



# DRALA

## MOUNTAIN CENTER

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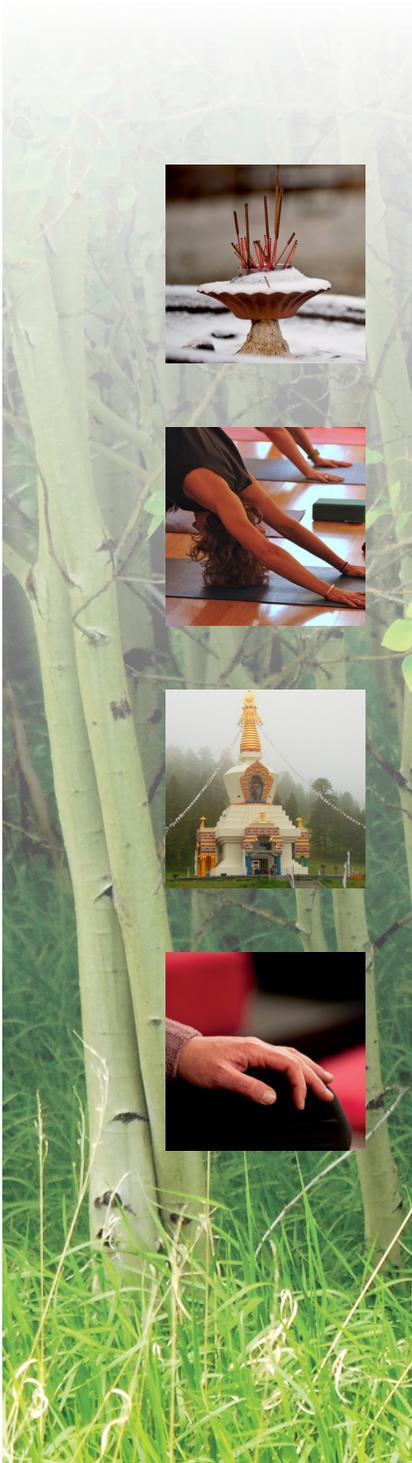
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## ABOUT

### DRALA MOUNTAIN CENTER

Drala Mountain Center, a 501(c)(3) non-profit organization, is a contemplative retreat center for the exploration of individual and societal wisdom. Our mission is to create a culture of kindness, generosity and courage through programs of personal transformation steeped in the wisdom traditions of the Shambhala teachings and other venerable lineages from around the world. For more than fifty years, we have been providing a safe and supportive environment for exploring paths of deepened awareness, personal well-being and societal transformation.

Nestled high in the Colorado Rockies, our 600-acre mountain valley retreat facility is surrounded by native forests, gentle meadows and rocky peaks, providing an ideal setting for meditation, yoga, retreats and conferences. We are also home to the Great Stupa of Dharmakaya, one of the most significant examples of sacred architecture in the world and a monument to peace, tolerance and compassion.

Established in 1971 by Tibetan meditation master and teacher Chögyam Trungpa Rinpoche, Drala Mountain Center welcomes all people with inspiration, interest and curiosity about the nature of self and society. We offer an oasis

for relaxing into our basic goodness, rediscovering a sense of balance and appreciating the sacredness of our world.





## THE GREAT STUPA OF DHARMAKAYA

*“Which Liberates Upon Seeing”*

Rising among wooded hillsides, the Great Stupa of Dharmakaya crowns a meadow at the upper end of Drala Mountain Center's main valley and is surrounded by nearly 200 feet of green lawns, trees, gardens and walkways.

Standing 108 feet tall, it is one of the most significant examples of sacred Buddhist architecture in North America. Built as a memorial to the Center's founder, Chögyam Trungpa Rinpoche, the Great Stupa of Dharmakaya serves as an inspiration for peace and compassion throughout the world.

### VISITING

- Open to the public from 10:00 am to 6:00 pm daily.

### HISTORY & CONSTRUCTION

- Construction was initiated in 1988.
- It was built over a 13-year period, employing the generosity of several hundred volunteer laborers and craftspeople, with money donated through annual fundraising events. Additional contributions of expertise came from many different sectors of the technical industry.
- The finest and most enduring materials have been used throughout the structure, including concrete formulated to last 1,000 years.

- The Great Stupa was consecrated during a ceremony lasting several days in August 2001.
- Maintenance and upkeep of the Great Stupa's architectural elements, original statues, relics and paintings is ongoing and supported through generous financial donations.
- In 2006, the Fourteenth Dalai Lama received the inaugural Living Peace Award presented by Sakyong Mipham Rinpoche in a ceremony at the Great Stupa.

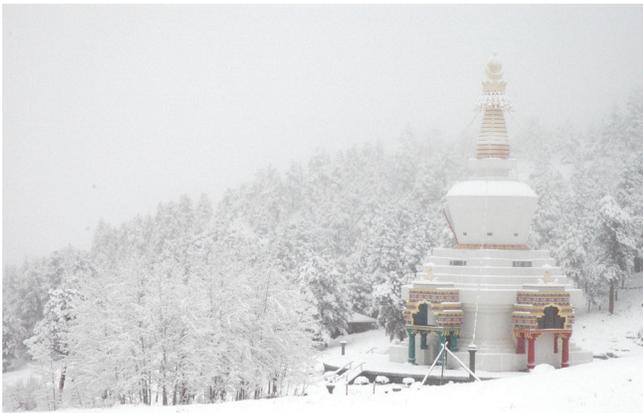
### SYMBOLISM

- The Great Stupa sits between two powerful landforms – a promontory known as Marpa Point and the steep cliffs opposite it. The power of the Stupa balances and brings together the energies of the surrounding environment and embodies the wisdom and blessings of Chögyam Trungpa Rinpoche, as well as Buddhist and Shambhala lineages.
- The shape of the Great Stupa represents the Buddha, crowned and seated in the meditation posture on a throne. His crown is the top spire; his head is the square at the spire's base; his body is the vase shape; his legs are the four steps of the lower terrace and the base is his throne.
- Stupas are said to promote harmony, prosperity, longevity, good health and peace. They bring blessings to the environment in which they are built, to those who build them, and to those who visit and venerate them. In this way, stupas ensure that the living quality of the Buddhist teachings will always be available.

# IMAGES



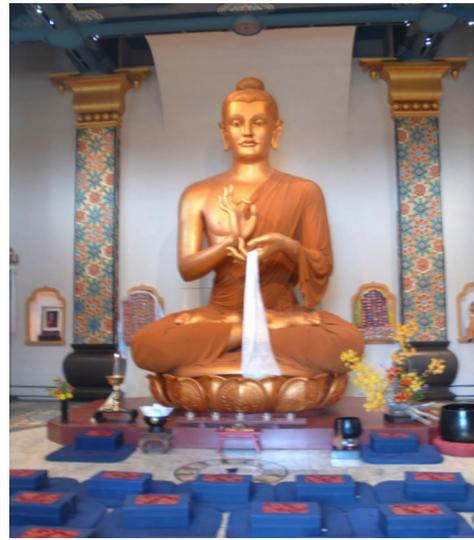
The Great Stupa of Dharmakaya stands 108 feet tall and crowns a meadow at the upper end of DMC's main valley.



The Stupa after a winter snowfall.



A standing Buddha in the structure's portal.



A 20-foot high golden Buddha, sculpted in the Gandharan style, sits inside the assembly hall of the Stupa. [Photo by Barb Colombo]



View of the Stupa in autumn.



Much of the Stupa's ornamentation is hand-carved, including these indoor pillars.

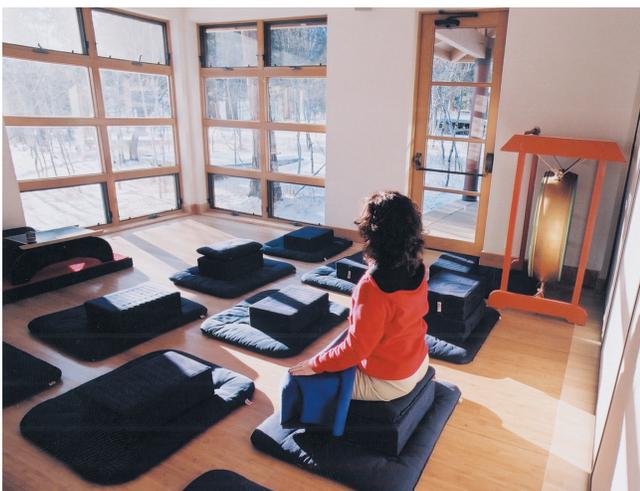
## IMAGES



Participants in one of DMC's many yoga programs.



A yoga retreat in the Sacred Studies Hall.



DMC's many shrine rooms and program spaces accommodate meditation and yoga retreats, as well as conferences.



The summer shrine tent lit up at night.



An Ikebana flower arrangement in the lobby of our Sacred Studies Hall.

## IMAGES



One of the Shinto-style gates leading to the Kami Shrine.



A spring view of the scenic trail leading to the Great Stupa



DMC is home to dozens of species of wildlife including mule deer.



The Stupa trail in autumn, with Tibetan prayer flags strung from the aspen.



A rainbow glistens over the mountain meadows.



**DRALA**  
MOUNTAIN CENTER



## PROGRAMS

For over 50 years, extraordinary people have gathered at Drala Mountain Center to participate in more than 100 year-round offerings featuring meditation teachings, contemplative arts, mind and body awareness practices, family programs, awakened leadership retreats and other paths of personal and social transformation.

Taught by a remarkable array of accomplished practitioners and teachers, our programs offer something for everyone – from the beginner to advanced student. Every season features a wide variety of unique programs as well as popular, ongoing offerings.

### ONGOING OFFERINGS

- Learn to Meditate – an introductory program offering accessible meditation practice techniques as well as a perspective on how they work.
- Retreat and Renewal – a spacious retreat with a selection of relaxing and contemplative activities, including meditation, yoga, guided hikes, films, evening talks and discussion. Great for friends, couples, or individuals.
- Dathun – an intensive group meditation retreat for new and experienced meditators interested in deepening their mindfulness-awareness. Divided into four weekly segments called “Weekthuns,” this month-long retreat can be attended anywhere from one week up to the full Dathun.
- Courageous Women – an annual retreat offering powerful tools for women who have been touched by cancer as well as for their caregivers.

### UPCOMING PROGRAMS

View this season’s programs on our website [Program page](#).

## IN THE NEWS

Conservation Efforts Create Healthier, More Fire Resistant and Resilient Forests

North Forty News • Annie Lindgren • March 31, 2022

Northern Colorado's Great Stupa: Service and Resilience

North Forty News • Annie Lindgren • March 21, 2022

Colorado's Shambhala Mountain Center files for Chapter 11 bankruptcy protection

Denver Post • Kieran Nicholson • March 1, 2022

Shambhala Center files for bankruptcy reorganization after COVID, Cameron Peak Fire

Fort Collins Coloradoan • Pat Ferrier • March 2, 2022

25 Best Mindfulness Retreats in the United States

VacationIdea.com • Ema Kisel • July 5, 2019

The Shambhala Mountain Center's Workshops Teach Couples Simple Techniques to Strengthen Their Relationships

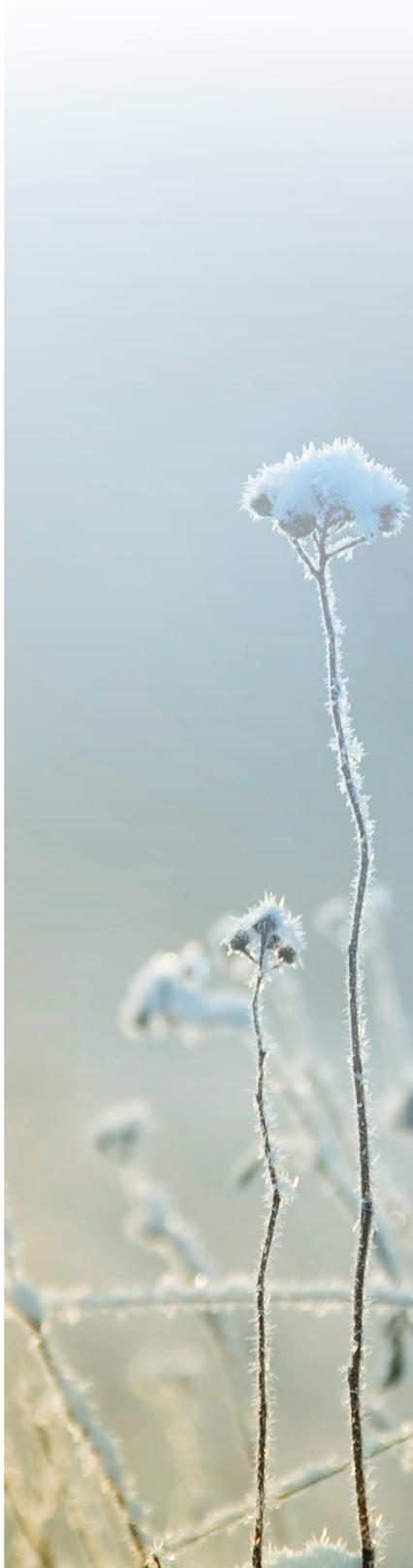
DatingAdvice.com • Amber Brooks • February 12, 2018

15 Places in Colorado That Will Transport You to Another Country

303 Magazine • Marissa Kozma • July 20, 2017

10 Destinations for Your Yoga Travel Bucket List

Yoga Journal • Yelena Moroz Alpert • April 5, 2017



## SOCIAL MEDIA

### **BLOG:**

<https://blog.dralamountain.org/>

### **FACEBOOK:**

<https://www.facebook.com/dralamountaincenter>

### **YOUTUBE:**

<https://www.youtube.com/c/DralaMountainCenter>



## QUOTES & TESTIMONIALS

### FOUNDERS:

“The world is in absolute turmoil. The Shambhala teachings are founded on the premise that there is basic human wisdom that can help solve the world’s problems ... Shambhala vision teaches that, in the face of the world’s problems, we can be heroic and kind at the same time.”

– Chögyam Trungpa Rinpoche

### PARTICIPANTS:

“I love it here. It is a place where I can renew myself. I meditate and it helps me with my practice and knowing I have a support system when I come here. I try to come here yearly as the center is so welcoming, the staff is so kind, and I leave here feeling renewed making me hopefully become a better person, Buddhist, and yoga student. Thanks for all you do.”

– Linda Tucker, Yoga & Meditation program

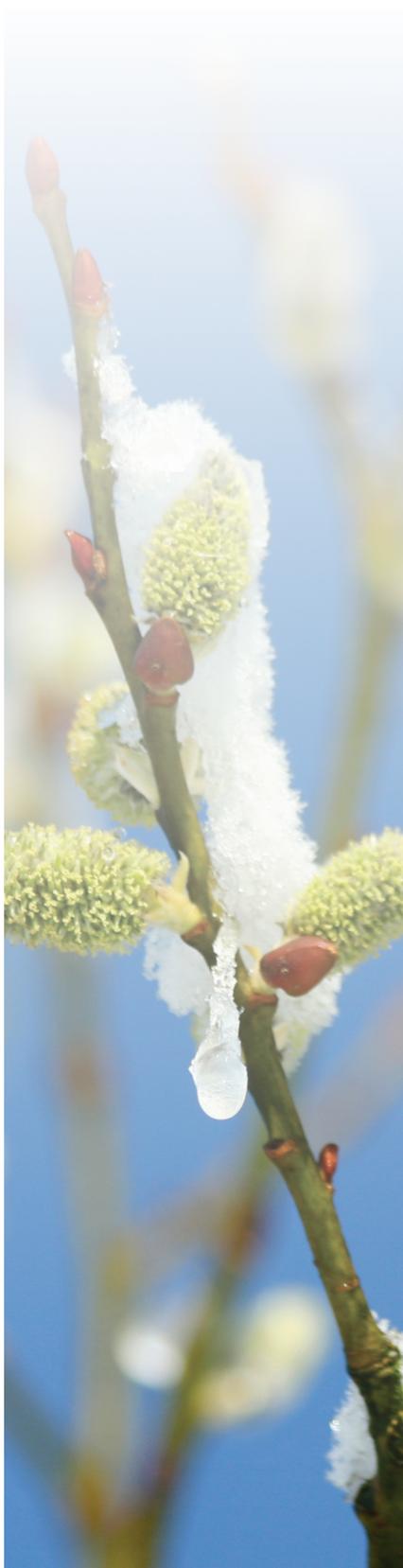
“Thank you for a WONDERFUL stay! We loved the food and the beautiful flower arrangements. Thank you for creating such a restorative atmosphere.”

– Anonymous retreat participant

“It was a fantastic trip and thank you so much for having us! The peaceful mountain view, fresh air, and you lovely people were just what we all needed after a long arduous year. Thanks again for taking the time to teach us and I’m very glad I met all of you!”

– Meirui Zhang, high school student, IB Seniors field trip

“[Drala] Mountain Center was the perfect place to practice this style of shamatha. Why? Because the physical space is so open and alive. When I mixed my mind with space in the shrine room I found it traveled right outside and mixed with all the space of the land. This was especially true when I chose to sit on the veranda and practice outside. My heart just got really comfortable being open. Now that I am home, I find that familiarity with that space makes it easier to find again.”  
Sue, Cleveland Heights, OH



# Contact/Location Information

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