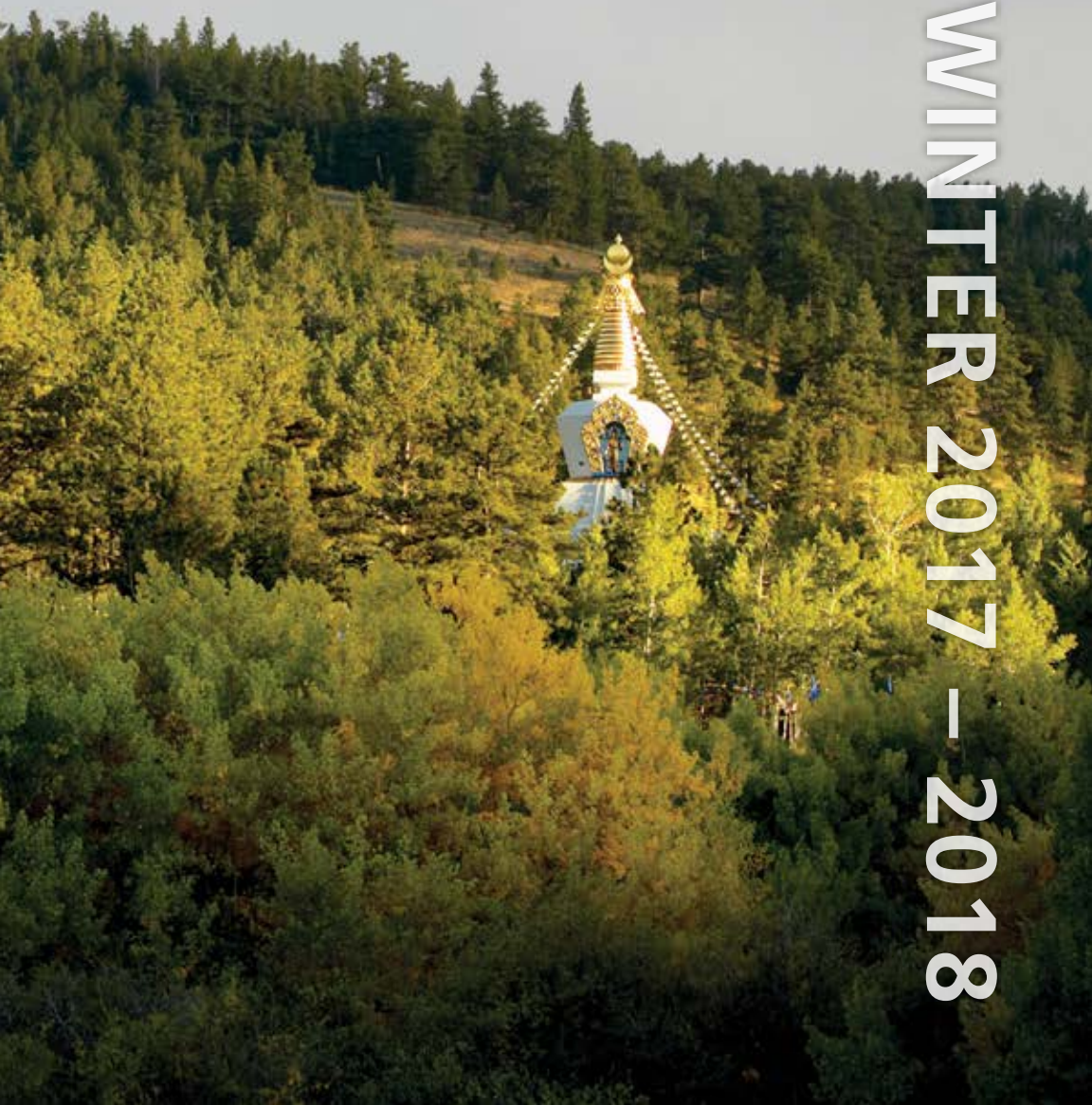
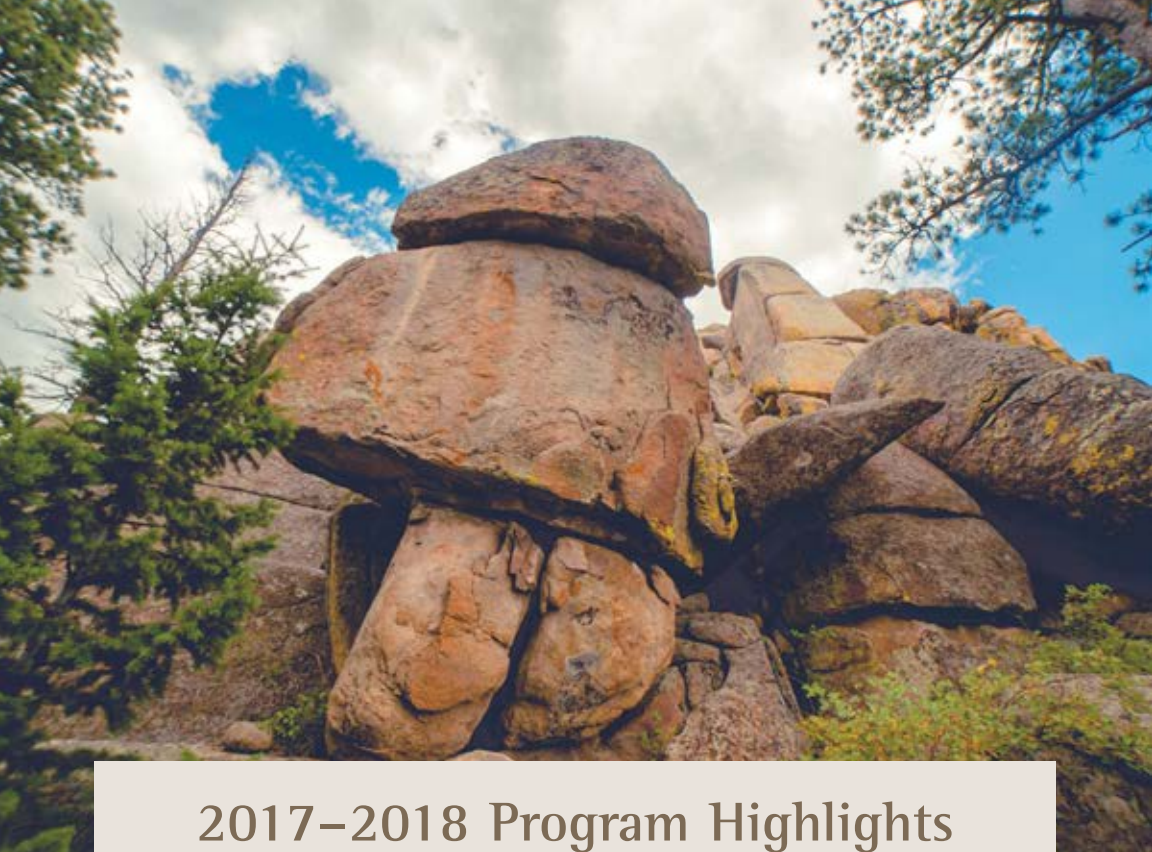


SHAMBHALA MOUNTAIN CENTER

BUDDHISM | MEDITATION | MINDFUL LIVING | YOGA

FALL | WINTER 2017 – 2018





2017–2018 Program Highlights

Meditation Intensives

- | | |
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| <p>11 Open Heart Project Retreat
Susan Piver</p> <p>15 Compassion Training:
The Practice and Science
of Compassion for Self and Others
Acharya Judith Simmer-Brown</p> <p>19 Week-long Fall Meditation Retreat:
The Shape of Awake Hope Martin</p> | <p>22 Winter Dathun:
Creating Enlightened Society
Acharya Dan Hessey</p> <p>26 Week-Long Spring
Meditation Retreat
Lodro Rinzler & Susan Piver</p> |
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Buddhism

- | | |
|---|--|
| <p>7 Finding Happiness Within:
Reconnecting with Your Natural State
through Pristine Mind Meditation
Orgyen Chowang Rinpoche</p> <p>12 Making the Most of What We Have:
Lojong Mind Training Allison Choying
Zangmo & Anyen Rinpoche</p> <p>17 Deconstructing Yourself: Non-Dualism,
Neuroscience and Meditation
Michael Taft</p> | <p>17 Medicine Buddha and the Fivefold
Path of Mahamudra
Nashalla G. Nyinda
& Venerable Khenpo Lobzang Tenzin</p> <p>23 Heart of Buddhist Meditation
Acharya Judith Simmer-Brown
& Amelia Hall</p> <p>25 Foundations of Buddhism
Amelia Hall</p> |
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Mindfulness

- 9 Mindful Living | Janet Solyntjes
- 13 Writing and Meditation Summit
Susan Piver, Lodro Rinzler
& Albert Flynn DeSilver
- 18 Mindfulness Meditation Retreat:
A 7-Day, Teacher-Led, Silent Retreat
Jim Colosi & Janet Solyntjes
- 21 Introduction To Mindfulness-Based
Stress Reduction | Janet Solyntjes



Yoga and Embodied Living

- 7 The Resiliency Practices of Yoga
and Buddhism | Cyndi Lee
- 14 Beyond Suffering: Unconditional
Self Love, Mindfulness, Meditation
and Qi Gong Retreat | Blake D. Bauer
- 15 Mind-Body Cleanse: 6-Day Yoga
and Ayurvedic Detox Retreat
Clara Macy
- 18 Counterpose:
The Art of Yoga and Meditation
Katharine Kaufman
- 24 Fresh Start:
Yoga and Meditation for All Beings
De West & Brian Spielmann

Relationships and Family

- 11 Wired for Love
Stan Tatkin & Tracey Boldemann-Tatkin
- 26 Spring Break Family Retreat
Kate Raddock & Leslie Gossett



CALENDAR OF PROGRAMS

SEPTEMBER

Finding Happiness Within:	
Reconnecting with Your Natural State through Pristine Mind Meditation	
Orgyen Chowang Rinpoche Sep 1 – 3	7
The Resiliency Practices of Yoga and Buddhism	
Cyndi Lee Sep 1 – 3	7
Running with the Mind of Meditation	
Cynthia McKay, Marty Kibiloski, Jenny Hannah & Mike Sandrock Sep 1 – 4	8
Mindful Living	
Janet Solyntjes Sep 2 – 6	9
Open House Sep 3	5
High Altitude Running Clinic	
Mike Sandrock & Marty Kibiloski Sep 4 – 5	8
Courageous Women, Fearless Living:	
A Retreat for Women Touched by Cancer	
Victoria Maize, Linda Sparrowe & Judy Lief Sep 5 – 10	9
3-Day Retreat & Renewal Sep 7 – 10	6
Big Sky, Big Mind: Contemplative Astronomy	
Jim Tolstrup & Andrea Schweitzer Sep 8 – 10	10
Retreat & Renewal	
Barbara Blum & Nashalla Nyinda Sep 8 – 10	6
The Wheel of Life and Rebirth:	
The Experience of Nowness	
Sam Bercholz Sep 8 – 10	10
Living the Full Catastrophe: A Day of Mindfulness-Based Stress Reduction (MBSR) Denver Program Janet Solyntjes Sep 9	
Open Heart Project Retreat	
Susan Piver Sep 14 – 19	11
Wired For Love	
Stan Tatkin & Tracey Boldemann-Tatkin Sep 15 – 17	11
Radical Self Healing	
Charley Cropley Sep 15 – 17	12
Making the Most of What We Have:	
Lojong Mind Training	
Allison Choying Zangmo & Anyen Rinpoche Sep 21 – 24	12
Writing and Meditation Retreat	
Susan Piver, Lodro Rinzler & Albert Flynn DeSilver Sep 21 – 25	13
The Art of Being Human: Shambhala Training I	
Agness Au Sep 22 – 24	13
Rising Strong™ Retreat for Women	
Kathy Williams-Tolstrup Sep 28 – Oct 1	14
Beyond Suffering: Unconditional Self Love, Mindfulness, Meditation and Qi Gong Retreat	
Blake D. Bauer Sep 29 – Oct 1	14

OCTOBER

Open House Oct 1	5
Shambhala Vajra Sangha Retreat	
Sakyong Mipham Rinpoche, Acharya Dan Hessey, Acharya Christie Cashman, Acharya Suzann Duquette & Andrea Doukas Oct 5 – 13	4
Compassion Training:	
The Practice and Science of Compassion for Self and Others	
Acharya Judith Simmer Brown Oct 14 – 20	15
Enlightened Society Assembly	
Acharya Mitchell Levy & Acharya Emily Bower Oct 19 – 9	4
Meditation Unplugged	
Oct 20 – 22	6
Mind-Body Cleanse:	
6-Day Yoga and Ayurvedic Detox Retreat	
Clara Macy Oct 22 – 8	15
Empowered Communication:	
Speaking Your Truth with Compassion	
Janet Mueller Oct 26 – 28	16
Transformative Meditation: Supporting Others in Constructively Dealing with Disagreements	
Janet Mueller Oct 26 – 30	16
Retreat and Renewal Oct 27 – 29	6

NOVEMBER

Deconstructing Yourself:	
Non-Dualism, Neuroscience and Meditation	
Michael Taft Nov 3 – 5	17
Medicine Buddha and the Fivefold Path of Mahamudra	
Venerable Khenpo Lobzang Tenzin & Nashalla G. Nyinda Nov 3 – 5	17
Mindfulness Meditation Retreat:	
A 7-Day, Teacher-Led, Silent Retreat	
Jim Colosi & Janet Solyntjes Nov 3 – 10	18
Open House Nov 5	5
Counterpose: The Art of Yoga and Meditation	
Katharine Kaufman Nov 10 – 12	18
Week-long Fall Meditation Retreat:	
The Shape of Awake	
Hope Martin Nov 11 – 9	19
The Way of the Happy Woman:	
Autumn Wisdom & Gratitude Retreat	
Sara Avant Stover Nov 16 – 19	19
Birth of the Warrior: Shambhala Training II	
Nina Rolle Nov 17 – 19	4

NOVEMBER (CON'T)

- Knowing Me Hearing You: Courageous Relationships for Warriors and their Partners**
Gregory Roulliard & Brett Campbell | Nov 17 – 19 20
- Living the Full Catastrophe: A Day of Mindfulness-Based Stress Reduction (MBSR) Denver Program** | Janet Solyntjes | Nov 18
- Retreat and Renewal** | Nov 23 – 6 6

DECEMBER

- Learn To Meditate**
Patricia Kelly | Dec 1 – 3 6
- Unconditional Self Love, Qi Gong and Meditation Retreat**
Blake D. Bauer | Dec 1 – 3 20
- Open House** | Dec 3 5
- Amending Fire Puja**
Marybeth Keigher & Lindy King | Dec 7 – 17 4
- Introduction To Mindfulness-Based Stress Reduction (MBSR)**
Janet Solyntjes | Dec 8 – 10 21
- Fearlessly Creative**
Susan Piver | Dec 13 – 17 21
- Winter Dathun and Weekthuns: Creating Enlightened Society**
Acharya Dan Hessey | Dec 16 – Jan 14 22
- Holiday Meditation Retreat: Renewing Body, Mind and Spirit**
Shastri Cal Aston | Dec 22 – 26 22
- Taking a Leap into 2018: Establish Your Intention and Commitment**
Shastri Jon Barbieri | Dec 29 – Jan 1 23

JANUARY

- Retreat and Renewal** | Jan 5 – 7 6
- Warrior in the World: Shambhala Level III**
Charley Rosicky | Jan 5 – 7 4
- Open House** | Jan 7 5
- Heart of Buddhist Meditation**
Amelia Hall & Acharya Judith Simmer-Brown | Jan 9 – 14 23
- Precious Knowing: A Meditation and Yoga Retreat for Women**
Katharine Kaufman | Jan 17 – 21 23
- Mindful Eating: Learn EFT to Liberate Unwise Food Choices**
Marcella Friel | Jan 26 – 28 24

FEBRUARY

- Retreat and Renewal**
Feb 2 – Feb 4 6
- The Art of Being Human: Shambhala Training I**
Elaine Yuen | Feb 2 – 4 24
- Open House** | Feb 4 5
- Mindfulness Getaway** | Feb 9 – 11 6
- Living the Full Catastrophe: A Day of Mindfulness-Based Stress Reduction (MBSR) Denver Program** | Janet Solyntjes | Feb 10
- Learn To Meditate**
Greg Smith | Feb 23 – 25 6
- 9-Day Ashe Mahamudra Retreat**
Acharya Richard John | Feb 23 – Mar 4 4

MARCH

- Fresh Start: Yoga and Meditation for all Beings**
De West & Brian Spielmann | Mar 2 – 4 24
- Open House** | Mar 4 5
- Chakrasamvara Intensive**
Judith Lief | Mar 9 – 17 4
- Foundations of Buddhism**
Amelia Hall | Mar 9 – 11 25
- Introduction To Mindfulness-Based Stress Reduction (MBSR)**
Janet Solyntjes | Mar 9 – 11 25
- Rising Strong™ Retreat for Women**
Kathy Williams-Tolstrup | Mar 15 – 18 25
- Retreat and Renewal** | Mar 16 – 18
- Week-Long Spring Meditation Retreat**
Lodro Rinzler & Susan Piver | Mar 17 – 25 26
- Spring Break Family Retreat**
Kate Raddock & Leslie Gossett | Mar 26 – 30 26
- Unconditional Self Love, Qi Gong and Meditation Retreat**
Blake D. Bauer | Mar 30 – Apr 1 27
- Meditation Unplugged**
Mar 30 – Apr 1 6

Red indicates Shambhala Path Programs

Grey indicates Denver Program
Additional information available online

Shambhala Path Programs

Sep 22 – 24

The Art of Being Human: Shambhala Training I

Agness Au

Oct 5 – 13

Shambhala Vajra Sangha Retreat

Sakyong Mipham Rinpoche, Acharya Christie
Cashman, Acharya Daniel Hessey,
Acharya Suzann Duquette & Andrea Doukas

Oct 19 – 29

Enlightened Society Assembly

Acharya Emily Bower & Acharya Mitchell Levy

Nov 11 – 19

Week-long Fall Meditation Retreat: The Shape of Awake

Hope Martin

Nov 17 – 19

Birth of the Warrior: Shambhala Training II

Nina Rolle

Dec 7 – 17

Amending Fire Puja

Lindy King & Marybeth Keigher

Dec 16 – Jan 14

Winter Dathun: Creating Enlightened Society

Acharya Dan Hessey

Jan 5 – 7

Warrior in the World: Shambhala Level III

Charley Rosicky

Feb 2 – 4

The Art of Being Human: Shambhala Training I

Elaine Yuen

Feb 23 – Mar 4

9-Day Ashe Mahamudra Retreat

Acharya Richard John

Mar 9 – 17

Chakrasamvara Intensive

Judith Lief

Mar 17 – 25

Week-Long Spring Meditation Retreat

Susan Piver & Lodro Rinzler

Visit the Great Stupa

A Monument to Human Kindness

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

Open House

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

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

Tuition: FREE

Sep 3 | Oct 1 | Nov 5 | Dec 3 | Jan 7 | Feb 4 | Mar 4

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

— The XIVth Dalai Lama

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

— Liz Tuohy

THE GREAT STUPA

Relaxing Weekend Retreats

Discover relaxation and wakefulness in a pristine mountain environment. These retreats offer contemplative approaches for working with the fullness of daily modern life, bringing insight and inspiration to career, family, health, relationships, and personal endeavors of all kinds. Spacious retreat schedules include contemplative practices and plenty of time to walk the land, visit the Great Stupa, and follow the spontaneous callings of your spirit.

Retreat and Renewal

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

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

Sep 7 – 10 | Sep 8 – 10 | Oct 27 – 29

Nov 23 – 26 | Jan 5 – 7 | Feb 2 – 4 | Mar 16 – 18

Meditation Unplugged

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

Tuition: \$100 + 2 nights

Oct 20 – 22 | Mar 30 – Apr 1

Mindfulness Getaway

Receive instruction on the practice of mindfulness and how to bring the principles of mindfulness into all aspects of your life.

Tuition: \$100 + 2 nights

Feb 9 – 11

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

Dec 1 – 3 | Feb 23 – 25

The Art of Being Human: Shambhala Training I

Tuition: \$150 + 2 nights

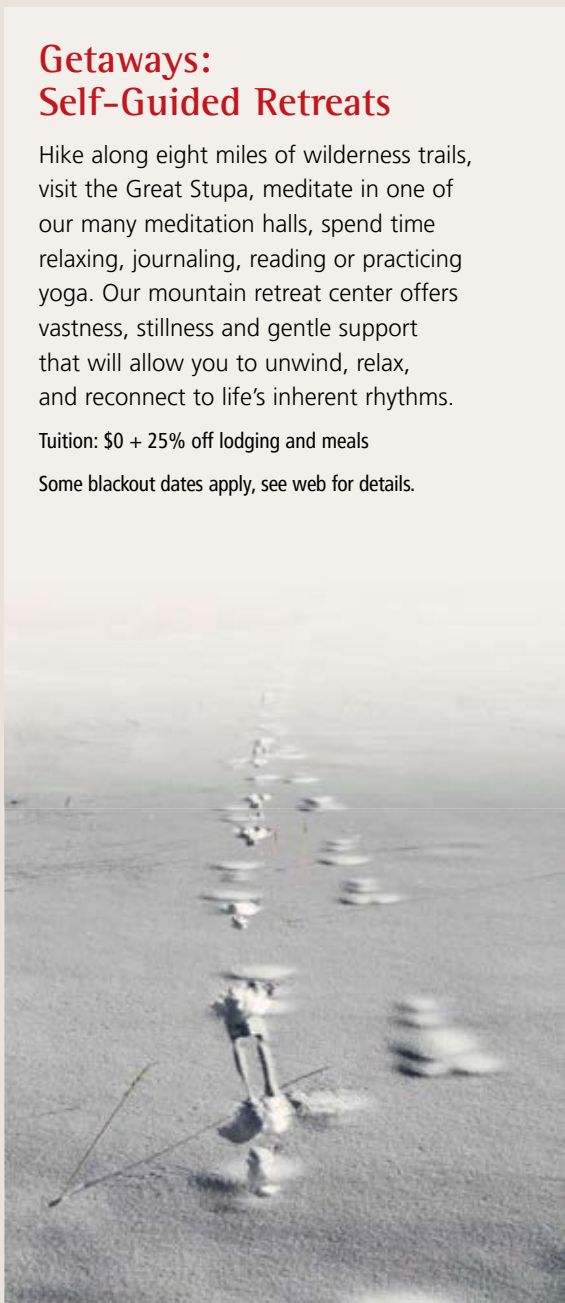
Sep 22 – 24 | Feb 2 – 4

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

Some blackout dates apply, see web for details.



Finding Happiness Within: Reconnecting with Your Natural State through Pristine Mind Meditation

Orgyen Chowang Rinpoche

“Happiness isn’t something we need to find or achieve. It is the very core of our being.”
– Orgyen Chowang Rinpoche

In this retreat, meditation master Orgyen Chowang Rinpoche will provide instructions and guided meditations on the unique type of meditation called Pristine Mind meditation presented in his book *Our Pristine Mind: A Practical Guide to Unconditional Happiness*. Many people are familiar with mindfulness meditation. Pristine Mind meditation is an approach to meditation without an object that goes beyond mindfulness to help us find happiness within, dispel toxins and distortions of mind, and bring about greater health and a deep sense of well-being. The instructions in this retreat will allow us to access and experience our own Pristine Mind and will provide a practical introduction to the profound transformative effects of this type of practice.

During the weekend we will meditate as a group and experience for ourselves how this meditation is not something only for “spiritual” people; rather, it is a way of cleaning the mind, experiencing unconditional happiness, transforming every area of our lives, and journeying toward enlightenment.

No background with meditation is necessary.

Tuition: \$195 + 2 nights

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



The Resiliency Practices of Yoga and Buddhism

Cyndi Lee

By engaging in just one activity at a time, yoga and Buddhist practices teach us how to be fully present. However, our body tells us that it gets strong, clear, and nimble when we alternate our activity on a regular basis. Each session of this retreat will integrate single-tasking focus with our innate need for variety by toggling between slower and faster asana sequences, pranayama, meditation, contemplative writing, and walking. With inspiration from Cyndi’s talks: *Gathering the Threads of Attention*, *All You Need to Do Is Show Up*, *Taming the Monkey Mind* and *Monkey Body*, we follow a path toward resiliency, freshness, and deeper connection.

Tuition: \$300 + 2 nights

Cyndi Lee is the first female Western yoga teacher to fully integrate yoga asana and Buddhism in her teaching. Author of the yoga classic, *Yoga Body Buddha Mind*, and *May I Be Happy*, a memoir about body image and meditation, she also writes for *Real Simple* and *Lion’s Roar*. She is a graduate of Upaya Zen Chaplaincy program under Roshi Joan Halifax.



Running with the Mind of Meditation

Cynthia McKay, Marty Kibiloski, Jenny Hannah
& Michael Sandrock

This popular retreat is based on Sakyong Mipham Rinpoche's best-selling book *Running with the Mind of Meditation: Lessons for Training the Body and the Mind*. Geared towards runners, walkers, and other athletes, the book offers fresh insights into the activities of meditation and movement, and the ways our running experience can be dramatically enhanced by working with the principles of meditation.

Our retreat will bring these teachings to life through direct instructions in the practices of sitting, walking and running meditation, yoga, and discussion groups. We feel our way into the mindfulness of the Tiger, discover the pure appreciation and joy of the Snow Lion, and see our basic goodness in the strength and gentleness of Windhorse. Designed for runners and walkers of all levels, as well as other athletes wishing to experience the joy of synchronizing mind and body.

Tuition: \$255 + 3 nights

Cynthia MacKay has been a student of Sakyong Mipham Rinpoche for over 20 years. Inspired by her teacher's running, Cynthia took her meditation practice to the trails. She has now completed 13 marathons around the world, and one ultra marathon. She lives in Los Angeles where she teaches motorcycle safety and both sitting and running meditation.

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

Jenny Hannah is a yoga instructor, art therapist, and artist. She was first introduced to Shambhala in 2007. Having trained formally in the mind-body modalities of art, movement, and psychology, she weaves these arenas into a potent practice, which offers a holistic approach to well being. She is actively involved in the Los Angeles Shambhala community.

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



High Altitude Running Clinic

A continuation of the popular Running with the Mind of Meditation retreat, this clinic is aimed at helping those who want to gain additional insight into their training and compete in races ranging from 5Ks to ultramarathons. Participants will receive personalized instruction on running form, comprehensive training schedules and race strategies to match their specific goals.

Tuition: \$85 + 1 night



Mindful Living

Janet Solyntjes

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

Tuition: \$350 + 4 nights

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



11th Annual Courageous Women, Fearless Living:

A Retreat for Women Touched by Cancer

Judy Lief, Victoria Maize & Linda Sparrowe

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

Scholarships are available for this program on a first-come basis. Please see the Courageous Women website: cwfl.org, for information and an application specific to this retreat.

Judith Lief is a respected Buddhist teacher who has taught for many years on the power of awareness, kindness, and openness to change the way we relate to sickness and death, both personally and as caregivers. She is the author of *Making Friends with Death: A Buddhist Guide to Encountering Mortality*.

Victoria Maizes, MD, is executive director of the Arizona Center for Integrative Medicine at the University of Arizona, founded by Dr. Andrew Weil and Professor of Medicine, Department of Medicine, University of Arizona. She is an internationally recognized leader in integrative medicine.

Linda Sparrowe is a writer and teacher with deep roots in the ancient practice of yoga and its connection to women's health. She is the former editor-in-chief of *Yoga International* magazine and author of several books, including *The Woman's Book of Yoga & Health* and *Yoga At Home*.



Big Sky, Big Mind:
Contemplative Astronomy

Andrea Schweitzer & Jim Tolstrup

Come and experience a personal connection with the universe under the sparkling, starry skies of the Rocky Mountains. 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 beauty of the universe. We will combine interactive astronomy activities with 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. Begin or deepen your meditation practice, and take home a meaningful connection to the night sky. No astronomy background is required.

Tuition: \$185 + 2 nights

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.”

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.



The Wheel of Life and Rebirth:
The Experience of Nowness

Sam Bercholz

According to the the Buddhist view, nothing – including the state of being alive – is permanent or fixed. The entire world of our experience is constantly appearing and disappearing at every moment. Sam will guide the participants through the Buddhist cosmology represented in the Wheel of Life and Rebirth, discussing each of the realms as both “actual places” and “psychological states.” As he states in his recently published book, *A Guided Tour of Hell*, “How we live is how we die and are reborn.” In addition to the six realms, the relationship of the bardos of experience made famous in the *Tibetan Book of the Dead* will also be explored.

Tuition: \$185 + 2 nights

Sam Bercholz is a senior teacher in the Kagyu and Nyingma lineages of Tibetan Buddhism and has been teaching Buddhist meditation and philosophy for over forty years. He holds the lineages of both Chögyam Trungpa Rinpoche and Thinley Norbu Rinpoche who both empowered him to teach dharma.



Open Heart Project Retreat

Susan Piver

Practice meditation to recover a sense of balance, cultivate fearlessness, sharpen your mind, and soften your heart. This 5-day retreat is a gathering for the Open Heart Project, a 20,000 member online meditation community, and anyone who is committed to living with a clear mind and an open heart in order to bring more sanity, love, and joy into the world. Each day will include guided practices and talks from Susan Piver as well as participant led breakout sessions that arise from the group's collective wisdom. Days will be spent in practice, dialog, and learning from each other. Evenings are for gathering socially to get to know each other and deepen connections.

Tuition: \$425 + 5 nights

Susan Piver is the New York Times bestselling author of eight books, including *The Hard Questions*, the award-winning *How Not to Be Afraid of Your Own Life*, and *The Wisdom of a Broken Heart*. Her latest book is *Start Here Now: An Open-Hearted Guide to the Path and Practice of Meditation*. Susan is an authorized meditation instructor in the Shambhala Buddhist lineage and founder of the Open Heart Project, an online mindfulness community.



Wired for Love

Stan Tatkin & Tracey Boldemann-Tatkin

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

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

Tuition: \$375 + 2 nights

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

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



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 the 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 this weekend, 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 condition. They learn that illness itself is what heals them. It awakens their self-love and guides them in the heroic work of healing their own self-harming ways.



Making the Most of What We Have:

Lojong Mind Training

Anyen Rinpoche & Allison Choying Zangmo

Join Anyen Rinpoche as he gives an introduction to Lojong teachings, which are a set of antidotes to the mental habits that cause us suffering. These teachings help us connect with the world in an unconditionally positive way while encouraging us to take full responsibility for our experience in it. This practical teaching can be used every day in our lives, especially with those situations that challenge us the most!

Tuition: \$250 + 3 nights

Anyen Rinpoche was born in Amdo, Tibet. His lineage can be traced directly back to the renowned Dzogchen master, Patrul Rinpoche. Anyen Rinpoche is a heart son of Tsara Dharmakirti Rinpoche. After remaining with his Root Lama for 18 years, Anyen Rinpoche came to America, where he established the Orgyen Khamdroling Dharma Center in Denver. Rinpoche's dharma activity focuses on helping Buddhist practitioners prepare for the moment of death through the Dying with Confidence Program and the Phowa Foundation. He also teaches a traditional "shedra," or intensive Vajrayana study, for westerners at Orgyen Khamdroling.

Allison Choying Zangmo is a student of Anyen Rinpoche and his root master, Tsara Dharmakirti Rinpoche. She has been studying the Tibetan language and Buddhism under Anyen Rinpoche's personal guidance for the past sixteen years, and acts as his personal translator. She lives in Denver.



September 21 – 25

Writing and Meditation Retreat

Albert Flynn DeSilver,
Susan Piver & Lodro Rinzler

In sessions led by each of the three distinguished faculty members, you'll hear inspiring talks, engage in innovative writing exercises, explore dynamic meditation practices, discuss the art and craft of writing, and have the opportunity to share your work in a nurturing environment that engages and challenges writers of all levels, from the novice to the advanced. Because the focus of the summit is on re-connecting with your innate creativity and generating new writing rather than critiquing manuscripts, you simply begin where you are. This is a fun, creative, inspiring week of mindfulness and writing designed to ignite and reignite your passion for the ideas within you that are yearning to emerge and connecting with the stories you have to tell.

Tuition: \$397 + 4 nights

Albert Flynn DeSilver is an internationally published poet, author, teacher, and speaker. He is the author of several books of poetry, and the memoir, *Beamish Boy (I Am Not My Story): A Memoir of Recovery & Awakening*. His latest book is a novel titled *Brooklyn, Wyoming*, due out in 2016. Albert has been practicing meditation, writing, and teaching for 20 years.

Lodro Rinzler has taught meditation for seventeen years in the Shambhala lineage and is the award-winning author of six books including the best-selling *The Buddha Walks into a Bar* and *Love Hurts: Buddhist Advice for the Heartbroken*. He has spoken across the world at conferences, universities and businesses as diverse as Google, Harvard University and the White House.

See Bio for Susan on page 11.



September 22 – 24

The Art of Being Human:

Shambhala Training I

Agness Au

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

Agness Au is a Sangyum of Chögyam Trungpa Rinpoche and Sakyong Mipham Rinpoche's student. A senior Shambhala Buddhist teacher and Warrior Assembly director, Agness teaches workshops and classes internationally on "The Inseparable Union of the Feminine and Masculine Principles." Agness is a former fashion director and business owner, and currently a freelance art director in Boulder, after spending many years in NYC.



September 28 – October 1

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 most recent 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

Kathy Williams-Tolstrup, M.Ed, LPC is a psychotherapist and 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.



September 29 – October 1

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

Blake D. Bauer

Join best-selling author Blake D. Bauer to discover why suffering, anxiety, insecurity, guilt, depression, and illness are simply cries from your soul asking you to love, accept, forgive, honor, value, 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. The weekend will offer a safe environment in which you can face your core fears and move forward in fulfilling your life purpose. It will help you understand how to fully enjoy your life, without regret and without feeling guilty for wanting to be happy and healthy. This weekend is about giving yourself permission to take a break from constant stress and anxiety. It's about allowing yourself to slow down, to stop running, and to just to be.

Tuition: \$300 + 2 nights

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



Compassion Training:

The Practice and Science of Compassion for Self and Others

Acharya Judith Simmer Brown

The new science of compassion has found that human beings have a fundamental instinct for kindness, but have developed habits of harshness toward themselves and others. How can this compassion instinct be cultivated? The ancient traditions of Buddhism have found powerful ways of awakening this instinct through practices that build from self-compassion to resilient compassion for enemies. This retreat introduces core compassion practices of Naropa’s Mindful Compassion Training, integrating the new science of compassion with ancient Buddhist meditation. The retreat includes optional pre- and post-testing of participants as well as other measures for the impact of the training.

Tuition: \$200 + 6 nights

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



Mind-Body Cleanse:

6-Day Yoga and Ayurvedic Detox Retreat

Clara Macy

With all of life’s demands, it can be difficult to keep up healthy habits that support the wellbeing of your body and mind. During this peaceful and supportive 6-day retreat, you will be led in yoga, contemplation, and self-learning, all the while participating in a traditional weeklong Ayurvedic cleanse. Through eating simple food, practicing meditation and learning ancient ayurvedic techniques, one is able to purify the natural energies of your body and mind. This cleanse will help ground and energize you, as well as support your general physical health.

Traditional therapeutic oil treatments available – See web for details.

Tuition: \$195 + 6 nights

Clara Macy is a mother of four, an Ayurvedic wellness counselor and yoga therapist. She owns an Ayurvedic wellness center in Fort Collins, Colorado. She leads corporate wellness retreats all over the world, helping people learn and integrate these healing and rejuvenating practices into the wild modern lives we live.



Empowered Communication: Speaking Your Truth with Compassion

Janet Mueller

What makes it hard to be our best selves in difficult conversations? Why do we walk away feeling regret or disappointment, not only in the outcome but in ourselves? This program invites participants to take a deeper look at what matters to them in conflict and gain clarity about how to show up differently in challenging situations. Based on a transformative understanding of conflict, we will examine common human reactions to difficult communications, consider what guides our behavior in these moments, and develop practical strategies for responding deliberately. The workshop will include self-reflection, group discussions, and scenario practice, as well as time to consider the connections between this course and Buddhist teachings.

Tuition: \$185 + 2 nights

Janet Mueller has been a mediator and trainer for the Dayton Mediation Center since 1997. She is a Certified Transformative Mediator and Fellow with the Institute for the Study of Conflict Transformation, a think tank organization. Janet earned her MS in Conflict Analysis and Resolution from Nova Southeastern University, and BA in Applied Conflict Management from Kent State.



Transformative Mediation: Supporting Others in Constructively Dealing with Disagreements

Janet Mueller

Whether at work, home or in community organizations, difficult interactions can negatively affect relationships and outcomes. The ability to mediate, to get “in the middle” and support others in talking through their differences, can improve communication, teamwork, and trust. Participants will build on the understanding gained in the earlier workshop to consider how the transformative framework applies to the role of mediator, including the relationship between a mediator’s motives and the interventions used in practice. Participants will also develop and practice the basic skills necessary for the practice of transformative mediation. This skills-based workshop will provide opportunities for small group practice and role plays and include direct feedback from trainers and their assistants.

This retreat includes and builds on Empowered Communication: Speaking Your Truth with Compassion

Tuition: \$340 + 4 nights

Deconstructing Yourself: Non-Dualism, Neuroscience and Meditation

Michael Taft

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

Tuition: \$185 + 2 nights

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



Medicine Buddha and the Fivefold Path of Mahamudra

Venerable Khenpo Lobzang Tenzin
& Nashalla G. Nyinda

Learn a concise and simple Tibetan Buddhist healing practice based on the generation and embodiment of the Medicine Buddha’s characteristics. It is said that just by hearing the name, or mantra, of Medicine Buddha that innumerable benefits arise – including enhancing any healing practices and medicines. Practice generating compassion, recognizing buddha nature through visualization practice, and engaging in the actual manifestation of healing practice for self and others. Participants may bring any fresh, unopened medicine for blessings and to learn how to use this practice with healing substances.

This weekend is open to everyone and is especially helpful for those in the healing arts.

Tuition: \$185 + 2 nights

Venerable Khenpo Lobzang Tenzin was born in Bhutan and entered the monastery at age 9. Fully ordained in 1985, he earned the prestigious degree of Khenpo in the Kagyu Lineage, and was appointed principal Professor and Director of Venerable Thrangu’s monastic colleges. In 2013, Khenpo assisted the inaugural three-year Mahamudra Retreat in Colorado and teaches at Thrangu’s centers throughout the world. He is known for his warm, attentive teaching style and his remarkable gift for translating teachings into clear and accessible English.

Dr. Nashalla G. Nyinda began the study of Tibetan Medicine in 1999. Encouraged by her teacher, Thrangu Rinpoche, 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. Her Interdisciplinary Studies BA from Naropa University focused on Asian Medicines and Buddhist Psychology. Nashalla teaches Tibetan and Western students, practitioners, and doctors around the world. She operates the Tibetan Medicine & Holistic Healing Clinic in Boulder, Colorado.



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

Janet Solyntjes & Jim Colosi

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

Tuition: \$665 + 7 nights

See Bio for Janet on page 9.

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



**Counterpose:
The Art of Yoga and Meditation**

Katharine Kaufman

Hidden within every yoga posture is a secret – the counterpose. It protects, nurtures, and allows us to deepen our practice. The job of a counterpose is to create equanimity, and agreement in the body/ mind. In this autumn weekend retreat we will immerse ourselves in the playful exploration of the counterpose within the yoga and meditation practice, as well as practice aimless wandering and the four postures of meditation to help balance our active lives! Expect to emerge from the weekend with a rich understanding of the counterpose through stillness and movement. By practicing this way we can then discover the relevance of the counterpose in all areas and postures of our lives.

Tuition: \$190 + 2 nights

Katharine Kaufman is priest ordained in the Soto Zen Lineage and teaches meditation, writing workshops, and Yoga in Boulder County and at Shambhala Mountain Center. She is an adjunct professor at Naropa University where she teaches Movement Arts and Contemplative Seminar. She holds MFAs in Performance/Choreography and Writing/Poetics.



FALL | WINTER PROGRAMS

Week-long Fall Meditation Retreat: The Shape of Awake

Hope Martin

Being upright is not just an arbitrary shape; it's a perfect expression of meditation itself. In this week of intensive meditation practice, Hope Martin, a master teacher of the Alexander Technique, will offer both verbal and hands-on instruction to help you develop ease and non-striving in meditation and everyday activities.

Principles from the practice of Focusing will be introduced to help participants befriend habitually stuck places and to access the wisdom that resides in the holding pattern. This is a highly experiential week within a safe, supportive, and caring environment.

Open to new and experienced practitioners. For those on the Shambhala path, this Weekthun counts toward one week of Dathun.

Tuition: \$0 + 8 nights

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



The Way of the Happy Woman: Autumn Wisdom and Gratitude Retreat

Sara Avant Stover

Calling all women who do too much! This silent retreat will support you as we head into the holiday season by seeking refuge in the good company of like-minded women. Autumn is the season to simplify, let go, and cultivate gratitude for all that life brings us (the blessings and the challenges). Since the inevitable hustle and bustle of this time of year can leave you depleted and disconnected, during this retreat, you will access the inner resources you need to stay rooted in yourself throughout. Together, we will practice seasonal yin and flow yoga, insight meditation, journaling, and feminine spiritual practices. You'll leave feeling fully at ease and at home in yourself, your vitality, and your wise-woman knowing.

Tuition: \$210 + 3 nights

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



Knowing Me Hearing You: Courageous Relationships for Warriors and their Partners

Brett Campbell & Gregory Rouillard

Join other veterans, active duty warriors and their partners for a potent weekend of mindfulness, self-connection and effective communication. Military life is challenging for service members and their families in the best of times. Add in the unique stresses of the deployment cycle of repeated separation and reunion, and it can be difficult to maintain even your closest relationships. In this retreat, participants learn the principles and practices of mindfulness meditation and Nonviolent Communication (NVC). You will leave with a direct experience of mindfulness, needs awareness and embodied listening that will help you know yourself and your partner better, building resilience for the stresses of life in or out of the military.

Tuition: \$0 + 2 nights

Brett Campbell is the first Buddhist chaplain to serve in the United States Air Force. He is a graduate of Naropa University's Master of Divinity program and Mindfulness Instructor Training. He is also an ordained Buddhist Minister and founder of Life Lived Now LLC.

Gregory Rouillard served in the U.S. Marine Corps for twenty years as an AV8B Harrier Pilot, flight instructor and Infantry Battalion Air Officer. He holds an M.Div. degree from Naropa University and is a Certified Trainer with the Center for Nonviolent Communication.



Unconditional Self Love, Qi Gong and Meditation Retreat

Blake D. Bauer

Join international best-selling author Blake D. Bauer and discover why suffering, anxiety, insecurity, guilt, depression, and illness are cries from your body, soul and subconscious mind asking you to love, accept, forgive, honor, value, 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. The weekend will offer a safe environment so you can face your core fears and move forward in fulfilling your life purpose. It will help you understand how to enjoy your life fully, without regret and without feeling guilty for wanting to be happy and healthy.

Tuition: \$300 + 2 nights

See bio for Blake on page 14.

Introduction To Mindfulness-Based Stress Reduction

Janet Solyntjes

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

Recommended for stressed-out people from all walks of life.

Tuition: \$195 + 2 nights

See bio for Janet on page 9.

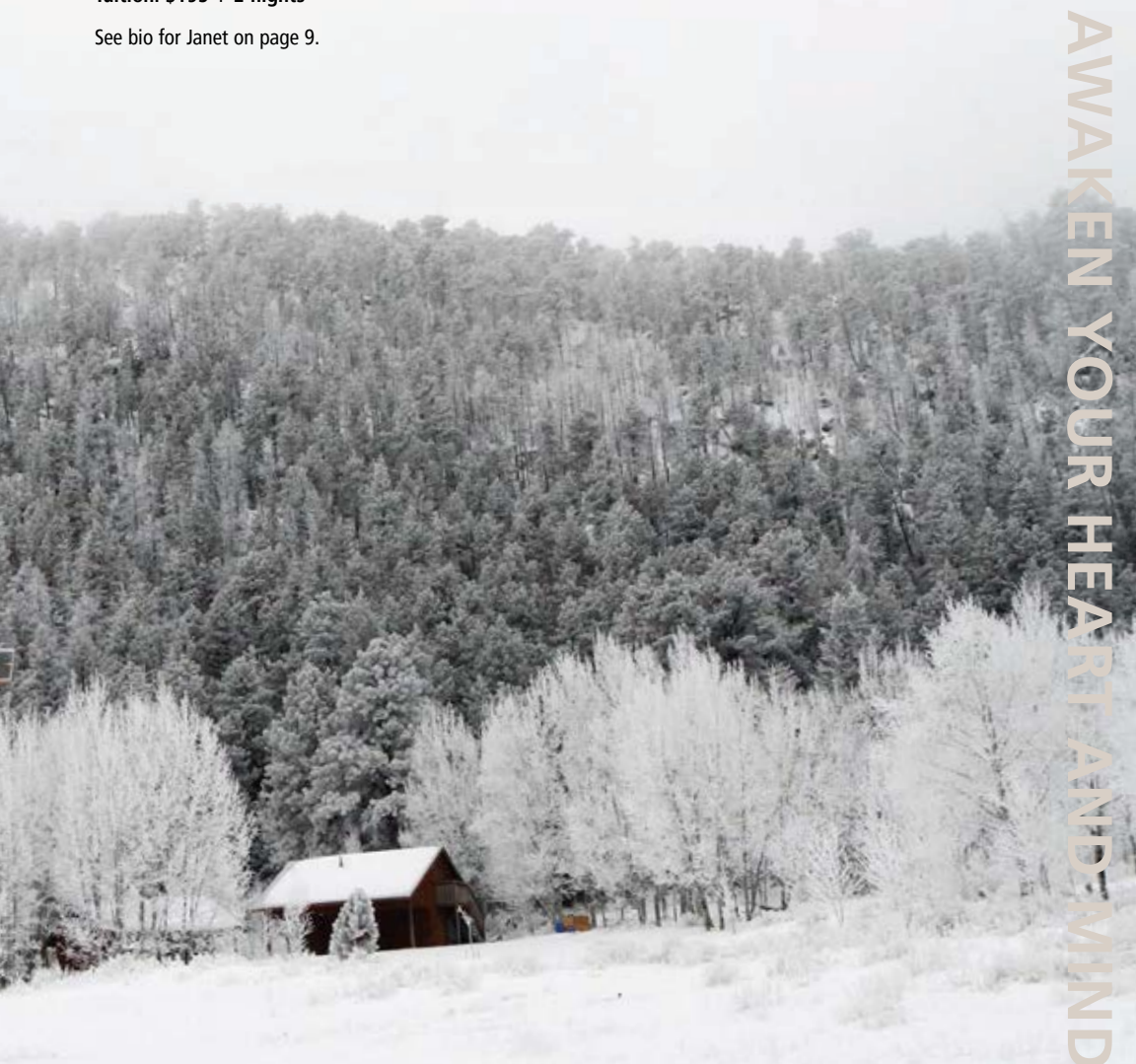
Fearlessly Creative

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

See bio for Susan on page 11.



AWAKEN YOUR HEART AND MIND

December 16 – January 14

Winter Dathun:

Creating Enlightened Society

Acharya Dan Hessey

The Enlightened Society Dathun is a month- or week-long meditation retreat based on the understanding that meditation is always experienced in a social context and that our path is tremendously supported by an awake and kind environment. This retreat will join the practices of Shambhala meditation and shamatha, or mindfulness meditation, with an emphasis on using the retreat container as “the cradle of loving kindness.” We will use every part of our day, including daily teachings, eating and meditating together, as well as our individual meditation instruction, to further support each other on our paths. Please join us for this precious opportunity to engage in the teachings of Shambhala and Basic Goodness within a community of kindness.

Tuition: \$0 + 29 nights

Acharya Daniel Hessey has been a student of Shambhala Buddhism since 1971 and has taught extensively throughout the U.S. and South America. Since 2004, he has studied the I Ching with Eva Wong, a Taoist Qigong lineage holder and translator of classical Chinese texts. Dan is also a former director of Shambhala Mountain Center.



December 22 – 26

Holiday

Meditation Retreat:

Renewing Body,
Mind and Spirit

Shastri Calryn Aston

This time of year can leave many of us feeling stressed out and disconnected. Celebrate the magic of reconnecting with this naturally reflective time of year – opening into an authentic relationship with yourself, others and our world. Engage your heart through contemplative practices of loving-kindness and compassion, and settle into presence and stillness in a peaceful winter landscape through the practice of meditation. A perfect way to spend the holiday season feeling renewed and reconnected.

Tuition: \$185 + 4 nights

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



Taking a Leap into 2018:

Establish Your Intention and Commitment

Shastri Jonathan 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: \$235 + 3 nights

Shastri 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. He was formerly the Executive Director of Shambhala Mountain Center.



Heart of Buddhist Meditation

Acharya Judith Simmer-Brown & Amelia Hall

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

Tuition: \$200 + 5 nights

See bio for Judith on page 15.

Dr. Amelia Hall is an assistant professor of Indo-Tibetan Buddhism at Naropa University in Boulder, CO. She gained her PhD in Tibetan and Himalayan Studies from the University of Oxford in 2012. She is also a contributor to the forthcoming *Oxford Encyclopedia of Buddhism*. She has been a Buddhist practitioner for 20 years.



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 18.

Mindful Eating:

Learn EFT to Liberate Unwise Food Choices

Marcella Friel

Do you struggle to make healthy eating choices? This weekend will create a gentle, contemplative, and playful environment to help you discover how liberating it can feel to make wise choices when it comes to the food you eat. Through meditation, discussion, journal writing, and the study and practice of a powerful stress-release tool called EFT (Emotional Freedom Techniques, or Tapping), you'll come away from the weekend feeling affirmed, seen, and effortlessly committed to treating yourself lovingly in this vital area of your life.

Tuition: \$190 + 2 nights

A student of the Shambhala teachings since 1987, Marcella runs Tapping with Marcella, a food and body image coaching practice that helps health-conscious women love and forgive themselves, their food, and their figure. She leads workshops on mindful eating throughout the United States. Her writing appears in *Elephant Journal*, *The Tapping Solution*, and *Shambhala Times*.



The Art of Being Human:

Shambhala Training I

Elaine Yuen

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

Upadhyaya Elaine Yuen, ordained in the Shambhala Buddhist tradition, is a Senior Teacher within the Shambhala mandala, and Associate Professor and Chair of the Wisdom Traditions Department at Naropa University in Boulder, Colorado. She teaches courses on spirituality and ritual, Buddhism, and pastoral care, and is an ongoing member of the International Shambhala Diversity working group.



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 that can naturally bring us back to a fresh start.

You will receive tools and techniques so you will be able to continue what you learn on 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: \$150 + 2 nights

De West is a leader in the Boulder yoga community and is a co-owner 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.

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



March 9 – 11

Foundations of Buddhism

Amelia Hall

This weekend will explore the core tenets of Buddhism for those who are interested in establishing a meditation practice as well 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

See bio for Amelia on page 23.

March 9 – 11

Introduction to Mindfulness-Based Stress Reduction

Janet Solyntjes

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

Recommended for stressed-out people from all walks of life.

Tuition: \$195 + 2 nights

See bio for Janet on page 9.

March 15 – 18

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 most recent 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

See bio for Kathy on page 14.

AWAKEN YOUR HEART AND MIND

March 17 – 25

Week-Long Spring Meditation Retreat

Susan Piver & Lodro Rinzler

Take a deep dive into your meditation practice with this one week intensive. Appropriate for newbies and experienced meditators, this is a chance to deepen your understanding of meditation as well as your connection to your own mind and heart. We will practice peaceful-abiding meditation and Shambhala meditation under the guidance of Shambhala teachers and best-selling Buddhist authors Susan Piver and Lodro Rinzler. Each day will include a mix of meditation, guided contemplation, fresh teachings, and discussion of how to apply our practice to the rest of our world. If you have been seeking a way to build a bridge between your spiritual life and your secular life, this is the retreat for you.

Open to new and experienced practitioners. For those on the Shambhala path, this Weekthun counts toward one week of Dathun.

Tuition: \$0 + 8 nights

See bio for Susan on page 11.

See bio for Lodro on page 13.

March 26 – 30

Spring Break Family Retreat

Leslie Gossett & Kate Raddock

Spend your spring break breathing in the mountain air with your whole family. Spring Break Family Retreat offers relaxation and connection through contemplative movement classes, meditation sessions, nature exploration, a children's program, and family activities. Days are spacious and provide many opportunities to nourish your body, mind, and relationships. Parents will be offered a chance to practice with other parents, and children will take part in a rich program of mindfulness, meditation, and yoga taught through stories, songs, and play. Families can come together for activities such as hikes, games, or evenings by the fire.

Tuition: Please see our website for special family pricing.

Leslie Gossett is the Director of Family and Children's Programming for Northern California Shambhala and founder of Be You Yoga and Mindfulness for Families and Children. She has worked with children for over 19 years. She is a certified yoga teacher for children and adults, a Meditation Guide in the Shambhala tradition, and a nanny to four amazing beings. She is dedicated to creating spaces for humans (especially small ones) to connect with the strength and wisdom of their own hearts. She lives and works in the San Francisco Bay Area.

Kate Raddock has been working as a body educator since 2009. A certified yoga teacher, massage therapist, and meditation guide, Kate is dedicated to generating a gentle, rich, and therapeutic space that heals the entire psychosomatic system. Her teachings point people to an embodied discovery of their own natural well-being, uncovering more about themselves through movement, feeling, and touch. She enjoys exploring the entire range of human experience and finds wisdom to be present in every moment.



March 30 – April 1

Unconditional Self Love, Qi Gong and Meditation Retreat

Blake D. Bauer

Join international best-selling author Blake D. Bauer and discover why suffering, anxiety, insecurity, guilt, depression, and illness are cries from your body, soul and subconscious mind asking you to love, accept, forgive, honor, value, 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. The weekend will offer a safe environment so you can face your core fears and move forward in fulfilling your life purpose. It will help you understand how to enjoy your life fully, without regret and without feeling guilty for wanting to be happy and healthy.

Tuition: \$300 + 2 nights

See bio for Blake on page 14.

Volunteer and Core Staff Opportunities

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

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

Group Rentals

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

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

Generosity in Action

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

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.



AWAKEN YOUR HEART AND MIND

Plan Your Retreat

1 | CHOOSE A PROGRAM

Use this catalog or visit
www.shambhalamountain.org

2 | SELECT YOUR LODGING

LODGE OR SEASONAL DORM

7–15 people per same-gender room with shared same-gender bathrooms.

\$79-109 per night per person

LODGE DOUBLE

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

\$147 per night per person

LODGE SINGLE

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

\$167-209, per night 1st person

\$84 per night for 2nd person

LODGE SUITE

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

\$263 per night 1st person

\$84 per night for 2nd person

RED FEATHER DOUBLE CABIN

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

\$109 per night per person

TENT SINGLE (Avail. Jun – Sep)

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

\$109 per night per person

TENT DOUBLE (Avail. Jun – Sep)

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

Roommate assigned or selected.

\$79 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

Peak-Season Lodging

From Jun 1 – Sep 15 the lodging rates shown here are 7.5% higher.

Retreat Intensives

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

4 | REGISTER

ONLINE: shambhalamountain.org
BY PHONE: 888.788.7221

Payment

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

Cancellation Policy

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

Discounts

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

Subsidized Rate/Financial Aid

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

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

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

5 | ARRIVAL AND DEPARTURE

SAMPLE SCHEDULE

(May change depending on program)

ARRIVAL DAY

2 – 5 pm | Registration

6:30 – 7 pm | Dinner

7 pm | Orientation: Program Begins

TYPICAL DAY

7:30 – 8:30 am | Breakfast

9 am – 12:30 pm | Program Session

12:30 – 1:30 pm | Lunch

1:30 – 3 pm | Free Time

3 – 6:30 pm | Program Session

6:30 – 7:30 pm | Dinner

8 pm | Program Session

DEPARTURE DAY

7:30 – 8:30 am | Breakfast

9 am – 12:30 pm | Program Activities

12:30 pm | Lunch and Departure

Transportation

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

Stay an Extra Night

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

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Shambhala Mountain Center
151 Shambhala Way
Red Feather Lakes, CO
80545-9505




Transformative Programs and Retreats Inspiring Presenters Powerful, Contemplative Environment


Stay Connected

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Join our growing social media community:

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www.shambhalamountain.org

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