



SHAMBHALA  
MOUNTAIN CENTER

press  
release

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**FOR IMMEDIATE RELEASE**  
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## Innovative Retreat Takes Meditation from the Cushion to the Asphalt

***Runners and walkers head to the beautiful Colorado Rocky Mountains to learn the joy of bringing together mind and movement***

**Red Feather Lakes, CO** – Shambhala Mountain Center is hosting a unique fitness program from August 30-September 2, 2013 that will bring together two important areas

of personal transformation—mindfulness and exercise. Inspired by Sakyong Mipham’s best-selling book, *Running with the Mind of Meditation*, this Labor Day weekend retreat will focus on physical activity as a means for spiritual well-being, regardless of faith or spiritual preference.

“Running is a training of the body, and meditation is a training of the mind. Ideally, we do not have to decide which is better. Both are natural parts of who we are. When we relate to both these parts, they naturally synchronize and become who we are as a whole,” says Mipham, the head of Shambhala International.

Veteran marathon runner and meditation instructor, Cynthia MacKay, Ironman Marty Kibiloski and naturopath and wellness educator, Tarah Cech,

will lead this program for walkers and runners at all levels. Through sitting, walking and running meditation as well as yoga, athletes will not only learn how to enhance performance and ease injury but also how to increase energy, focus and patience in daily life.

To read more about “Running with the Mind of Meditation,” please visit:  
<http://www.shambhalamountain.org/program/run813-running-with-the-mind-of-meditation/>

### About Shambhala Mountain Center

Since 1971, Shambhala Mountain Center has offered a wide array of programs on meditation,



Photo by John Bellars



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yoga and contemplative arts led by acclaimed instructors from throughout the world. Nestled high in the Colorado Rockies, this 600-acre mountain valley retreat center is just two hours from Denver and offers over a hundred programs each year exploring the paths of personal health, deepened awareness and transformation. Its mission is to promote personal and societal wisdom and provide a safe and supportive environment, welcoming all people with inspiration, interest and curiosity about the nature of self and society. For more information, visit [www.shambhalamountain.org](http://www.shambhalamountain.org) or call (970) 881-2184.

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