
Drala Mountain Journal: October 2025

2 messages

Drala Mountain Center <media@dralamountain.org>
To: Rhiannin Bunney <rbunney@dralamountain.org>

Mon, Oct 13, 2025 at 9:19 AM



It's Up to Us

This autumn, we're inviting you to the launch of It's Up to Us, our collective effort to ensure that Drala Mountain Center continues to flourish as it has this past year. Your generosity preserves this sacred land, supports our staff, and makes it possible for thousands to experience the Dharma with confidence and care.

To begin this effort, we're sharing one of the most meaningful traditions on this land — the lhasang, or smoke offering — through a short video. The footage was captured during the [Profound Treasury](#) retreat alongside [Naropa](#) students and our staff, with additional scenes from the [Three Yanas](#) retreat and this year's Midsummer's Day with Dzigar Kongtrul Rinpoche.

It is through the steady generosity of monthly donors that Drala Mountain Center truly endures. Currently, we receive \$7,500 in monthly donations, and our goal is to grow this to \$13,000 — a level that will further sustain our community year-round.

These ongoing gifts support us in caring for the land, our teachers, and staff — ensuring that Drala Mountain Center is here for generations to come.

As a gesture of gratitude, monthly donors giving \$50 or more will receive a 10% discount on all programs in 2025 and 2026 — an invitation to return again and again to the land you help sustain.

Over the next few months, we'll share more about the people who make this place come alive, the programs that are deepening our Buddhist roots, and our plans to expand scholarships and retreat benefits to support the next generation of practitioners.

Join us for the launch of the [It's On Us Campaign](#).

Watch the video:



Read the [blog post](#).

Together, we carry this mountain's blessings forward — month by month, offering by offering.

Giving Wisely, Giving from the Heart

As the year draws to a close, many members of our community are looking for meaningful ways to extend their generosity. Along with making a difference, there are also simple ways to give that can offer real financial benefits.

[Maximizing Tax Benefits When Giving to DMC](#), outlines three easy ways to support Drala Mountain Center while making the most of available tax advantages—through IRA distributions, gifts of appreciated securities, or a donor-advised fund. We invite you to explore these options and, if inspired, make a year-end donation to help this sacred land and community continue to flourish.

Upcoming Program Highlights



November 20-23

Wisdom of the Body: A Meditation & Yoga Retreat

This nourishing long-weekend retreat weaves together meditation, restorative and flowing yoga, playful movement, writing, and periods of silence. Each day invites you to pause, sense, and reconnect with your body's wisdom to discover what you most need. Supported by good company, wholesome meals, and the serenity of the land, you'll leave with practices and insights to carry into daily life. Open to all levels of experience.

[LEARN MORE](#)



November 21–23

Sensing Earth Energies: A Somatic and Contemplative Doorway into Communing with the Earth

Reconnect with the living earth through somatic and contemplative practice. This immersive weekend retreat explores ancient Druidic traditions of sensing earth energies, entering the presence of trees, and attuning to the subtle geometries of sacred sites. Through direct experience of these practices, you'll rediscover pathways of reverence, alignment, and intimacy with the natural world.

[LEARN MORE](#)



December 30, 2025 – January 4, 2026

Refuge in Stillness: Silence, Rest & Awakening into the New Year

Welcome the new year with clarity and care. In the stillness of winter at Drala Mountain Center, this six-day silent retreat offers refuge and renewal through Insight (Vipassana) and Metta meditation, gentle movement, Dharma talks, and quiet reflection. Guided by known Insight Meditation teachers Heidi Bourne and Heather Lear, you'll cultivate presence, compassion, and strength to meet the year ahead with steadiness and love.

[LEARN MORE](#)



February 26–March 1, 2026

Writing from Presence

Step into the quiet beauty of winter using writing as a practice of presence. Led by author and spiritual teacher Caverly Morgan, this retreat blends meditation, silence, and creative exploration to help you move beyond conditioned thought and open to what arises from the depths of awareness. Through contemplative writing, reflection, and deep listening, you'll allow authentic expression to flow freely, whether you are a seasoned writer or simply curious about putting pen to paper.

[LEARN MORE](#)



March 13–15, 2026

Developing Body Wisdom Through Martial Arts: A Multi-Range Exploration

Martial arts can deepen body awareness, resilience, and flow. In this weekend retreat, three accomplished instructors guide participants of all levels through practices from Brazilian jiu jitsu, boxing, Muay Thai, and eskrima. With a focus on alignment, breathing, relaxation, rhythm, and

flow, you'll explore the principles that unite martial arts across grappling, striking, and weapons work. Optional meditation instruction supports integration of mind, body, and spirit.

LEARN MORE

News and Views

🌟 DMC in the News!

We're honored that Drala Mountain Center was recently featured in several major media outlets: [Lion's Roar](#) (sponsored content), [5280 Denver Magazine](#) and [The Washington Post](#). These stories highlight the unique role DMC plays as a place of refuge, practice, and community in Colorado. We're grateful for this recognition and excited to share our story with new audiences.

🎁 Looking For Ways To Give To Drala Mountain Center - Consider a Gift of Time

It's no surprise that non-profit organizations like Drala Mountain Center are often looking for volunteer support. Our volunteers are a vital part of our community, and their energy and enthusiasm helps to revitalize our work.

Genuinely - we appreciate each and every one of you that has given your time and effort to Drala Mountain Center over the years.

But have you considered what you get out of being a volunteer? The ready-made community, the stunning location, three meals a day made by our fantastic kitchen. Most importantly, volunteering at Drala Mountain Center is an opportunity to dive into your practice and give back to yourself, too.

Under our new seasonal program we are looking for volunteers for Spring, Summer, Autumn, and Winter. There are a wide range of opportunities, from weekend volunteering to long term volunteer positions. Volunteers have the option to stay here on campus, enjoy daily practice sessions, and much more.

Looking for a way to support Drala Mountain Center, yourself, and your practice, without impacting your budget? Volunteering here is a great way to do it. Wanting to give to Drala Mountain Center or attend a retreat but haven't been able to? Volunteering is a great way to give and get practice opportunities at the same time. Join the Dralanteers Today!

We Listened to You: Introducing New Shuttle Services

In our guest feedback survey, one of the most common reasons people share for not coming up to DMC is the challenge of transportation. While our remote setting is part of what makes Drala Mountain Center so special, it can also feel hard to reach at first glance. To help with this, we've put together an overview of the main ways to get here, from driving, to booking our shuttle, to exploring outside transportation services, so your visit feels more accessible from the very beginning.

For a complete guide to travel options, visit: dralamountain.org/travel-options-to-drala-mountain-center.

If you have any travel-related questions, please reach out to travelservices@dralamountain.org and we'll be happy to assist.

Submit Your Questions

Do you have a question for or about DMC? Send it to us, and we'll write back, and publish the answer in an upcoming newsletter.

Reach out to media@dralamountain.org.



Drala Mountain Center is a 501(c)(3) nonprofit educational organization dedicated to expanding awareness, reducing individual and societal suffering, and promoting peace through strategic programming and education focused on mindfulness, social impact issues, and eco-dharma concerns.

Please consider a one-time or monthly donation today to help us sustain our sacred land for generations to come.

MAKE A DONATION

Need help? Email frontdesk@dralamountain.org or call us at (970) 881-2184.

No longer want to receive these emails? [Unsubscribe](#) or [Manage Preferences](#)

© 2025 Drala Mountain Center

151 Shambhala Way Red Feather Lakes, CO 80545



Drala Mountain Center <media@dralamountain.org>
To: Rhiannin Bunney <rbunney@dralamountain.org>

Mon, Oct 13, 2025 at 12:26 PM

