majority of time will be spent in meditation (sitting and walking) there will be plenty of space for rest, meaningful conversation, celebration, and taking delight in the incredible natural beauty that surrounds Shambhala Mountain Center.

Open to new and experienced practitioners.

**Tuition: \$0 + 8 nights**

See bio for Susan on page 18.

Kevin Townley is a writer and performer. Since 2010 he has been studying in the Shambhala tradition as well as with the Sokokuji Zen Center. He completed the Interdependence Project's teacher training program in 2012. He is passionate about exploring the interplay of meditation and art-making and encouraging others to bring their own innate humor and insight to their meditation practice.



FALL | WINTER PROGRAMS

March 13 – 15

## Feeding Your Demons: Turning Obstacles into Wisdom

Charlotte Rotterdam

This retreat offers an introduction to the process of Feeding Your Demons, a powerful and profound method for working with, rather than fighting against, the obstacles, conflicts, and challenges of our lives. By meeting our fears and obsessions with tenderness, compassion, and nurturance, we allow them to transform into insight, wisdom, and strength. Drawing on traditional practices and teachings of the Tibetan Buddhist tradition, this process was developed by Lama Tsultrim Allione, a Western Buddhist teacher and author of *Feeding Your Demons: Ancient Wisdom for Resolving Inner Conflict*.

**Tuition: \$195 + 2 nights**

Charlotte Rotterdam is empowered as Magyu Lopön, lead teacher of the Mother Lineage at Tara Mandala, by Lama Tsultrim Allione and teaches Tibetan Buddhism and meditation in the US and abroad. An Instructor and Director of the Center for the Advancement of Contemplative Education at Naropa University, Charlotte received a Masters in Theological Studies from Harvard Divinity School.



March 20 – 22

## Liberation Through Love: Investigating Systemic Oppression

Lama Rod Owens

It shouldn't be a secret that historically marginalized communities and peoples are deeply traumatized right now. New threats impact the wellbeing of communities all over the world, as part of systematic historical oppression that we have been subjected to for centuries.

To disrupt the impact of oppression on our bodies and in our minds, we will explore how can we take up self-care as self-preservation as an act of political warfare. How are we inviting love and rage as partners that are helping us do the work of liberation? This will be a retreat of gentle yet direct exploration of how systematic oppression gets us stuck and how to move through this stuckness – embracing the strategies of liberatory intersectional contemplative practice.

**Tuition: Tiered Tuition + 2 nights**

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 has a Master of Divinity degree from Harvard Divinity School. He is the co-author of *Radical Dharma: Talking Love, Race, and Liberation*, and author of *Love and Rage* (to be released in February).



AWAKEN YOUR HEART AND MIND

March 21

## Living the Full Catastrophe:

### A Day of Mindfulness-Based Stress Reduction (MBSR)

#### 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**

**This program also occurs on Sep 7.**

See bio for Janet on page 14.

March 22 – 27

## Family Spring Break Retreat

### Leslie Gossett & Kate Raddock

What does it mean to live together as a community with the view of basic goodness? During this retreat, we will practice creating a culture that reflects our wholeness, kindness, wisdom, and strength. Through meditation, celebration, play, movement, discussion, and outdoor time, we invite you to tune in to your own and each other's inspirations, uncertainties, and joys. Connecting with our hearts in this way allows us to open to what is and connect with magic.

Each day will include sessions for parents, children, and teens in separate spaces, and time spent together as a family community. Some sessions are optional, and there will be open space for any participant to offer their own skills and wisdom to others.

#### **See website for special family pricing.**

Leslie Gossett is the founder of Be You Yoga and Mindfulness for Families and Children. She has worked with children for over 20 years. A certified yoga teacher for children and adults, and a Meditation Instructor in the Shambhala tradition, Leslie offers a path for children, youth, teens, parents, and families to connect with the strength and wisdom of their own hearts.

Kate Raddock has been a practicing student of the Shambhala lineage since 2011 and working as a body educator since 2009. Kate is a meditation teacher, massage therapist, energy worker, yoga teacher, nature-lover, and a hoot. Her teaching guides people to an embodied discovery of their own natural well-being and wisdom. She lives in Plainfield, VT with her partner Alex.



March 27 – 29

## Beyond Suffering:

### Unconditional Self Love, 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 Qi Gong 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. It will help you understand how to trust yourself, feel worthy, stop hurting yourself, and finally enjoy your life without regret and without feeling guilty for wanting to be happy, well, and loved.

**Tuition: \$335 + 2 nights**

**This program also occurs on December 6 – 8 and October 4 – 6.**

See bio for Blake on page 10.

April 2 – 5

## 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 will also occur Oct 3 – 6.**

See bio for Kathy on page 10.

## 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.

Visit [shambhalamountain.org/staff](http://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](mailto: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](mailto:development@shambhalamountain.org)



AWAKEN YOUR HEART AND MIND

# Plan Your Retreat

## 1 | CHOOSE A PROGRAM

Use this catalog or visit  
[www.shambhalamountain.org](http://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](http://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](mailto: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


### Stay Connected

Visit our website to sign up to receive our latest news, events and highlights: [shambhalamountain.org/e-news-signup/](http://shambhalamountain.org/e-news-signup/)

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