



SHAMBHALA MOUNTAIN CENTER

Learn to Meditate
Align Body and Mind
Deepen Relationships
Explore Your Creativity
Reconnect with Nature
Transform Your Life

FALL | WINTER



2014

Welcome

Shambhala Mountain Center is located on over 600 acres of pristine mountain forests and meadows, just two hours northeast of Denver. A sanctuary and training ground for body, mind, and spirit, our wilderness setting provides an ideal environment for meditation, yoga, contemplative arts, and conferences. We warmly invite you to join us this fall and winter for one of our enriching retreats or to visit the Great Stupa of Dharmakaya.

Dear Friends,

Looking through this catalog, you will see a range of offerings that reflect our mission of exploring individual and societal wisdom. From meditation retreats, to various physical disciplines, as well as programs that explore our relationships with nature and society, Shambhala Mountain Center hosts programs year-round that can enrich, challenge, and deepen our lives.

What is not apparent in a catalog is the lived story of Shambhala Mountain Center, the history and on-going experience of a community brought together in an exploration of combining mindful living, service through work, and what it means to build an enlightened society.

We want to share this experience with you – both during your visit and in your daily life. I invite you to join in our journey through our monthly newsletters and online community, and of course, look forward to welcoming you back home at Shambhala Mountain Center.

With love from the mountains,



Michael Gayner, Executive Director

Stay Connected

Visit our website to sign up for our e-communications and stay up to date with our latest news, events and highlights.

E-Newsletter: shambhalamountain.org/e-news-signup/

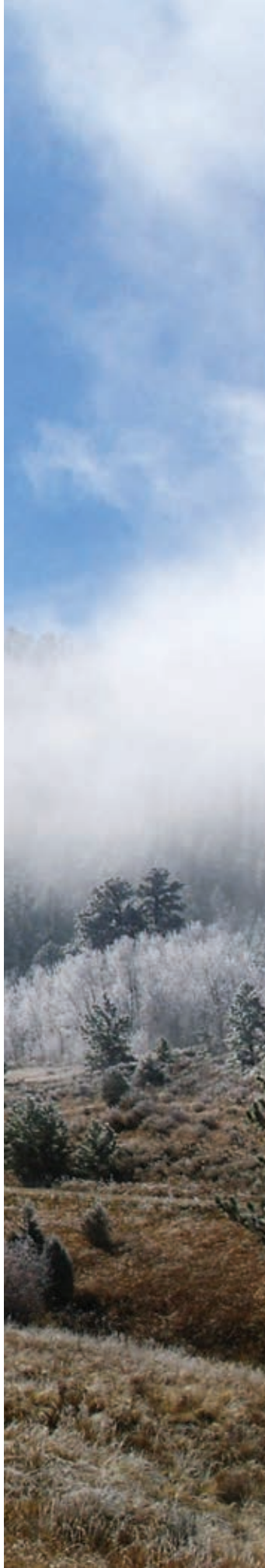
Facebook: [/shambhalamountaincenter](https://www.facebook.com/shambhalamountaincenter)

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YouTube: [/theShambhalaMountain](https://www.youtube.com/theShambhalaMountain)

Google Plus: Add Shambhala Mountain Center

Instagram: [@ShambhalaMC](https://www.instagram.com/ShambhalaMC) See and share photos on Instagram with the [#ShambhalaMountain](https://www.instagram.com/hashtag/ShambhalaMountain) hashtag.



Program Highlights

Learn to Meditate

Join us for Shambhala Training Level I, Learn to Meditate weekends, Retreat and Renewal or our free monthly Open Houses.

Pages 5, 6, 8 & 23

Retreat and Renewal

Discover relaxation and wakefulness in a pristine mountain environment with our spacious Retreat and Renewal program.

Page 6

Transform Your Life

Immerse yourself in one or more weeks of our Winter Dathun meditation retreat.

Page 20

Shambhala Path

Whether you are looking to explore the Shambhala Training series, a secular meditation program for beginning and experienced meditators, or continue further on the Shambhala path, check out our calendar of programs for upcoming offerings. Pages 2-3

Deepen Relationships

With Loving Your Way to Enlightenment: Ancient Wisdom for the Modern Couple and Relationship as a Spiritual Path:

Getting the Love You Want – A Couples Workshop. Pages 9 & 16

Align Body and Mind

Through a wide array of nourishing, body-based programs including Mindfulness-Based Stress Reduction, Qigong, and a rich variety of yoga retreats.

Explore Your Creativity

Enjoy artistic workshops like Miksang Contemplative Photography, Gold Leaf Gilding and Susan Piver's popular writing retreat. Pages 8, 16 & 21

Plan Your Own Getaway

Create your own personal retreat throughout the year with a 25% discount on lodging. Visit our website to schedule available dates.

CALENDAR OF PROGRAMS

SEPTEMBER

- Being with the Land:
Turning to Nature and the Seasons**
Clare Walker Leslie | Sep 5 – 7 7
- Big Sky, Big Mind:
Contemplative Astronomy Workshop**
Andrea Schweitzer & Jim Tolstrup | Sep 5 – 7 7
- The Art of Being Human: Shambhala Training I**
Jonathan Barbieri | Sep 5 – 7 8
- Open House** | Sep 7 5
- Opening the Good Eye:
An Introduction to Miksang Photography**
Michael Wood & Julie DuBose | Sep 11 – 14 8
- Loving Your Way to Enlightenment:
Ancient Wisdom for the Modern Couple**
Keith Kachtick & Camilla Figueroa | Sep 12 – 14 9
- Waking Up to the Wild: Nature Walks**
Kay Peterson | Sep 12 – 14 9
- Sacred Embodiment, Sacred Service:
A Retreat for Women**
Judith Ansara, assisted by Danya River | Sep 26 – 28 10
- Gold Leaf Gilding and the Dignity
of Craftsmanship**
John Perkins | Sep 25 – 28 10

OCTOBER

- Traditional Chinese Qigong: Level VI**
Eva Wong | Oct 1 – 5 11
- Radical Self-Healing**
Charley Cropley | Oct 3 – 5 11
- East Meets West:
What Have We Learned About Love?**
Boulder Program
Ben Cohen | Oct 3 12
- Open House** | Oct 5 5
- Scorpion Seal Assembly II**
Acharya Emily Bower | Oct 10 – 21 12
- Living the Full Catastrophe:
A Day of Mindfulness-Based Stress Reduction
Denver Program**
Janet Solyntjes | Oct 11 12
- Awake in the World
Online Program**
Sakyong Mipham Rinpoche, Matthieu Ricard & More
Oct 19 – 24 13
- Leading Differently:
The Power of a Purposeful Pause™**
Janice Marturano & Dawn MacDonald | Oct 24 – 26 14
- Birth of the Warrior: Shambhala Training II**
Oct 31 – Nov 2 14
- Mindfulness Meditation Retreat:
A 7-day, Teacher-led, Silent Retreat**
Janet Solyntjes & Jim Colosi | Oct 31 – Nov 7 15

NOVEMBER

- Open House** | Nov 2 5
- Graceful Exit: Preparing for a Good Death
Boulder Program**
Andrew Holecek | Nov 7 – 8 15
- This Moment, Beautiful Moment:
Yoga for Every Body**
De West | Nov 7 – 9 16
- Relationship as a Spiritual Path: Getting the Love
You Want – A Couples Workshop**
Ben Cohen | Nov 7 – 9 16
- Imago Clinical Training for Therapists: Days 1 and 2
Teaching Compassion in Intimate Relationship**
Ben Cohen | Nov 9 – 11 16
- Retreat and Renewal** | Nov 14 – 16 6
- The Posture of Meditation:
Breathing through the Whole Body**
Will Johnson | Nov 14 – 16 17
- Qigong for the Seasons: Winter Qigong**
Ron Davis | Nov 14 – 16 17
- Learn to Meditate**
Greg Smith | Nov 21 – 23 17
- Bringing Your Practice Home**
Katharine Kaufman | Nov 21 – 23 18
- Thanksgiving Family Retreat
and Autumn Celebration**
Cynthia Drake & Peter Grossenbacher | Nov 27 – 30 18

DECEMBER

- Retreat and Renewal** | Dec 5 – 7 6
- Emotional Enlightenment: Direct Path
to Compassionate Communication**
Paul Shippee | Dec 5 – 7 19
- Open House** | Dec 7 5
- Introduction to the Principles of Traditional
Tibetan Medicine**
Nashalla Nyinda | Dec 12 – 14 19
- The Daring Way: Show Up, Be Seen, Live Brave™
(A Retreat for Women)**
Kathy Tolstrup & Michele Faris | Dec 12 – 14 20
- Winter Dathun – Shambhala Meditation:
Feeling, Being and Touching Basic Goodness:
Awakening to the Fullness of Our Humanity**
Shastri Ben Hines & Shastri Holly Gayley
Dec 13 – Jan 10 20
- Fearlessly Creative:
A Meditation and Writing Retreat**
Susan Piver | Dec 18 – 21 21
- Warrior in the World: Shambhala Training III**
Denise Wuensch | Dec 19 – 21 21
- Take a Leap into 2015:
Establish Your Intention and Commitment**
Jonathan Barbieri | Dec 30 – Jan 1 22

JANUARY

- Open House** | Jan 4 5
- Retreat and Renewal** | Jan 16 – 18 6
- Natural Brilliance: Discovering Our Strength**
Iринi Rockwell | Jan 23 – 25 22
- The Art of Being Human: Shambhala Training I**
Jan 30 – Feb 1 23

FEBRUARY

- Open House** | Feb 1 5
- Retreat and Renewal** | Feb 6 – 8 6
- Bowing to the Sacred Within**
Monique Illona and Blane Allen | Feb 6 – 8 24
- Precious Knowing:**
A Meditation and Yoga Retreat for Women
Katharine Kaufman | Feb 11 – 15 24
- Qigong for the Seasons: Spring Qigong**
Ron Davis | Feb 13 – 15 25
- The Four Noble Truths of Wealth:**
The Path to Genuine Prosperity
Layth Matthews | Feb 20 – 22 25
- Tibetan Yoga of Breath**
Anyen Rinpoche & Allison Choying Zangmo
Feb 27 – March 1 26
- Sacred Path:**
Great Eastern Sun, Windhorse and Drala
Acharya Allyn Lyon | Feb 27 – March 4 26

MARCH

- Open House** | Mar 1 5
- Open Sky: Shambhala Training V** | Mar 20 – 22



Shambhala Mountain Center in the City

Boulder and Denver Programs

- East Meets West:**
What Have We Learned About Love?
Boulder Program
Ben Cohen | Oct 3 12
- Graceful Exit: Preparing for a Good Death**
Boulder Program
Andrew Holecek | Nov 7 – 8 15



Shambhala Mountain Online

- Awake in the World**
Special Free Online Event
Featuring Sakyong Mipham Rinpoche, Tara Brach, Matthieu Ricard, Roshi Joan Halifax, Rochard Reoch and more!
Oct 19 – 24 13



Advanced Shambhala Programs

- Scorpion Seal Assembly II**
Acharya Emily Bower | Oct 10 – 21 12
- Sacred Path:**
Great Eastern Sun, Windhorse and Drala
Acharya Allyn Lyon | Feb 27 – March 4 26



Visit the Great Stupa

A Monument to Human Kindness

The Great Stupa of Dharmakaya stands 108 ft. tall, weighs 6,000,400 lbs., and is dedicated to world peace. It was constructed and continues to be worked on by volunteers inspired to offer the world a big, beautiful reminder that our nature as human beings is inherently good, pure and sane. Encountering the Stupa allows one to rediscover this inherent goodness, to experience a state of simplicity and confidence, and to connect with a lineage of sanity that goes back 2,500 years.

Engaging with the Stupa may bring about an experience that is beyond the mundane, yet deeply familiar. What is it that we so often forget in the midst of our busy and complicated lives? The Stupa is an embodiment of awakened heart and authentic presence – the alternative to redundant mental drama and addictive behavior. Ultimately, the Stupa is reflective of one’s confident, radiant nature.

The Great Stupa welcomes the general public 365 days a year, between the hours of 9 am and 9 pm, free of charge. Experiential teaching tours of the Stupa can be arranged for groups of 8 or more for \$10 per person. To schedule a tour please call 888-788-7221. Tours are also offered as part of our free Open House series which occurs the first Sunday of most months. Please see our Open House section for exact dates.

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

— *The XIVth Dalai Lama*

Learn to Meditate

We regularly offer programs for people new to meditation including Shambhala Training I, Learn to Meditate, Retreat and Renewal, and our free monthly Open House. We also host programs that connect meditation to other disciplines so that you can find the right fit for you.

The Basics

Shambhala Training I: The Art of Being Human

Jonathan Barbieri | Sep 5 – 7 8

Living the Full Catastrophe:

A Day of Mindfulness-Based Stress Reduction (Denver)

Janet Solyntjes | Oct 11 12

Learn to Meditate

Greg Smith | Nov 21 – 23 17

Shambhala Training I: The Art of Being Human

Teacher TBD | Jan 30 – Feb 1 23



Exploring Meditation with Movement

Precious Knowing:

A Meditation and Yoga Retreat for Women
Katharine Kaufman | Feb 11 – 15 24

Tibetan Yoga of Breath

Anyen Rinpoche & Allison Choying Zangmo
Feb 27 – Mar 1 26

Join us for an 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 prepared by our talented chefs. For updates on our list of Open House speakers and topics, please visit our website.

Tuition: FREE

Sept 7 | Oct 5 | Nov 2 | Dec 7 | Jan 4 | Feb 1 | Mar 1

“If you search for awakened heart, if you put your hand through your rib cage and feel for it, there is nothing there except for tenderness.”

— *Chögyam Trungpa Rinpoche*

Shambhala Mountain Online Gift Store

Bring the Shambhala Mountain experience home with our online gift store! We offer hundreds of contemplative items including meditation and yoga supplies, books, handcrafted jewelry, fine tea sets, and more. Even better, your purchases help support Shambhala Mountain Center to maintain a beautiful and enriching environment for thousands of visitors each year. Please visit shambhalamountainstore.com.



Retreat and Renewal

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

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

Tuition \$100 + 2 nights lodging

Nov 14 – 16 | Dec 5 – 7 | Jan 16 – 18 | Feb 6 – 8

“In every walk with nature one receives far more than he seeks.”

— *John Muir*

RETREAT AND RENEWAL

Being with the Land: Turning to Nature and the Seasons

Clare Walker Leslie

Join naturalist, writer, artist, and teacher Clare Walker Leslie for an opportunity to sink into the earth, air, sky, and mountains. Gather a deeper feeling and connection to the land around you that you can carry beyond this weekend. These days will foster our relationship to, and gratitude for, the natural world as a support for reflection and a source of creative vision and inspiration. By observing in silence and engaging in conversation, we will learn about the ecology of the land during this particular time of year. We will also record our experience in various simple forms of word and image. Bring your own writing tools, a journal, and a shawl to sit on for outdoor meditation.

Tuition \$205 + 2 nights

Clare Walker Leslie is an internationally known naturalist, artist, educator and author of twelve books on observing nature, including *The Nature Connection*, *Keeping a Nature Journal*, and *Drawn to Nature*. Clare lives in Cambridge, MA and Granville, VT with her family and various animals. She is a practicing member of the Cambridge Insight Meditation Center.



Four Seasons Program: Earth and Sky

The retreat groups for Being with the Land and Contemplative Astronomy will join together for two short sessions over the weekend to share in exploration of our connection to both earth and sky. This collaboration is part of our new Four Seasons program – an exciting series of interdisciplinary, nature-based programs bringing together the expertise of scientific disciplines and wisdom traditions to celebrate and understand our sacred Earth.

Big Sky, Big Mind: Contemplative Astronomy Workshop

Andrea Schweitzer and Jim Tolstrup

Throughout history, we have looked to the skies to follow the rhythm of the seasons and to ponder life's mysteries. This workshop will reignite our passion for the stars by using interactive, kinesthetic astronomy to experience the movement of the celestial bodies. We will combine periods of contemplation; presentations of the astronomical lore from Celtic, Tibetan, and Native American traditions; and a guided walk to observe the interplay of the sun and seasons with the land. Come deepen your meditation practice and take home a personal connection to the night sky. No astronomy background required.

Tuition \$190 + 2 nights

Andrea Schweitzer, PhD, is an astronomer with the Little Thompson Observatory in Berthoud, Colorado. Having collaborated with NASA on programs such as the Hubble Space Telescope and the Voyager missions, she balances her work with her personal practices of stargazing, yoga, and meditation.

Jim Tolstrup, a director of Shambhala Training, has been a practitioner of indigenous wisdom traditions since 1977. He is president of Cankatola Ti Ospaye, a non-profit that supports Native American elders. As the executive director of the High Plains Environmental Center in Loveland, Colorado, he works with land developers to "restore nature where we live, work and play."



September 5 – 7

SHAMBHALA

The Art of Being Human: Shambhala Training I

Jonathan Barbieri

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. Recommended for new and experienced meditators, as well as for those looking to enrich their existing spiritual path. You will receive a copy of *Shambhala: The Sacred Path of the Warrior* by Chögyam Trungpa Rinpoche.

Tuition: \$150 + 2 nights

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



“If we open our eyes,
our minds, and our
hearts, we will find
that this world is a
magical place.”

— Chögyam Trungpa Rinpoche

September 11 – 14

CONTEMPLATIVE ARTS

Opening the Good Eye: An Introduction to Miksang Photography

Michael Wood & Julie DuBose

Discover how to see the world in a fresh way and express your full and complete experience through your camera. This retreat is an introduction to the practice of Miksang Contemplative Photography as developed by Michael Wood and Julie DuBose. Through visual exercises, assignments, discussion, and sharing of images, learn how to recognize the experience of direct visual perception. Direct in this case means without the filters of our habitual ways of seeing and experiencing. This is not purely a photography course. This is the beginning of a journey through our world with our eyes, mind, and heart united. Seeing in this way brings a freshness to our lives and through our images we can share the joy of our experience. Please visit miksang.com to learn more about this profound practice.

Tuition \$300 + 3 nights

Michael Wood is the original developer and teacher of Miksang, and co-author of *The Practice of Contemplative Photography: Seeing the World with Fresh Eyes*. Michael resides in Canada and is currently acting as a Management Consultant and Curriculum Development Advisor to the Miksang Institute in Boulder, Colorado.

Julie DuBose began her study of Miksang with Michael Wood in 1998 and has been teaching since 2000. She founded the Miksang Institute for Contemplative Photography in Boulder, Colorado and Miksang Publications in 2012. She is the author of *Effortless Beauty: Photography as an Expression of Eye, Mind, and Heart*.



September 12 – 14

PERSONAL TRANSFORMATION

Loving Your Way to Enlightenment:

Ancient Wisdom for the Modern Couple

Keith Kachtick & Camilla Figueroa

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

For yoga and meditation students of all levels. All couples welcome. LGBTQI friendly.

Tuition \$225 per person + 2 nights

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

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



www.shambhalamountain.org

September 12 – 14

MINDFUL LIVING

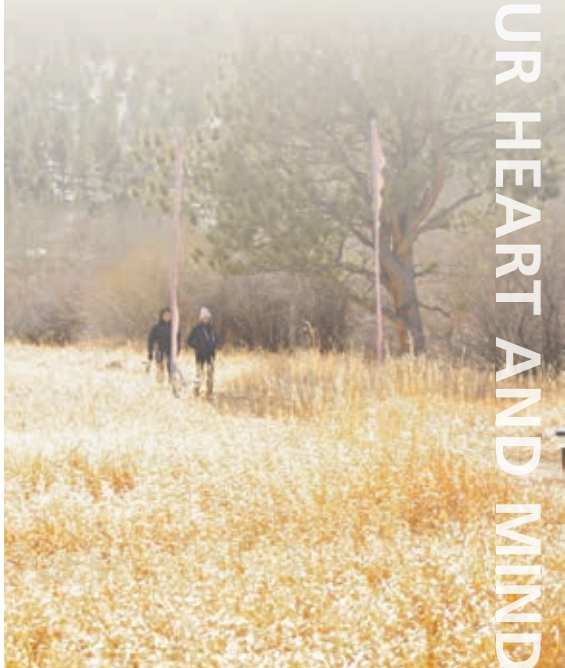
Waking up to the Wild: Nature Walks

Kay Peterson

When we wander into untamed landscapes it calms our nerves, strengthens our focus, and restores our sense of well-being. By tuning into our senses and mindfully moving through nature, we can appreciate its chaotic orderliness and our interconnectedness within this complex web of life. Join us for a rejuvenating weekend of gentle walking meditation in the fresh air and sunshine, and a celebration of the Harvest Moon surrounded by good company. This retreat is well-suited for those who are looking for short walks on easy terrain at the lower elevations of Shambhala Mountain Center (around 8,000'). Wake up to the wild both inside and out!

Tuition \$190 + 2 nights

Kay Peterson, MA, MFT Intern, is a psychotherapist, wilderness guide, and Shambhala meditation instructor. She has been facilitating nature-inspired programs focused on individual transformation, creative group processes, and mindfulness since 1996. Kay also teaches Mindfulness-Based Stress Reduction (MBSR) and is adjunct faculty at Naropa University.



AWAKEN YOUR HEART AND MIND

Fall | Winter 2014 – 2015 | 9

September 26 – 28

BODY AWARENESS

**Sacred Embodiment,
Sacred Service:**

A Retreat for Women

Judith Ansara, assisted by Danya River

As women, we innately understand and experience the inter-connectedness of all life, and the wisdom, creativity, and power that is part of this “knowing.” Yet, in the busyness of our multi-focused lives, we often lose touch with our own depth and the capacity to rest and move away from this connection. During this inspiring weekend, we will come together as a multi-generational community to discover and claim our knowing. Through guided meditations, solo writing, time in nature, dyad and group processes, we will learn to access our unique vision and to weave our gifts into everyday life. You will return home rested, renewed, and inspired to engage the beauty and power of your inner wisdom, clarity, and presence.

Tuition \$205 + 2 nights

Judith Ansara, MSW, has been a pioneering teacher of applied human consciousness for 30 years. Synthesizing her immersion in Buddhism and other wisdom traditions with her experience as a psychotherapist and leadership trainer, she teaches internationally at centers such as Omega and Esalen, and trains and coaches health practitioners and social change leaders. A master of the arts of conscious embodiment, she also leads couples retreats with her husband, Robert Gass.

Danya River is an accomplished musician and songwriting coach with a special gift for drawing others into their own creative expression. She is also a Somatic Experiencing practitioner.



September 25 – 28

CONTEMPLATIVE ARTS

**Gold Leaf Gilding and the
Dignity of Craftsmanship**

John Perkins

Learn the centuries old technique of applying gold leaf through hands-on work, demonstrations, and experimentation. In the inspiring environs of the Great Stupa and its art studio, we will incorporate a variety of historical and modern techniques for working with metal leaf for art, frames, furniture, and architectural elements. We will also work with mindfulness practices and the principles of the Four Dignities of Shambhala to help us notice how they facilitate the craft and how the craft encourages mindfulness. This is an excellent opportunity to learn the techniques used in gilding the Stupa, and to develop practical skills and knowledge that can be applied to your artistic repertoire, as well as everyday life.

Limited to 12 participants. Program tuition includes a \$50 material fee.

Tuition: \$200 + 3 nights

John Perkins has been gilding since 1992. He worked as museum conservator for the National Historic Parks Service in Canada and the Getty Conservation Institute in Los Angeles. In 1999, John worked on gilding in the Great Stupa of Dharmakaya and has returned in subsequent years.



FALL | WINTER PROGRAMS

October 1 – 5

WISDOM TRADITIONS

Traditional Chinese Qigong: Level VI

Eva Wong

In this program, you will begin a heightened training in circulating internal energy according to seasonal changes and through specific channels in the body. The following qigong systems will be taught:

1. Outer qigong forms from Wudangshan – The Dragon-Tiger Frolics, a rigorous physical form of qigong designed to align energetic channels and energy centers.
2. Inner qigong forms from Xiantianwujimen – Chen Xiyi's Twenty-Four Seasonal qigong, a form of qigong that tunes the body's energy to the seasons and builds immunization to seasonal health hazards.
3. Hand gesture-based inner qigong forms – Xiantianwujimen that are designed to direct energy through the body in specific channels.
4. Inner qigong form Wudangshan – The Wudangshan Seven Star Stances, a form of qigong that is designed to open deep circulatory pathways.

All participants must receive permission to be admitted to this program.

Tuition \$395 + 4 nights

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

October 3 – 5

PERSONAL TRANSFORMATION

Radical Self-Healing

Charley Cropley

Bodily sickness, like all suffering, has real, discoverable causes. The cause is not cancer, colitis, weak adrenals, or a lowered immune system. The cause of our health problems is the innocent misuse of our own body and mind. During this empowering retreat, we will discover how we connect with our ability to eat, think, move, and relate. Through our exploration of these four essential activities, we will learn how to skillfully imbue our daily lives with care and free ourselves from habits that repeatedly cause harm. After our weekend together, you will see unmistakably the healing power you have and how to wield it to revitalize your body and mind.

Tuition \$190 + 2 nights

Charley Cropley, ND, is a Naturopathic physician who, after 35 years of practice, uses no medicines. He teaches his clients that they are endowed with self-healing capacities exactly equal to their illness. They learn that illness itself is what heals them by awakening their love of themselves and guiding them in the heroic work of healing their own self-harming ways.



AWAKEN YOUR HEART AND MIND

October 3

PERSONAL TRANSFORMATION

**East Meets West:
What Have We Learned
About Love?**

Boulder Program

Ben Cohen

Discover practical ways to deepen your relationships and maintain connection, even in difficult times. This lively discussion will draw on time-tested ideas from a variety of perspectives, including the Imago Theory, one of the most influential theories of our era. We will also give insight into the causes of conflict and discuss how to shift from conflict to connection, as well as share approaches from Rational Neuroscience and Buddhism. Whether you are currently single or in a committed relationship, join us for this engaging evening exploring love and intimate relationships.

This talk will be held from 7-9 pm at the Solstice Center on 302 Pearl Street in Boulder.

Tuition \$20

Ben Cohen, PhD, is a psychologist in private practice in Boulder and Denver specializing in relationship counseling. He has also had an active meditation practice for over 25 years and integrates Eastern and Western traditions in his teaching and practice.



October 10 – 21

ADVANCED SHAMBHALA

**Scorpion Seal
Assembly II**

Acharya Emily Bower

The Sakyong has asked participants who have completed the first Scorpion Seal Assemblies to gather at practice centers for a second year program. These retreats, to be led by Shambhala acharyas, will focus on intensive practice of the Werma Sadhana and other practices that were received, as well as the reading transmission of the entire *Profound* volume. This book will provide the basis of our training as we move forward with the Scorpion Seal path. As such, these second year assemblies will be a prerequisite for continuing on.

Prerequisites: Completion of Scorpion Seal Assembly I and related practice requirements.

Tuition: Please see website

Acharya Emily Bower started practicing in the Shambhala community in 1987, in Berkeley, CA and began studying with Sakyong Mipham Rinpoche in 1991. She has served as his editor for various projects, including his first book, *Turning the Mind into an Ally*. She studied kyudo with Kanjuro Shibata Sensei and is a lifelong member of the Dorje Kasung. She has been a professional editor since 1987 and has most recently worked full-time as an acquiring editor for Shambhala Publications in Boston. Now, in addition to traveling and teaching in the Shambhala mandala, she continues to work as a book editor and publishing consultant. She lives in Los Angeles.



October 11

**MINDFUL LIVING
PERSONAL TRANSFORMATION**

**Living the Full
Catastrophe:**

**A Day of Mindfulness-
Based Stress Reduction
Denver Program**

Janet Solyntjes

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

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

Tuition \$95

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



SHAMBHALA
MOUNTAIN ONLINE

Presents

AWAKE IN THE WORLD

A FREE ONLINE EVENT

October 19 – 24, 2014



Register online for free access to over 20 groundbreaking dialogues with top thought leaders, wisdom holders and social visionaries including: **Sakyong Mipham, Tara Brach, Matthieu Ricard, Roshi Joan Halifax, Charles Eisenstein, Roshi Bernie Glassman and many more!**

Event Hosts include: **Richard Reoch, Susan Piver, Lodro Rinzler, Fleet Maull and Acharya Adam Lobel.**

Join us for this free 5 day online event exploring mindfulness in our health, work and relationships as a path to personal and social transformation. Each day will include a live evening presentation and featured videos with insights and practical tools for waking up in your everyday life.

Information and registration at: shambhalamountain.org/awake

**“When we are brave enough to be in the present,
we have the power to transform the world.”**

— **Sakyong Mipham** from *Running with the Mind of Meditation:
Lessons for Training Body and Mind*

October 24 – 26

PERSONAL TRANSFORMATION

Leading Differently: The Power of a Purposeful Pause™

Janice Marturano & Dawn MacDonald

In today's world, we are faced with novel challenges, limited resources, and increased demands for our expertise and time. The constant pressures can deplete our mental resiliency and interfere with many of the hallmarks of leadership excellence including our ability to focus, see clearly, cultivate space for creativity, and embody compassion. During this experiential retreat, we will explore mindfulness meditation, leadership reflections, and practical applications to enhance our ability to lead and live with excellence. We will also uncover ways in which our ability to create space in our day affects our ability to lead – whether we are leading a team, our family or our own lives – and look at our personal filters, autopilot tendencies, and the distract-ability of the mind. Through a full range of practices and applications, including mindful communication, mindful meetings, and the power of reflection, we will discover the mind's powerful ability to take a "Purposeful Pause" even in the midst of chaos.

Tuition \$475 + 2 nights

Janice L. Marturano founded the Institute for Mindful Leadership in 2010, following five years of developing curricula and providing mindful leadership training to leaders from around the world. Prior to becoming the Executive Director of the Institute for Mindful Leadership, Janice held the position of Vice President, Public Responsibility and Deputy General Counsel for General Mills Inc., a Fortune 200 food company recognized globally for its training and development of leaders. Her work has been featured on the *BBC*, *Huff Post Live*, and in the *NY Times*, *Financial Times*, *Saturday Evening Post*, *Time magazine*, *Success magazine* and *LA Times*.

Dawn MacDonald, instructor for the Institute for Mindful Leadership, is the Educational Lead for The Compassion Project, an organizational change and development initiative of the Catholic Health Corporation of Manitoba designed to nurture and strengthen cultures of compassion within Health and Human Services. She previously worked in acute inpatient and adolescent mental health for over 20 years and is a Mindfulness-Based Stress Reduction teacher and an instructor for the Center for Mindful Self-Compassion. She has always believed in the resiliency of the human spirit and deeply values life-long learning.



October 31 – November 2

SHAMBHALA

Birth of the Warrior: Shambhala Training II

This weekend workshop builds on the meditation practice introduced in Level I and explores how we create a cocoon of our habitual ways of thinking, often obscuring the brilliance of the world we live in. By opening to our own genuineness and tenderness, we learn how to work with fear and appreciate that there is no fundamental obstacle to experiencing basic goodness.

Prerequisite: Completion of Shambhala Training Level I

Tuition: \$150 + 2 nights



October 31 – November 7

MINDFUL LIVING

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, strength, and confidence even in the face of stress, pain, or illness. In order to enhance that capacity, we introduce the power of mindfulness, the practice of meeting each moment with an open heart and mind. This week-long silent retreat – based on the MBSR teachings developed by Jon Kabat-Zinn and Saki Santorelli at the University of Massachusetts Medical School – includes mindfulness meditation practice and instructions, talks by senior teachers, movement exercises, and contemplative practices.

This retreat is suitable for mindfulness teachers or aspiring teachers, and fulfills the retreat prerequisite for attending Oasis Institute training programs.

Co-sponsored by The Center for Mindfulness in Medicine, Health Care, and Society

Tuition \$665 + 7 nights

See Janet’s bio on page 12.

Jim Colosi is a Certified MBSR teacher who taught at the Center for Mindfulness at the UMass Medical School 2006 – 2011 and has been a meditation instructor in the Shambhala tradition for 30 years.



November 7 – 8

PERSONAL TRANSFORMATION

Graceful Exit: Preparing for a Good Death Boulder Program

Andrew Holecek

Death is a once-in-a-lifetime opportunity – if we’re prepared. Learn what to do for yourself and others – before, during, and after death – from a practical and spiritual perspective. What are the best meditations for death? How can I help others die? Can I help them after death? Learn about advance directives, signs of impending death, hospice, grief, funeral issues, and medical and legal challenges. What about suicide, organ donation, sudden death, euthanasia, abortion, or the death of a pet? Joining the wisdom of Buddhism with knowledge from the West, this program will help you transform the greatest obstacle into the greatest opportunity.

This program will be held from Friday 7-9 pm and Saturday 9 am-5 pm at the Solstice Center on 302 Pearl Street in Boulder.

**Tuition \$20 Friday only;
\$125 entire program**

Andrew Holecek has completed the traditional three-year Buddhist meditation retreat, and offers seminars internationally on meditation, dream yoga, and death. He is the author of *The Power and the Pain: Transforming Spiritual Hardship into Joy*; *Preparing to Die: Practical Advice and Spiritual Wisdom from the Tibetan Buddhist Tradition*; *Meditation in the iGeneration: How to Meditate in a World of Speed and Stress*, and the audio learning course, *Dream Yoga: The Tibetan Path of Awakening Through Lucid Dreaming*. His work has appeared in the *Shambhala Sun*, *Buddhadharma*, *Tricycle*, *Parabola*, *Light of Consciousness*, *Utne Reader*, and other periodicals.



AWAKEN YOUR HEART AND MIND

November 7 – 9

BODY AWARENESS

This Moment, Beautiful Moment: Yoga for Every Body

De West

Cultivate deep awareness of your body and learn to uncoil obstructions to find greater freedom. During this rejuvenating retreat, we will discover where we have developed patterns over the years. Even in the womb we favored one side or the other of our mother's belly. Through slow, directed movements, we will learn where we can focus our mind to create more energy and openness and less physical discomfort and stress. We will target our entire bodies gently rather than stressing some parts while ignoring others. This workshop is for every body and everybody.

Tuition \$190 + 2 nights

De West is a leader in the Boulder yoga community and is a co-director of Studio Be Yoga. Her teaching combines principles from Iyengar alignment and therapeutic yoga. As a teacher, De is insightful, intuitive, and attentive. Her years of work with osteopathic doctors allow her to apply yoga to many different people and conditions. Students leave De's classes rejuvenated and grounded with a sense of personal and physical empowerment.



November 7 – 9

PERSONAL TRANSFORMATION

Relationship as a Spiritual Path: Getting the Love You Want – A Couples Workshop

Ben Cohen

Intimate relationships are both an opportunity and a challenge to our capacity for love and vulnerability. Once we get past the romantic love stage, we often find ourselves surprised by these challenges. Drawing from the work of Harville Hendrix, PhD, this experiential workshop will explore essential principles and practices of conscious relationships. You will be guided safely through processes that will help you better understand your core conflicts and how to transform these into opportunities for connection, healing, and growth. During this powerful weekend, you will learn how to consciously create safety, and increase your capacity for both giving and receiving love from your partner. Join us and take your relationship to a higher level.

Tuition \$300 + 2 nights

See Ben's bio on page 12.

November 9 – 11

WISDOM TRADITIONS

Imago Clinical Training for Therapists: Days 1 and 2 Teaching Compassion in Intimate Relationship

Ben Cohen

This two-day course is designed to introduce clinicians to the theoretical foundations and applications of Imago Relationship Therapy, a powerful and effective approach to couples counseling. You will learn how to hold couples in "Dialogue," helping them to deepen their connection and work productively with conflicts and concerns. We will also teach how to integrate Relational Neuroscience, Attachment and Developmental Theory, and mindfulness practices into your work with couples, and explore how Imago relates to the teachings of Thich Nhat Hanh on love and relationships.

Tuition \$295 + 2 nights

See Ben's bio on page 12.

"Adopt the pace of nature: her secret is patience."

— *Ralph Waldo Emerson*

FALL | WINTER PROGRAMS

November 14 – 16

WISDOM TRADITIONS

The Posture of Meditation: Breathing through the Whole Body

Will Johnson

In the practice of meditation, what you do with your body is every bit as important as what you do with your mind. Explore the conditions of body that naturally deepen our meditation and learn to establish the three primary somatic principles shown to support our posture: alignment, relaxation, and resilience. Building on this foundation, we're naturally led to "breathe through the whole body," as suggested in the Buddha's teachings. By embodying these simple principles, we can bring far more ease, grace, and release into our sitting practice. Body awakens. Mind slows down. Heart comes open.

For all levels of practitioners – prior experience with sitting meditation recommended.

Tuition \$100 + 2 nights

Will Johnson, an early student of Ida Rolf, has written extensively about the role of the body in spiritual practices. He is the author of *The Posture of Meditation*, *The Spiritual Practices of Rumi*, and, most recently, *Breathing through the Whole Body*. Merging his interests in spiritual practice and Western approaches to the body, in 1995 he founded The Institute for Embodiment Training, a school in British Columbia that views the body as the doorway to spiritual opening rather than the obstacle to it.



November 14 – 16

WISDOM TRADITIONS

Qigong for the Seasons: Winter Qigong

Ron Davis

We are part of nature. When the energy changes in nature it changes within us as well. If we wish to be naturally healthy, we must stay in harmony with seasonal changes. Qigong for the Seasons is based on the Five Phase paradigm, an enlightened program for comprehensive health care. During this retreat, we will focus on kidney health, *jing* preservation and cultivation of wisdom, as well as herbal tonics and food recipes. This is the season to nourish the essence of body and mind: bones, spinal nerves, brain, and wisdom. Learn kidney exercises, bone marrow cleansing, and the Bear Frolic. Vivid meditations will transport *qi* through deep internal reservoirs, illuminating your destiny and vanquishing fear.

Tuition \$225 + 2 nights

Ronald Davis, DC. LAc. Dipl Acu (NCCAOM) has been in clinical practice since 1984 and has taught qigong, taiji and spinal health care classes for more than twenty years. He is a certified qigong instructor as well as a medical qigong teacher for professional continuing education credit from the National Commission for the Certification of Acupuncture and Oriental Medicine. Dr. Davis is committed to helping people learn how to improve their health by using qigong, meditation, and dietary guidelines. He is also the author of the forthcoming book, *Qigong for the Seasons*.



November 21 – 23

SHAMBHALA

Learn to Meditate

Greg Smith

It seems we all agree that training the body through exercise, diet, and relaxation is a good idea, but why don't we think about training our minds? This weekend retreat will give accessible and powerful meditation practice techniques to help us find peace within ourselves while developing a strong and flexible mind. We will draw from *Turning the Mind into an Ally*, the best-selling book by Sakyong Mipham Rinpoche, as we explore this question together in a contemplative and nurturing environment. You will receive a copy of *Turning the Mind into an Ally* at the retreat.

Tuition: \$150 + 2 nights

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 mediation 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

November 21 – 23

WISDOM TRADITIONS

Bringing Your Practice Home

Katharine Kaufman

One way to make sense of our varied and complex lives is to begin or end each day with yoga and meditation practice in our own homes, hotel rooms, or offices. But how do we start? What do we do? Together, we will cultivate authentic practices rooted in ancient wisdom lineages, discovering different ways to design a practice – short, long, simple, complex, playful, and restorative. Listening to our creativity, intuition and senses, we will engage the inner qualities of our body and mind, appreciating our evolving abilities and capacities.

No previous experience with yoga or meditation necessary.

Tuition \$190 + 2 nights

Katharine Kaufman, MFA, is ordained as a priest in the Soto Zen lineage. She studied Yoga in India and practiced and taught for many years at Richard Freeman’s Yoga Workshop and Wendy Bramlett’s Studio Be. Katharine is an adjunct professor at Naropa University where she teaches Contemplative Movement Arts and is a student of poetry.



November 27 – 30

SHAMBHALA

Thanksgiving Family Retreat and Autumn Celebration

Cynthia Drake & Peter Grossenbacher

Join us for an elegant Thanksgiving dinner and family-oriented holiday retreat this November. Enjoy a wide variety of weekend activities including workshops on the contemplative arts like haiku and Ikebana (Japanese flower arranging), yoga, sensory awareness, and additional guided mindfulness practices. There will also be opportunities to relax in the beautiful Rocky Mountains, as well as fun and enriching activities for children. Give thanks and celebrate our connection to the phenomenal world and each other this autumn in the powerful setting of Shambhala Mountain Center.

Tuition: See website.

Cynthia Drake has been a meditator and member of the Shambhala community since 1985. For over two decades, she has taught English as a foreign language, college composition and literature. She currently teaches literature at the University of Colorado and seminars in contemplative learning at Naropa University. Cynthia is pursuing her PhD in British literature.

Peter Grossenbacher, PhD, teaches at Naropa University and directs Shambhala Training levels. His research on attention, awareness, synesthesia, meditation instruction and the brain has been reported in *The New York Times*. Peter has been an active meditator since 1980.



FALL | WINTER PROGRAMS

December 5 – 7

PERSONAL TRANSFORMATION

Emotional Enlightenment: Direct Path to Compassionate Communication

Paul Shippee

Discover the primal power of feelings and emotions in everyday communication. In this workshop we will use the powerful methods of compassionate and nonviolent communication (NVC) to develop our skills for emotional intelligence, deep listening, compassion and empathy.

The workshop includes talks, periods of meditation, body awareness work, dyads, interpersonal sharing and group discussion. Real-life examples contributed by participants will ground us, enliven our spirits and open our hearts.

This energizing retreat is for anyone who would like to create more authentic connection with others and within themselves and is especially valuable for psychotherapists, business professionals, spousal and partner relationships and teachers. We will invoke the blessings of transforming confusion into wisdom.

Tuition \$190 + 2 nights

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



December 12 – 14

WISDOM TRADITIONS

Introduction to the Principles of Traditional Tibetan Medicine

Nashalla Nyinda

Discover the powerful healing arts of Tibet through Sowa Rigpa, an ancient holistic practice spanning thousands of years. During this weekend retreat, we will learn how to return harmony to our body and mind by refining our relationship to the elements and seasons. You will be given tools for identifying the three humors, for encouraging equilibrium, as well as learn how to apply general antidotes when the humors are imbalanced. The ultimate goal is to foster balance in the body and mind while encouraging a direct relationship to self. Whether Buddhist or non-Buddhist, healthcare practitioner or not, join us as we explore the time-tested wisdom of Traditional Tibetan Medicine.

Tuition \$225 + 2 nights

Nashalla Gwyn Nyinda TMD, LMT has over 14 years of experience in Tibetan Medicine. She earned her Menpa degree (Doctor of Tibetan Medicine) from Qinghai Tibetan Medical College, Tibet and The Shang Shung Institute of Tibetan Medicine. She also has an Interdisciplinary Studies BA from Naropa University with a focus on Asian Medicines and Buddhist Psychology. She has taught these techniques worldwide to Tibetan doctors as well as Western health practitioners. Nashalla and husband, Dr. Tsundu S. Nyinda, are co-directors of the Tibetan Medicine & Holistic Healing Clinic in Boulder, Colorado.



“Feel your emotions
directly and let their
power open you up.”

— *Dzigar Kongtrul Rinpoche*

AWAKEN YOUR HEART AND MIND

December 12 – 14

PERSONAL TRANSFORMATION

The Daring Way: Show Up, Be Seen, Live Brave™ (A Retreat for Women)

Kathy Tolstrup & Michele Faris

Join us as we come together as women to appreciate the beauty of our imperfections and discover how our vulnerabilities are a powerful source of courage, compassion, and connection. Based on Dr. Brené Brown’s popular The Daring Way™ method, this weekend intensive will examine the thoughts, emotions, and behaviors that are holding us back – such as shame and unworthiness – and identify new choices and practices to help us move toward more authentic and wholehearted living. Through dialogue, sharing, and contemplative exercises, we will cultivate daily practices that transform the way we live, love, parent, and lead.

Tuition \$250 + 2 nights

Michele Faris, PsyD, licensed psychologist, and Certified Daring Way Facilitator, is a senior staff member at the Colorado State University Counseling Center and has a practice in Fort Collins. Dr. Faris has been in practice for over 30 years and uses tools from Eastern and Western approaches. She also draws on her own life experience as a woman, cancer survivor, and mother.

Kathy Williams-Tolstrup is a licensed professional counselor and Certified Daring Way Facilitator who has a private practice in Fort Collins. Kathy’s style can best be described as non-judgmental, compassionate, and collaborative. She offers a blend of the best practices of Western Psychology and the mindfulness-based approaches of the East. She is also trained in EMDR, an integrative psychotherapy approach proven effective for the treatment of trauma.



December 13 – January 10

SHAMBHALA

Winter Dathun Shambhala Meditation: Feeling, Being and Touching Basic Goodness: Awakening to the Fullness of Our Humanity

Shastri Ben Hines & Shastri Holly Gayley

Dathun, Tibetan for “moon session,” is an intensive group meditation retreat for new and experienced meditators interested in deepening their mindfulness-awareness. Composed of four weekly segments called “Weekthuns,” this month-long retreat allows participants to attend anywhere from one week up to the full Dathun. Through this immersive program, the practice of meditation goes beyond the cushion, with every aspect of daily life becoming a practice of wakefulness and an opportunity to make better friends with ourselves and our world.

The 2014 Winter Dathun focuses on empowering our lives through the practice of meditation. We explore facets of mindfulness and awareness and also introduce Shambhala Meditation. These practices help to increase our sensitivity to our sense perceptions and open to the ecology of society and the natural world from which we humans arise.

Please see website for weekly entry dates and detailed tuition information.

Shastri Ben Hines first encountered Shambhala in 1981. With a lifelong interest in how society works, Ben’s life has been deeply marked by meditation and the Shambhala teachings and by the example of Sakyong Mipham, each of whom present the highest possibilities of society as a path for the expression of dignity, nobility and sacred outlook. Appointed as Shastri in 2010, he is married, a father of two, with three grandchildren.

Shastri Holly Gayley teaches courses on Buddhism in the Religious Studies department at the University of Colorado in Boulder. She has been a practitioner of meditation in the Shambhala community since 1992 and regularly presents meditation to groups on college campuses. Holly has frequently traveled to Eastern Tibet for her research on contemporary Buddhist movements.



FALL | WINTER PROGRAMS

December 18 – 21

CONTEMPLATIVE ARTS

Fearlessly Creative: A Meditation and Writing Retreat

Susan Piver

What do writers want more than anything in the world? 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. In addition to plenty of personal writing time, quiet, and the supportive (but non-intrusive!) presence of other writers, this program 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 non-fiction, published and unpublished. Please note that the majority of time will be spent writing rather than doing writing exercises. Thus this program is best for those who wish to begin, continue, or complete a particular project. Bring your ideas, works-in-progress, or simply your wish to devote attention to your creativity.

Tuition \$285 + 3 nights

Susan Piver is *The New York Times* bestselling author of seven books, including the award-winning *How Not to Be Afraid of Your Own Life* and *The Wisdom of a Broken Heart*. She is an authorized teacher and meditation instructor in the Shambhala Buddhist lineage and has practiced meditation for over 15 years. Susan leads retreats and teaches around the world. In 2011, Piver launched The Open Heart Project, which offers an online course of meditation instruction to thousands of at-home practitioners.



December 19 – 21

SHAMBHALA

Warrior in the World: Shambhala Training III

Denise Wuensch

In this weekend retreat, we learn techniques to help us develop the fearlessness needed to experience our life without relying on the cocoon of past habits. Beginning to engage the world directly, we extend this attitude of fearlessness to all of our activities and continue to develop genuine confidence, humor, and personal dignity.

Prerequisite: Completion of Shambhala Training Level II

Tuition: \$150 + 2 nights

Denise Wuensch began practicing Buddhism in the tradition of Chögyam Trungpa Rinpoche in 1975. She is a Licensed Clinical Social Worker and an adjunct faculty for Naropa University's Contemplative Psychotherapy Master's Degree program. Denise currently teaches in the Shambhala Buddhist lineage and has been serving as Head of Household for Sakyong Mipham Rinpoche since 1994. She lives in Denver, Colorado where she works as a psychotherapist in private practice.



AWAKEN YOUR HEART AND MIND



December 30 – January 1

PERSONAL TRANSFORMATION

Take a Leap into 2015:

Establish Your Intention and Commitment

Jonathan Barbieri

Join us for this special program and allow your aspirations for the New Year to become clear, confident and committed through reflection and renewal. Our gathering will include 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 \$195 + 2 nights

See Jonathan Barbieri's bio on page 8.

January 23 – 25

PERSONAL TRANSFORMATION

Natural Brilliance:

Leading from Within

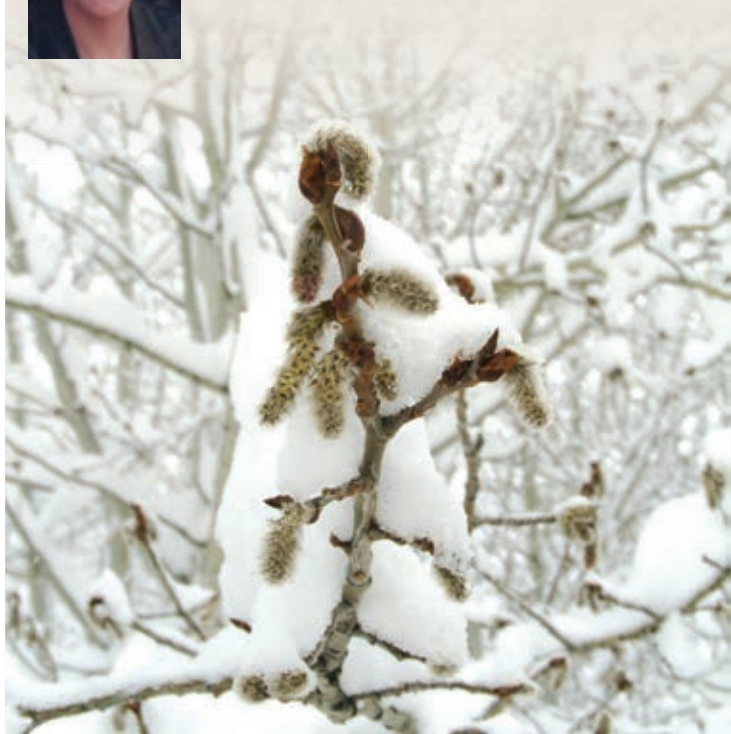
Irini Rockwell

To lead others, we must know ourselves, where we shine and where we get stuck. Some situations bring out the best of who we are; in others we can't get out of our own way. During this enriching weekend, we will explore the Five Wisdoms, an ancient Buddhist system of personalities which yields enormous insight into our patterns of behavior, emotions, and relationships. Through a series of postures and creative expression, you will see your personal way of perceiving the world, expressing yourself, and communicating. As we become familiar with where we struggle as well as our own unique styles of intelligence and effectiveness, we discover our innate, natural brilliance and learn how to lead from within.

This program is the first in a series of three onsite modules and can be taken alone or as part of a framework for ongoing engagement and certification from the Five Wisdoms Institute.

Tuition: \$190 + 2 nights

Irini Rockwell is the Director, Founder and Principal Trainer of the Five Wisdoms Institute and Wisdoms@Work. She is a professional development trainer for organizational leaders, health caregivers, educators, artists, and individuals and author of *Natural Brilliance: A Buddhist System for Uncovering Your Strengths and Letting Them Shine* and *The Five Wisdom Energies: A Buddhist Way of Understanding Personalities, Emotions and Relationships*. Irini has served as a faculty member at Naropa University in Boulder, Colorado for ten years where she earned her Master's in Contemplative Psychotherapy and a Certificate in Authentic Leadership. She is also a senior teacher in the Shambhala Buddhist community.



January 30 – February 1

SHAMBHALA

The Art of Being Human: Shambhala Training I

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. You will receive a copy of *Shambhala: The Sacred Path of the Warrior* by Chögyam Trungpa Rinpoche.

Tuition: \$150 + 2 nights



AWAKEN YOUR HEART AND MIND

Bowing to the Sacred Within

Monique Illona & Blane Allen

The Golden Buddha was covered with plaster. As it was being moved to a new city in Thailand, it slipped and fell and a crack formed shedding light on the gold that had been covered over for hundreds of years. The gold at the core of each of us is similar in many ways. With the various responsibilities and roles we meet to function in our daily lives, we often lose touch with the sacred – the gold – within. During this weekend, we will explore the Dual Path, a unique series of practices that gently diffuses our emotional and physical patterns and reconnects us to our sacredness. We will draw from ancient as well as present day wisdom including Native American ritual, neuroscience, and EFT (tapping on the meridians). Once we honor the sacred within and learn to return to it, we become clear, grounded, and vibrant as our spirit awakens.

Tuition \$225 + 2 nights

Monique Illona, MA, LMT, BCTMB, is the co-director and co-founder of the Dual Path Institute in Marblehead, MA and author of *A Dual Path: Sacred Practices & Bodywork*. She has been a massage professional since 1991. Monique was born in a small town in England to a French mother, a Czechoslovakian father, both Holocaust survivors, served in the Israeli Defense Forces, worked as an Expressive Arts Therapist and a self-defense instructor and was inducted into the World Martial Arts Hall of Fame.

Blane Allen, LMT, BCTMB, is the co-director and co-founder of the Dual Path Institute in Marblehead, MA. He is a life-long student and practitioner of Daoism and is deeply committed to his personal journey of growth and awakening. Blane has been a massage professional since 1993, integrating what he has learned on his own path to effectively assist his clients move along theirs.



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. To do this, we will practice sitting meditation, flowing and restorative yoga and playful improvisational movement. We will deepen our practice and insight through silent mornings, alone and together, and our community will develop understanding and trust during evening talking circles.

Previous yoga or meditation experience recommended.

Tuition \$285 + 4 nights

See Katharine Kaufman's bio on page 18.

February 13 – 15

WISDOM TRADITIONS

Qigong for the Seasons: Spring Qigong

Ron Davis

We are part of nature. When the energy changes in nature, it changes within us as well. If we wish to be naturally healthy we must stay in harmony with seasonal changes. Spring Qigong will focus on liver health, qi enhancement, and cultivating kindness. To stay in harmony with the rapidly changing energy of this season, we need to enliven the muscles and joints, release stagnant blood, and temper an overactive mind. Learn qigong exercises for spinal flexibility, liver detoxification, and nurturing the Rising Yang Qi, as well as suggestions for healthy foods and herbs. Our discussions and meditations will focus on the virtue of kindness and its relationship to anger.

Tuition \$225 + 2 nights

See bio for Ron Davis on page 17.

February 20 – 22

PERSONAL TRANSFORMATION

The Four Noble Truths of Wealth: The Path to Genuine Prosperity

Layth Matthews

The way we think about wealth affects our personal experience and our world dramatically. Yet we rarely contemplate the heart of prosperity, which may be why it feels like we are running in place personally, and accelerating toward crisis globally. During this enriching retreat, we will explore how the Four Noble Truths of Buddhism can help us find confidence within ourselves and develop a connection between contemplative practice and a wealthy outlook. Through this fresh perspective we can make more accurate financial decisions, magnetize genuine prosperity into our lives, and extend compassion to others in many ways, including through the economy.

Tuition \$225 + 2 nights

Layth Matthews is the author of *The Four Noble Truths of Wealth: a Buddhist view of economic life*. He is a Shambhala Buddhist teacher, economist, and a financial professional. He lives in Victoria, British Columbia with his wife and three children.



AWAKEN YOUR HEART AND MIND

February 27 – March 1

WISDOM TRADITIONS

Tibetan Yoga of Breath

Anyen Rinpoche & Allison Choying Zangmo

Medical science, the Tibetan Medical Tantras, and the yogis of old agree that breathing is the key to physical, emotional, and spiritual health. Modern Tibetan master Anyen Rinpoche calls the breath “the dynamic link between body, mind, and spiritual practice.” And what’s more, the breath is our constant companion, making it the perfect vehicle upon which to develop and deepen our practice of meditation. Join Anyen Rinpoche and Allison Zangmo for a practical and practice-oriented weekend integrating shamatha meditation, as well as yoga of body and breath, in a beautiful mountain setting. All are welcome regardless of experience level.

Tuition \$225 + 2 nights

Anyen Rinpoche, a meditation master of the Longchen Nyingthig lineage, formally trained in Yantra Yoga, a Mantryana practice combining physical asana, breath work and meditation, with renowned Tibetan master Dorlo Rinpoche. Anyen Rinpoche founded Orgyen Khamdroling Dharma Center in Denver, Colorado and is the co-author of the *Tibetan Yoga of Breath*.



Allison Choying Zangmo is Anyen Rinpoche’s personal translator. She has studied with Anyen Rinpoche and his root Lama, Tsara Dharmakirti Rinpoche, for the past fifteen years. Allison co-authored *Tibetan Yoga of Breath*.



February 27 – March 4

ADVANCED SHAMBHALA

Sacred Path:

Great Eastern Sun, Windhorse and Drala

Acharya Allyn Lyon

The Sacred Path program further inspires the principles of warriorship and the practice of mindfulness-awareness in our daily lives. In particular, it nurtures our natural ability to experience the world as sacred and our aspiration to create an enlightened society. We learn how to see the primordial energy and brilliance that is the basis of all that exists – the Great Eastern Sun. We receive the root text that gives the instruction for “Raising Windhorse,” a practice which opens the heart and refreshes our confidence. We learn to connect with drala, the sacred energy and power that exists when we step beyond aggression, and engage the elemental and magical strength inherent in the world.

Participating in this week-long Sacred Path program allows students to deepen their experience of the Shambhala teachings in a retreat environment. Come for the entire week, or register for an individual level. Please see our website for individual level entry dates and tuition information.

Prerequisite: Completion of Shambhala Training Level V, Rigden Weekend, and the Way of Shambhala class series.

Tuition: \$435 + 5 nights

Acharya Allyn Lyon is a senior teacher in the Shambhala Buddhist tradition. She has served as director of Shambhala Mountain Center and has taught at Vajradhatu Seminary. Allyn has traveled and taught extensively in Europe, the U.S. and Mexico, as well as at Naropa University. She currently serves as resident Acharya at Shambhala Mountain Center and in Los Angeles, California. Allyn is known for the clarity and directness of her teaching and for her irreverent sense of humor.



“Being in nature has always been a huge part of the Shambhala Mountain Center experience. The seasons are not theoretical. You feel them. You’re part of it.”

— *Acharya Allyn Lyon*



Generosity in Action

Your generosity plays a pivotal role in helping Shambhala Mountain Center provide transformative retreats now and for generations to come.

Ways to Help

Monthly Donors

Make an ongoing commitment through monthly giving. Receive a membership pin and special member updates.

Scholarship Fund

Help someone with financial restrictions experience Shambhala Mountain.

One-Time Donation

Offer a gift of any amount to show your support for what Shambhala Mountain Center does.

All donations are greatly appreciated and tax-deductible. Donate on our website, send a check, or contact us at development@shambhalamountain.org for more information.

Volunteer and Core Staff Opportunities

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

Visit our website to learn more about current opportunities. Apply online or email: employment@shambhalamountain.org



Lodging and Meals Inclusive

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

Lodges

The Shambhala Lodge offers single and double rooms with full size beds. All rooms have a desk, walk-in closet, and private bathroom with towel warmers. If you are traveling alone and reserve a bed in a double room, we will assign you a roommate. The Rigden Lodge offers single rooms with a queen size bed, desk, dresser, closet, and private bath. Our Jr. Suites also include a sitting area and bathtub. Smaller rooms are furnished with full size beds, a desk and closet, and access to shared baths. Two same-gender dormitories, each with seven twin beds and shared baths, are also available.

Summer Platform Tents

Located in campgrounds throughout the property, these 12'x14' tents have two twin beds, two bookcases, and a hanging clothes rack. Each campground offers a shared bathhouse.

Red Feather Campus

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

Seasonal Dorms

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

Bedding

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

Staying Offsite

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

Transportation

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

Rideshare

Be kind to the environment. Rideshare is a fun and easy way to share costs and meet new friends. Available on our website.

About Your Stay

- Guest registration is from 2:00 to 5:00 pm on arrival day.
- Meals include dinner on arrival day through lunch on departure day.
- SMC altitude is 8,000 feet. Weather changes quickly and can vary to extremes.
- Our gift store offers some toiletries and a few over-the-counter medications.
- Internet access is available in most rooms, but connectivity is unpredictable in our mountainous location.
- Cell phones do not get reception here. Please bring phone cards for public phones.
- The nearest medical facility and/or pharmacy is located about one hour away in Fort Collins.
- Please bring no-scent or low-scent toiletries, and refrain from using scented products. All campus facilities are smoke-free. Smoking is allowed only in designated outdoor areas.
- Pets, other than designated service animals, are not allowed on the land.
- For safety reasons, please refrain from burning candles, incense or sage in rooms/tents.

More Questions? Need Help?
Call us! 888-788-7221

Rates and Registration

www.shambhalamountain.org
 (970) 881-4230
 frontdesk@shambhalamountain.org

Rates

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

Discounts

We offer a 10% discount off of housing and meals to full-time students and senior citizens (60 years or older). If you qualify for a discount, please use the discount code indicated on the registration page.

Subsidized Rate/Financial Aid

Our subsidized rate offers a \$60 per night rate for Tent or Seasonal Dorm/Shared Bath accommodations, depending on the season. This includes both lodging and meals but does not affect program tuition. This option is available on the program registration page. This offer cannot be combined with other discounts or financial aid. Shambhala Mountain offers financial aid to individuals for select programs on a by-needs basis. If financial aid is available for the program you are interested in, a notice will appear on the program registration page. Please see our website for more details.

Group Rentals

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



Room and Meals Inclusive

Note: All rates are per person/per night

Platform Tent	
Double	\$79
Single	\$109
Seasonal Dorm	
(September – May)	\$79
Red Feather	
Double	\$109
Lodge Accommodations	
Dorm/Shared bath	\$109
Double/Private bath	\$147
Single/Shared bath	\$167
Single/Private bath*	\$209
Jr. Suite/Private bath*	\$263
Children's Rates (Ages 7–17) †	
Same room as parents	\$39
Age 6 and under	FREE

* A second person in a private bath Single or Jr. Suite is \$75 per night.

† Children must be accompanied by a parent or caregiver at all times. We do not offer childcare. For more information, visit our website.

Sample Schedule

(May change depending on individual program)

Arrival Day

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

Typical Day

7:30–8:30 am – Breakfast
 9 am–12:30 pm – Program Session/Activities
 12:30–1:30 pm – Lunch
 1:30–3 pm – Work Assignment/Free Time
 3–6:00 pm – Program Session
 6–7 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

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Transformative Programs and Retreats Inspiring Presenters Powerful, Contemplative Environment

Stay Connected

Visit our website to sign up for our e-communications and stay up to date with our latest news, events and highlights.

E-Newsletter: shambhalamountain.org/e-news-signup/

Facebook: [/shambhalamountaincenter](https://www.facebook.com/shambhalamountaincenter)

Twitter: [@ShambhalaMC](https://twitter.com/ShambhalaMC)

YouTube: [/theShambhalaMountain](https://www.youtube.com/theShambhalaMountain)

Google Plus: Add Shambhala Mountain Center

Instagram: [@ShambhalaMC](https://www.instagram.com/ShambhalaMC) See and share photos on Instagram with the #ShambhalaMountain hashtag.



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www.shambhalamountain.org

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