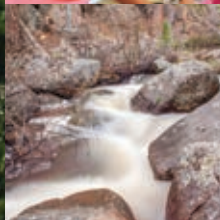


SHAMBHALA MOUNTAIN CENTER

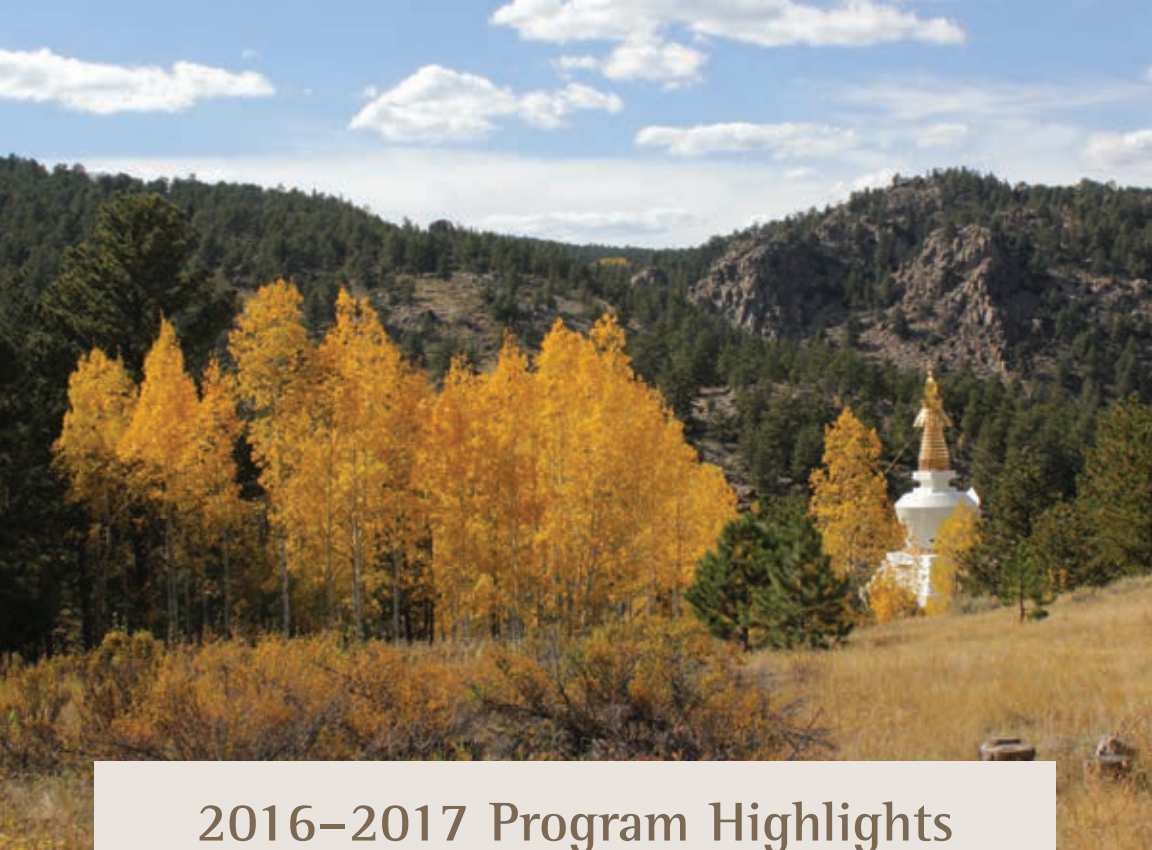
BUDDHISM | MEDITATION | MINDFUL LIVING | YOGA

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

2016 – 2017



FALL | WINTER



2016–2017 Program Highlights

Meditation Intensives

- 18** **Week-Long Fall Meditation Retreat: The Shape of Awake** with Hope Martin
- 20** **Enlightened Society Dathun** with Acharya Daniel Hessey
- 26** **Week-long Spring Meditation Retreat** with Susan Piver and Lodro Rinzler



Mindfulness



- 16** **Mindfulness and Compassion Meditation Retreat** with Shastri Janet Solyntjes & David Spound
- 23** **Mindful Self-Compassion Intensive** with Megan Leuchars & Michelle Becker
- 24** **Mindful Heart Communication: A Path to Warmth, Dignity and Confidence** Acharya Susan Chapman & Gregory Heffron
- 24** **Introduction to Mindfulness-Based Stress Reduction** with Janet Solyntjes

Personal and Societal Transformation



- 7 **2nd Annual Wisdom in Action**
with Sakyong Mipham Rinpoche,
Venerable Pannavati, Bishop Marc Andrus,
Acharya Fleet Maull & more
- 8 **Yoga, Purpose, and Action Leadership
Intensive** with Seane Corn,
Suzanne Sterling & Hala Khouri
- 19 **Dismantling Racism with Meditation:
A Workshop for White People**
with Kara Dansky

Buddhism

- 10 **2nd Annual Wisdom Rising: An
Exploration of the Divine Feminine in
Buddhism** with Rev. angel Kyodo williams,
Karma Lekshe Tsomo, Acharya Susan Skjei
& Elizabeth Mattis-Namgyel
- 12 **Finding Happiness Within:
Reconnecting with Your Natural State
through Pristine Mind Meditation**
with Orgyen Chowang Rinpoche
- 13 **Awakening the Wisdom of Emotions:
The Five Buddha Families**
with Kay Peterson & Jenny Bondurant

- 14 **Making the Most of What We Have:
Lojong Mind Training**
with Anyen Rinpoche
& Allison Choying Zangmo
- 18 **Medicine Buddha and the Fivefold
Path of Mahamudra**
with Venerable Khenpo Lobzang Tenzin
& Nashalla Nyinda
- 22 **Heart of Buddhist Meditation:
Origins of Modern Mindfulness**
with Acharya Judith Simmer-Brown

Relationships and Family

- 7 **Wise Kids in Action** with Leslie Gossett
- 15 **Wired for Love: Relationship Workshop**
with Stan Tatkin & Tracey Boldemann-Tatkin
- 26 **Spring Break Family Retreat**
with Leslie Gossett & Kate Raddock



CALENDAR OF PROGRAMS

JULY

2nd Annual Wisdom in Action
Sakyong Mipham Rinpoche and others | Jul 27 – 31 7

Wise Kids in Action | Jul 27 – 31 7

AUGUST

Open House | Aug 7 5

Yoga, Purpose, and Action Leadership Intensive
Seane Corn, Suzanne Sterling, & Hala Khouri
Aug 7 – 12 8

Healing Sound Retreat
Christine Stevens & Silvia Nakkach | Aug 12 – 14 8

Music for Peace Ceremony at the Great Stupa
Christine Stevens | Aug 13 8

Learn to Meditate
Greg Smith | Aug 12 – 14 8

Mindful Hiking: Opening to Change
Kay Peterson | Aug 12 – 14 9

Retreat & Renewal | Aug 12 – 14 6

Wisdom Rising Intensive
Rev. angel Kyodo williams | Aug 16 – 17 10

**2nd Annual Wisdom Rising:
Re-awakening the Sacred Feminine** | Aug 17 – 21 10

**10th Annual Courageous Women, Fearless Living:
A Retreat for Women Touched by Cancer**
Victoria Maizes, Judith Leif & Linda Sparrowe
Aug 23 – 28 11

Writing as a Path to Awakening
Albert Flynn DeSilver | Aug 25 – 29 11

Birth of a Warrior: Shambhala Training II
Gary Allen | Aug 26 – 28 4

Fall Take Down | Aug 28 – Oct 10 27

SEPTEMBER

**Finding Happiness Within: Reconnecting with Your
Natural State through Pristine Mind Meditation**
Orgyen Chowang Rinpoche | Sep 2 – 4 12

Running with the Mind of Meditation
Cynthia MacKay, Marty Kibiloski, Tara Michelle & Michael
Sandrock | Sep 2 – 5 12

Big Sky, Big Mind: Contemplative Astronomy
Jim Tolstrup & Andrea Schweitzer | Sep 2 – 5 13

Open House | Sep 4 5

**Awakening the Wisdom of Emotions:
The Five Buddha Families**
Jenny Bondurant & Kay Peterson | Sep 7 – 11 13

Bridges to Beyond: A Grief Healing Workshop
Sue Frederick | Sep 9 – 11 13

Retreat and Renewal | Sep 9 – 11 6

Compassionate Acceptance
Thomas Roberts | Sep 15 – 18 14

**Making the Most of What We Have:
Lojong Mind Training**
Anyen Rinpoche & Allison Choying Zangmo
Sep 16 – 18 14

The Art of Being Human: Shambhala Training I

Shastri Holly Gayley | Sep 16 – 18 15

Wired for Love
Stan Tatkin & Tracey Boldemann-Tatkin | Sep 16 – 18 15

Digital Detox Retreat and Renewal | Sep 30 – Oct 2 6

Radical Self Healing
Charley Cropley, N.D. | Sep 30 – Oct 2 15

OCTOBER

Open House | Oct 2 5

Scorpion Seal Assembly VI
Acharya John Rockwell | Oct 5 – 16 4

Shastri Training
Acharya Adam Lobe!, Acharya Judith Simmer-Brown
Oct 16 – 19 4

Scorpion Seal Assembly VII
Acharya John Rockwell | Oct 20 – 31 4

NOVEMBER

Birth of the Warrior: Shambhala Training II
Roland Cohen | Nov 4 – 6 4

Learn to Meditate
Greg Smith | Nov 4 – 6 16

Open House | Nov 6 5

Mindfulness and Compassion Meditation Retreat
Shastri Janet Solyntjes & David Spound | Nov 4 – 13 16

Befriending Small Deaths, Big Deaths
Dominie Cappadonna, Joshua Mulder | Nov 11 – 13 17

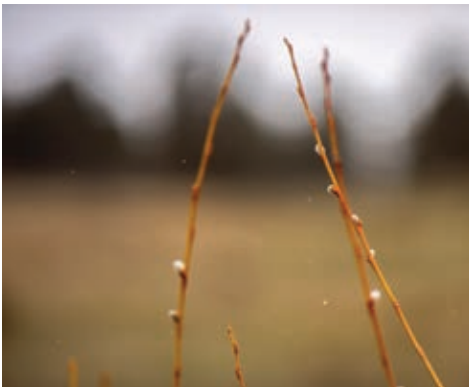
**The Daring Way: Show Up, Be Seen, Live Brave™
(A Retreat For Women)**
Kathy Tolstrup & Carrie Haynes | Nov 11 – 13 17

**Week-Long Fall Meditation Retreat:
The Shape of Awake**
Hope Martin | Nov 12 – 20 18

Medicine Buddha & the Fivefold Path of Mahamudra
Venerable Khenpo Lobzang Tenzin & Nashalla Nyinda
Nov 18 – 20 18

**Dismantling Racism with Meditation:
A Workshop for White People**
Kara Dansky | Nov 18 – 20 19

Retreat and Renewal | Nov 25 – 27 6



DECEMBER

The Way of the Happy Woman: Winter Retreat Sara Avant Stover Dec 1 – 4	19
Beyond Suffering: Unconditional Self Love, Mindfulness, Meditation & Qigong Retreat Blake Bauer Dec 2 – 4	20
Open House Dec 4	5
Warrior In the World: Shambhala Training III Nina Rolle Dec 9 – 11	4
Enlightened Society Dathun and Weekthuns Acharya Dan Hessey Dec 10 – Jan 7	20
Fearlessly Creative: A Meditation & Writing Retreat Susan Piver Dec 15 – 19	20
Winter Solstice Retreat and Renewal Dec 16 – 18	6
Take a Leap into 2017: Establish Your Intention and Commitment Shastri Jonathan Barbieri Dec 29 – Jan 1	21

JANUARY

Open House Jan 1	5
Heart of Buddhist Meditation: Origins of Modern Mindfulness Acharya Judith Simmer-Brown Jan 3 – 8	22
The Path of Simply Being Thomas Roberts Jan 6 – 8	22
Precious Knowing: A Meditation and Yoga Retreat for Women Katharine Kaufman Jan 11 – 15	22
The Art of Being Human: Shambhala Training I Valarie Lorig Jan 13 – 15	23
Retreat & Renewal Jan 20 – 22	6
9-Day Ashe Mahamudra Retreat Acharya Richard John Jan 27 – Feb 5	4
Mindful Self-Compassion Intensive Megan Leuchars & Michelle Becker Jan 29 – Feb 3	23

FEBRUARY

Awakened Heart: Shambhala Training IV Peter Aucott Feb 3 – 5	4
Retreat & Renewal Feb 3 – 5	6
Open House Feb 5	5
Kurukulla Practice Intensive Acharya Melissa Moore Feb 15 – 19	4
Sacred Path: Great Eastern Sun, Windhorse, Drala Shastri Marcy Henry-Fink Feb 17 – 23	4
Learn to Meditate Patricia Kelly Feb 24 – 26	23
Awake at Work: Cultivating Confidence, Well-being and Mindfulness on the Job Michael Carroll Feb 24 – 26	24



SMC in the City Programs

Living the Full Catastrophe: A Day of Mindfulness-Based Stress Reduction (MBSR)

Denver Program | Janet Solyntjes
Sep 3 | Dec 3 | Mar 4

This experiential workshop will offer user-friendly techniques for dealing with stress and for cultivating our deepest potential for living a full and satisfying life.

Beyond Suffering: An Evening of Unconditional Self Love and Qigong

Boulder Program | Blake Bauer | Oct 22

In this introductory evening, explore how most forms of suffering are simply a cry from your soul asking you to love, value, and be true to yourself in every moment and relationship.

To learn more and register for SMC in the City programs visit: shambhalamountain.org/city

MARCH

Mindful Heart Communication: A Path to Warmth, Dignity and Confidence Acharya Susan Chapman & Gregory Heffron Mar 1 – 5	24
Retreat & Renewal Mar 3 – 5	6
Open House Mar 5	5
Introduction to Mindfulness-Based Stress Reduction Janet Solyntjes Mar 10 – 12	25
Celebrating the Practice Lineage: Milarepa Day in the Great Stupa of Dharmakaya Larry Mermelstein Mar 10 – 12	25
Chakrasamvara Intensive Larry Mermelstein & Greg Smith Mar 10 – 18	4
Beyond Suffering Level 2: Unconditional Self Love, Mindfulness Meditation, and Qi Gong Retreat Blake Bauer Mar 17 – 19	25
Week-long Spring Meditation Retreat Lodro Rinzler, Susan Piver Mar 18 – 26	26
Spring Break Family Retreat Kate Raddock, Leslie Gossett Mar 27 – 31	26
Open Sky: Shambhala Training V Mary Kubicki Mar 31 – Apr 2	4

Red indicates Advanced Shambhala Programs

Shambhala Path Programs

August 26 – 28

Birth of a Warrior: Shambhala Training II

Gary Allen

September 16 – 18

The Art of Being Human: Shambhala Training I

Shastri Holly Gayley

More info on page 15.

October 5 – 16

Scorpion Seal Assembly VI

Acharya John Rockwell

October 16 – 19

Shastri Training

Acharya Adam Lobel, Acharya
Judith Simmer-Brown

October 20 – 31

Scorpion Seal Assembly VII

Acharya John Rockwell

November 4 – 6

Birth of the Warrior: Shambhala Training II

Roland Cohen

November 12 – 20

Week-Long Fall Meditation Retreat: The Shape of Awake

Hope Martin

More info on page 18.

December 9 – 11

Warrior In the World: Shambhala Training III

Nina Rolle

December 10 – January 7

Enlightened Society Dathun and Weekthuns

Acharya Dan Hessey

More info on page 20.

January 13 – 15

The Art of Being Human: Shambhala Training I

Valerie Lorig

More info on page 23.

January 27 – February 5

9-Day Ashe Mahamudra Retreat

Acharya Richard John

Revered as a powerful support
for all other tantric practices, the
practice of Ashe Mahamudra
focuses on recognizing and
gaining confidence in the
nature of mind through direct
experience.

February 3 – 5

Awakened Heart: Shambhala Training IV

Peter Aucott

February 15 – 19

Kurukulla Practice Intensive

Acharya Melissa Moore

Engaging all aspects of the
Kurukulla sādhanā, this retreat
will include practice instruction,
discussion of the sādhanā, and
extended practice sessions in
the Great Stupa of Dharmakaya.
This retreat is appropriate for
Shambhala Werma or Vajrayogini
practitioners, who have received
the Kurukullā empowerment
and practice from Sakyong
Mipham Rinpoche.

February 17 – 23

Sacred Path: Great Eastern Sun, Windhorse, Drala

Shastri Marcy Henry-Fink

March 10 – 12

Celebrating the Practice Lineage: Milarepa Day in the Great Stupa of Dharmakaya

Larry Mermelstein

Explore and connect with
the profound depth and vast
brilliance of the Kagyu lineage of
Tibetan Buddhism in the Great
Stupa of Dharmakaya.

More info on page 25.

March 10 – 18

Chakrasamvara Intensive

Larry Mermelstein & Greg Smith

Geared toward the accumulation
of the recitation practices in a
group setting.

*Prerequisite: Chakrasamvara
Abhisheka*

March 18 – 26

Week-long Spring Meditation Retreat

Lodro Rinzler, Susan Piver

Take a deep dive into your
meditation practice with this one
week intensive.

More info on page 26.

March 31 – April 2

Open Sky: Shambhala Training V

Mary Kubicki

Visit the Great Stupa

A Monument to Human Kindness

The Great Stupa of Dharmakaya 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 8 or more for \$10 per person. To schedule a tour please call 888-788-7221.

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

— *The XIVth Dalai Lama*

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.

FREE

Aug 7 | Sept 4 | Oct 2 | Nov 6 | Dec 4

Jan 1 | Feb 5 | Mar 5



AWAKEN YOUR HEART AND MIND

Retreat and Renewal

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

Enjoy a spacious retreat that allows time to walk the land, visit the Great Stupa, or follow the spontaneous callings of your spirit. Join in part or for all of the scheduled activities: 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

Aug 12 – 14 | Sept 9 – 11 | Nov 25 – 27 | Jan 20 – 22 | Feb 3 – 5 | Mar 3 – 5

Learn to Meditate

Shambhala Mountain Center offers exceptional retreats for those interested in learning to meditate, or those who are in need of a refresher course. Our teachers are highly qualified to help you establish an ongoing practice.

Learn To Meditate

Aug 12 – 14 | Nov 4 – 6 | Feb 24 – 26

The Art of Being Human:
Shambhala Training I

Sept 16 – 18 | Jan 13 – 15

Digital Detox Retreat and Renewal

During this special retreat and renewal, you'll put your smartphone and computer aside and tune in to the beautiful forests, streams, and abundant wildlife at Shambhala Mountain Center.

Sept 30 – Oct 2

Winter Solstice Retreat and Renewal

This celebratory Retreat and Renewal includes a fireside gathering and a special Solstice ceremony at the Great Stupa.

Dec 16 – 18

FALL | WINTER PROGRAMS

2nd Annual

WISDOM IN ACTION

A 4-Day Retreat Unlike Any Other



Given the speed and busyness of modern life it's more important than ever to make time to connect with your body, mind, and environment. It's in these moments of simple and direct connection that you can discover your deepest intentions to be of benefit to your friends, family, and society. Now imagine adding an assembly of wise and inspiring teachers, a community of like-minded individuals and the breathtaking beauty of Shambhala Mountain Center in the peak of summer.



Take a leap and immerse yourself in a culture of purpose, compassion, and celebration. Connect with your deepest aspiration. Envision an awakened world, and cultivate the skills to put practice into action in your personal, social, and professional life.



Teachers from a variety of contemplative traditions will be leading the way in support of one common mission: putting wisdom into action. Join Sakyong Mipham Rinpoche, Venerable Pannavati, Bishop Marc Andrus, Acharya Adam Lobel, Leslie Booker, Acharya Fleet Maull, and Acharya Melissa Moore.



WISE KIDS IN ACTION

Wise Kids in Action is a parallel track to Wisdom in Action designed just for kids. It is an opportunity to connect with, explore, and celebrate the inherent wisdom of ourselves and others. It will include experiential activities, discussions, movement, meditation instruction and practice, art, music, play, and the power of community.

Visit shambhalamountain.org/wisdom to see prices and to register for Wisdom in Action and Wise Kids in Action.

Yoga, Purpose, and Action Leadership Intensive

Seane Corn, Suzanne Sterling & Hala Khouri

Embark on a transformational journey of provocative self-inquiry, social justice education and creative exploration to uncover your deepest passion and motivation for service that leads to embodied, effective, and conscious action. Combining the tools of yoga, meditation, self-investigation, voice, and ritual with the practical tools of communication, organization, and collaboration, you will become more effective leaders and agents of change in the world.

For yoga teachers, community leaders, activists, and interested students.

Please see our website for tuition and lodging price information.

Seane Corn is an internationally celebrated yoga teacher known for her impassioned activism and inspirational style of teaching. She trains leaders of activism through her co-founded organization, Off the Mat, Into the World®. A strong and articulate voice for personal transformation and social change, she has utilized her platform to inspire and mobilize the yoga community in activating grassroots projects worldwide. Corn also has released seven DVDs, including *Vinyasa Flow Yoga*, as well as the audiobook, *Detox Flow Yoga*.

Hala Khouri, MA, E-RYT, co-founder of Off The Mat, Into The World®, is a yoga teacher and somatic counselor specializing in trauma. Her roots are in Ashtanga and Iyengar yoga, dance, Somatic Psychology, and the juicy mystery of life itself. She leads trainings nationally and has a private practice in Venice, California.

Suzanne Sterling, co-founder of Off The Mat, Into The World®, is a dedicated musician, yogi, activist, and social innovator who has been performing and teaching transformational workshops for more than 20 years. An award-winning musician and founder of Voice of Change, she has released five solo albums and numerous DVD soundtracks. Her life work is dedicated to inspiring others to find their unique voice and to use self-expression as a tool for community building and conscious evolution.



Healing Sound Retreat: Rhythm and Chanting as Spiritual Practice

Silvia Nakkach & Christine Stevens

Explore music and rhythm as a therapeutic process and gateway for honest communication. In its sixth year, this annual program approaches music as medicine, weaving together a powerful experience in cross-cultural rhythms, chants, and sacred silence. Using the voice and the drum, we will discover ancient and modern practices for spirituality, healing, and joy! This is a celebration of the music of your soul. The weekend will include a Music for Peace Ceremony on Saturday evening at the Great Stupa of Dharmakaya.

No prior musical experience necessary. Drums provided – or bring your own.

Tuition: \$255 + 2 nights

Music for Peace Ceremony at the Great Stupa (Included in retreat)

Saturday Aug 13, 5:00 pm

\$30 to attend Saturday evening only (includes dinner)

Christine Stevens, MA, MSW, MT-BC is author of *Music Medicine*, *The Healing Drum Kit* and *The Art and Heart of Drum Circles*. The founder of UpBeat Drum Circles, she has appeared on NBC, PBS, KTLA, and the DVD *Discover the Gift*. A world percussion artist for Remo, the world's largest drum company, she has trained drum circle facilitators from more than 25 countries. Christine has worked with survivors of Hurricane Katrina, students at Ground Zero and led the first drum circle training in the war-zone of Iraq.

Silvia Nakkach, MA, MMT, is a Grammy-nominated musician, a renowned vocal artist, and a leading voice in the field of music in consciousness and shamanic practices. She is the creator of the Sound, Voice, and Music in the Healing Arts certificate program at the California Institute for Integrative Studies, the founder of the international Vox Mundi School, and the author of *Free Your Voice*.



Learn to Meditate

Greg Smith

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

You will receive a copy of *Turning the Mind Into an Ally* at the retreat.

Tuition: \$150 + 2 nights

Greg Smith, a well known sangha artist and thangka painter, has lived and painted at Shambhala Mountain Center for many years. He has been a student of meditation since 1976, first with Chögyam Trungpa and later with his son Sakyong Mipham. Greg has taught meditation and Buddhist studies since 1982.



Mindful Hiking:

Opening to Change

Kay Peterson

Sometimes we welcome change in our lives; other times it comes unexpectedly. It may feel like our life adventure has brought us to the banks of a swollen river and we're not sure how to proceed – do we turn back or take a leap of faith?

Through engaging mindfulness/awareness practices, we can delve deeply into our connection with the natural world, turn our attention toward the subtle interplay of our thoughts and feelings, tune into our sense perceptions, and rediscover our innate ability to weather impermanence in our lives with grace and strength. Join us for a weekend that will include sitting and hiking meditation (moderate difficulty at 7,000' - 9,000' elevation), restorative yoga, group discussions, and lots of time for solo reflection in nature.

Tuition: \$175 + 2 nights

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



2nd Annual

WISDOM RISING

An exploration of
the divine feminine
in Buddhism



Rev. angel Kyodo williams, Acharya Susan Skjei, Elizabeth Mattis-Namgyel,
Karma Lekshe Tsomo, Hannah Kinderlehrer, Erika Phillips

Join an inspiring group of Buddhist teachers, scholars, and practitioners for this unique and dynamic retreat exploring the Feminine within Buddhism.

This is a precious opportunity to dive into open questions, experience the feminine approach to Buddhist teachings and practices, and honor the importance of the feminine principle in approaching our world's challenges. While cultivating gentleness and compassion we recognize the inspiring strength and power of the feminine to provide a space of wisdom in the face of passion, aggression, and ignorance. Participants will be offered a variety of teachings and workshops that include meditation, body awareness, expression, and community building. All genders welcome!

August 16 – 17

Embodied Life, Liberated Life: Embodying the Dharma Through Presence

Rev. angel Kyodo williams

Optional Pre-Retreat Intensive

Visit shambhalamountain.org/wisdom-rising to register.

Lodging options sell out early, please register soon to guarantee your spot.

10th Annual Courageous Women, Fearless Living:

A Retreat for Women Touched by Cancer

Victoria Maizes, Judith Lief & Linda Sparrow

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, to provide a multi-dimensional roadmap for a transformative journey. When gently and skillfully embraced, facing our mortality, or the mortality of our loved ones, 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 someone on the cancer journey, join us August 23 and receive the tools you need to transform the way you relate to the challenges you face.

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.

Tuition: \$375 + 5 nights

Victoria Maizes, MD, is a Professor of Medicine at the University of Arizona, and the Executive Director of the Arizona Center for Integrative Medicine, founded by Dr. Andrew Weil. 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*.

Judith Lief is a respected Buddhist teacher who, for many years, has taught about how the power of awareness, kindness, and openness can 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*.



Writing as a Path to Awakening

Albert Flynn DeSilver

Are you ready to experience and write forth the truth of who you really are? The practice of writing is an exploration of consciousness, a practice toward deeper self-awareness that moves us along the path of awakening to our true nature. Many of our greatest spiritual teachers from around the world were, and are, writers. From Sappho in the 7th century BC to Pema Chödrön, from Rumi in the 13th century to Thomas Merton, Jack Kornfield, and the Dalai Lama – the written word has the power not only to inspire, but also to awaken the very best in the human heart. Join us for this exciting week exploring your inner and outer creativity. The days will include periods of meditation, innovative and fun writing exercises, readings, and more!

Tuition: \$525 + 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.



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

Ogyen Chowang Rinpoche

In this retreat Rinpoche will provide instructions and guided meditations on Pristine Mind meditation as presented in his book *Our Pristine Mind: A Practical Guide to Unconditional Happiness*. 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.

During the weekend we will meditate as a group and experience for ourselves how this meditation is not just for “spiritual” people; 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

Ogyen Chowang Rinpoche is a meditation master in the Nyingma lineage of the Buddhist tradition. He studied for ten 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. Rinpoche lives in the San Francisco Bay Area and is the founder and spiritual director of Pristine Mind Foundation.



Running with the Mind of Meditation

Cynthia MacKay, Marty Kibiloski, Tara Michelle & Mike 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 25 years. Inspired by her teacher’s running, Cynthia has completed over a dozen marathons of her own, from Casablanca to San Francisco. Cynthia is also the Director of the Los Angeles Shambhala Center.

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.

Dr. Tara Michelle, ND is a Natural Physician and Wellness Empowerment Educator. Her personal practice, Nanihoku Naturals, is located on the exquisite Island of Maui, Hawai’i. She has run 15 marathons and received All-American honors in track events.

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.



Big Sky, Big Mind: Contemplative Astronomy

Jim Tolstrup & Andrea Schweitzer

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 + 3 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.



Awakening the Wisdom of Emotions: The Five Buddha Families

Jenny Bondurant & Kay Peterson

Sometimes our emotions bring joy, ease, and clarity, or they can color our perception and lead to habits of aggression, grasping, ignoring, pride, and jealousy. This practice is based on the understanding that the energy of emotion falls into 5 archetypal patterns of innate intelligence that can arise in a sane or neurotic way. By cultivating deeper awareness and loving kindness for our diverse cognitive and emotional styles, our neuroses are transformed into boundless wisdom and compassion through which we can bring more clarity, calm, discernment, confidence, and skillful action to relationships.

Tuition: \$205 + 4 nights

Jenny Bondurant has been a dharma teacher for 30 years, both in the Shambhala Buddhist tradition, and in the tradition of Anam Thubten from whom she received ordination as a teacher. An adjunct faculty member in the Contemplative Psychology Department at Naropa University, she leads retreats on Maitri Space Awareness and working with the energy of the emotions.

Kay Peterson, MA, MFT is a licensed psychotherapist in private practice in the California Bay Area. She has been practicing Contemplative and Mindfulness-Based psychotherapy for the past 24 years. Kay is adjunct faculty at Naropa University. She also teaches Mindfulness-Based Stress Reduction (MBSR) and leads contemplative wilderness retreats nationwide.



Bridges to Beyond: A Grief Healing Workshop

Sue Frederick

If you've ever lost someone you love, this transformative grief-shifting workshop will rock your world. You'll learn meditations and sacred practices that allow you to have a direct conversation with your departed and a deep understanding of your soul agreements—even painful ones. You'll feel the relief that comes from a heart-opening meditation technique and you'll understand why you're here and what your soul's great mission is. Your loss is meant to fuel your greatest work and Sue Frederick is a master at illuminating that path for you.

Tuition: \$205 + 2 nights

Sue Frederick is the author of *Bridges to Heaven: True Stories of Loved Ones on the Other Side*, *I See Your Soul Mate*, and *I See Your Dream Job* (St. Martin's Press). Through Sue's work with thousands of clients, she's learned that everyone is capable of lifting the veil and feeling the direct healing experience of their departed loved one's presence. Sue believes that seeing and talking to your departed loved ones is not only possible but necessary in order to heal your pain and live your most meaningful life.



Compassionate Acceptance: A Mindful Path to Healing Life's Wounds

Thomas Roberts

We all carry with us a store of life's hurts, betrayals, and traumas. Much of the impact of these experiences resides deeply in our nerves and the cells of our bodies, to be re-lived repeatedly throughout our lives. Too often, we develop a type of aversion to these hurts—a kind of wishing they would go away. Deep healing occurs only when we soften our self-aversion and begin to accept and relate wisely with deep compassion to that part of ourselves which needs healing.

This will be a dynamic and refreshing opportunity for you to explore how the practice of mindfulness meditation will deepen your understanding of how your body and mind work together to generate lasting healing and well-being.

This retreat will provide a spacious and safe place to work on bringing mindful and compassionate acceptance to these difficulties. Through contemplative, Taoist, and Buddhist teachings and healing practices you will explore a kind of emotional, spiritual, and physical healing based on acceptance and compassion. This depth of healing is integral to deepening the spiritual path.

You will leave this retreat with a lasting foundation to help you tap into the healing wisdom of your body.

Tuition: \$185 + 3 nights

Thomas Roberts, a Zen Buddhist and psychotherapist, has led dynamic, refreshing, and practical retreats on mind-body healing and meditation practices for over 30 years.



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 of our lives, especially in those situations that challenge us the most!

Tuition: \$250 + 2 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 Lama, 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.



The Art of Being Human:

Shambhala Training I

Shastri Holly Gayley

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

Shastri Holly Gayley is an Assistant Professor of Buddhist Studies at the University of Colorado in Boulder. She has been practicing meditation in the Shambhala tradition for more than 20 years and regularly leads meditation retreats and workshops. Holly frequently travels to Eastern Tibet for her research on contemporary Buddhist movements and enjoys trekking in the Himalayas and Rocky Mountains.



Wired for Love:

Relationship Workshop

**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. Over the course of this weekend you will come to understand how you and your partner really work and begin to construct a specific set of guidelines for your relationship.

Tuition: \$225 + 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 for 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, ND

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



Learn to Meditate

Greg Smith

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

You will receive a copy of *Turning the Mind Into an Ally* at the retreat.

Tuition: \$150 + 2 nights

See Greg's bio on page 9.

Mindfulness and Compassion Meditation Retreat

Shastri Janet Solyntjes & David Spound

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 and Compassion 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.

The Mindfulness Meditation Retreat is suitable for mindfulness teachers or aspiring teachers, and fulfills the retreat prerequisite for attending Oasis Institute training programs.

Tuition: \$775 + 9 nights

Janet Solyntjes, M.A. is a senior teacher in the Shambhala-Buddhist tradition and has offered mindfulness courses at Naropa University, Omega Institute, Hollyhock, and Shambhala Mountain Center. She also offers courses in corporate and non-profit workplaces. A practitioner of mind-body disciplines since 1977, Janet has completed a professional training in MBSR with Jon Kabat-Zinn and Saki Santorelli as well as an MBSR Teacher Development Intensive at the Center for Mindfulness at the UMass Medical School. She is the co-founder of the Boulder-based Center for Courageous Living and is a teaching faculty member of the Engaged Mindfulness Institute.

David Spound, M.Ed., is a meditation practitioner, teacher, and consultant based in Northampton, MA where he offers courses in Mindfulness-Based Stress Reduction (MBSR) and Mindful Self-Compassion (MSC) through his company Valley Mindfulness. He began to practice meditation in the 1970s, and has been teaching MBSR since 2006 and MSC since 2015. David was certified as a teacher of Mindfulness Based Stress Reduction by the Center for Mindfulness at UMass Medical School, the organization founded by Jon Kabat-Zinn, Ph.D.



Befriending Small Deaths, Big Deaths

Dominie Cappadonna & Joshua Mulder

Approaching death with curiosity, courage, and spiritual skills allows for fearlessness in facing the unknown. The “small deaths” we live through— broken-heartedness, sickness, aging, and loss of justice or beliefs— offer us practice moments for the “big death” at the end of life. By relating in a profound way with our small deaths, we build strength and resilience to encounter dying moments as they arise. During this retreat, we will meet inside the Great Stupa and in nature, for gentle, experiential processes and meditations that draw upon universal principles, as well as Shamanic and Buddhist teachings. Through acknowledging our mortality and feeling the preciousness of life, we learn to work with what our small and big deaths can teach us.

For those who work in the death and dying field and interested individuals.

Tuition: \$190 + 2 nights

Dominie Cappadonna, PhD, CT, is a transpersonal psychotherapist, mentor, death awareness educator and contemplative chaplain. Dominie’s work, “Radiant Living ~ Luminous Dying®- Empowering Life Transitions and Present Moment Awakening,” facilitates life and death transitions. As a Buddhist practitioner, she co-guides seminars such as One Year to Live, Conversations on Death, and Community Care Circles for Natural Transitions.

Joshua Mulder has been a student of Buddhism for 43 years. In 1987 he was asked to care for the great Vidyadhara Chögyam Trungpa Rinpoche’s relics. Inspired by the teachings of Buddhism, he has spent the last 26 years designing, building, and creating the artistic expression and heraldry of the Great Stupa of Dharmakaya. He continues to deepen visitors’ understanding and connection to the Stupa by giving tours and dharma talks on a regular basis.



The Daring Way:

**Show Up, Be Seen, Live Brave™
(A Retreat For Women)**

Kathy Tolstrup & Carrie Haynes

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

Tuition: \$375 + 2 nights

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

Carrie Haynes, LPC, has been practicing psychotherapy for over 10 years. She specializes in creating powerful and transformative group experiences. Carrie is the Director of Group Services for the CSU Health Network where she trains students and professional therapists in group facilitation. Her style blends Eastern and Western approaches to healing, emphasizing authenticity and connection.



**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, 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, this Weekthun counts toward one week of Dathun and fulfills a portion of the group practice requirements for attending the Enlightened Society Assembly as part of the Shambhala Buddhist path, as well as Shambhala Guide Training requirements.

Tuition: \$0 + 8 nights

Hope Martin has taught the Alexander Technique for 30 years in the United States and abroad. She maintains a lively private practice, is a Senior Teacher training 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 as well as a Focusing Trainer. Her particular passion is in facilitating her students' discovery of how easeful, upright posture is an expression of their human dignity, confidence, and innate wakefulness.



**Medicine Buddha and the
Fivefold Path of Mahamudra**

**Venerable Khenpo Lobzang Tenzin
& Nashalla Nyinda**

The Five-Fold Mahamudra method embodies the view of Dzogchen, Madhyamaka (the Middle Way), Shamatha, and Vipashyana. Any meditation practitioner will enjoy this simple and direct guidance to aid their meditations. We will learn to generate compassion, embody buddhanature through visualization practice, and engage in the actual Mahamudra practice.

During this retreat, special emphasis will be placed on working with the Medicine Buddha or any other personal deity. We will also receive instructions for guru yoga practice, as it is said that devotion is the shortest way to realize the ultimate nature of phenomena. We will seal our practice with dedication reaching beyond our own benefit, so that all beings can be touched by the same goodness we have rediscovered.

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 Gwyn 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.



Dismantling Racism with Meditation:

A Workshop for White People

Kara Dansky

Do you want to learn more about what you can do to end racism? Do you want to learn how to engage meditation in racial justice work?

Rather than serving as a tool for escaping or ignoring difficulty, meditation can serve as a practical tool for addressing social problems like racism directly. This workshop is about working within a safe community to develop a gentle and non-judgmental approach to addressing racism, racial conditioning, and the need for racial healing. Participants will learn how to take clear steps to tackle issues of race and racism in their own lives.

This workshop is intended for people from any spiritual background (or none at all), who are perceived as white. No prior experience with meditation is necessary.

Tuition: \$195 + 2 nights

Kara Dansky is a lawyer and meditation instructor. Before founding One Thousand Arms, she was Special Advisor at the Mayor's Office of Criminal Justice in New York, Senior Counsel at the ACLU, and Executive Director of the Stanford Criminal Justice Center. Before that, she was a public defender. Kara is a certified meditation instructor through Shambhala International. She received her J.D. from the University of Pennsylvania Law School and her B.A. from Johns Hopkins University (both cum laude.)



The Way of the Happy Woman: Winter Retreat

Sara Avant Stover

Calling all women who do too much! This replenishing retreat will support your New Year's goals by seeking refuge in the good company of like-minded women. Winter is the season to rest, hibernate, and tap into your intuition and deepest dreams. Still, the inevitable hustle and bustle of this time of year can leave you depleted and disconnected. During this retreat, you will become more rooted in yourself and inspired from within by tapping into the silent magic that winter promises. 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: \$270 + 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.



Beyond Suffering:

Unconditional Self Love, Mindfulness, Meditation, and Qigong Retreat

Blake 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 Qigong 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, Qigong 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.



SHAMBHALA

Enlightened Society Dathun

Acharya Daniel 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 + 28 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.



**Fearlessly Creative:
A Meditation and Writing Retreat**

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

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 with over 15,000 members.



**Take a Leap into 2017:
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.



January 3 – 8

Heart of Buddhist Meditation:

Origins of Modern Mindfulness

Acharya Judith Simmer-Brown

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: \$210 + 5 nights

Acharya Judith Simmer-Brown, Ph.D., 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.



January 6 – 8

The Path of Simply Being

Thomas Roberts

Beginning the path of meditation is an ideal opportunity to embrace the wisdom of everyday experience with great patience, openness, and compassion.

In this dynamic and practical retreat, we will explore how meditation practice embraces all areas of our lives with depth and wisdom. Drawing from the Buddhist insight traditions, we will learn the essential qualities of taking our meditation practice beyond the cushion. These insights will allow us to remain fearless amidst the day-to-day flow of our lives; they will invite our hearts and minds to expand and radiate with compassion and intelligence – and ultimately to open to our true nature.

No previous meditation experience is necessary.

Tuition: \$185 + 2 nights

Thomas Roberts, a Zen Buddhist and psychotherapist, has led dynamic, refreshing, and practical retreats on mind-body healing and meditation practices for over 30 years. This retreat will draw from his book *The Mindfulness Book: A Beginner's Guide to Overcoming Fear and Embracing Compassion*.



January 11 – 15

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 come to know ourselves as complete and wakeful beings. During this retreat, we will practice sitting meditation, flowing and restorative yoga, and playful, improvisational movement. We'll spend mornings in silence to deepen our practice and insight; in the evenings, we'll cultivate understanding and trust through community talking circles.

Previous yoga or meditation experience recommended.

Tuition: \$285 + 4 nights

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



January 13 – 15

SHAMBHALA

The Art of Being Human:

Shambhala Training I

Valerie Lorig

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

Valerie Lorig, M.Ed, LPC, has been a practitioner of Buddhism and Shambhala since the 1970s and teaches at Shambhala Centers internationally. Trained by Chögyam Trungpa Rinpoche and empowered as a Sangyum, she is a holder of the feminine principle in Shambhala. A teacher at Naropa University in the Contemplative Psychology Department, Valerie integrates meditative disciplines with contemplative psychology. As a contemplative psychotherapist at Auspicious Coincidence Counseling she uses Mindfulness and Awareness, Hakomi, EMDR, and Brainspotting to help clients connect with their innate basic goodness.



January 29 – February 3

Mindful Self-Compassion Intensive

Megan Leuchars
& Michelle Becker

This 5-day residential program is an intensive form of the internationally recognized, eight-session Mindful Self-Compassion (MSC) training developed by Christopher Germer and Kristin Neff. It is open to laypeople and professionals alike. Participants will learn to: understand the science of self-compassion, practice self-compassion in daily life, motivate themselves with kindness rather than criticism, meet difficult emotions with greater ease, transform challenging relationships, learn tools to manage caregiver fatigue, and teach simple self-compassion practices to others. This program fulfills the prerequisite for MSC teacher training.

Tuition: \$750 + 5 nights

Megan Leuchars is a Certified Mindfulness-Based Stress Reduction and Mindful Self-Compassion Instructor, as well as the Director of Outreach at UC San Diego Center for Mindfulness. Additionally, Megan provides customized mindfulness programs for business, healthcare, and academic settings.

Michelle Becker, M.A., LMFT is a licensed Marriage and Family Therapist in private practice in San Diego, CA. Michelle utilizes mindfulness and compassion based psychotherapy with individuals, couples, families and groups. She is a co-founder of the Mindful Self-Compassion Teacher Training.



February 24 – 26

SHAMBHALA

Learn to Meditate

Patricia Kelly

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

You will receive a copy of *Turning the Mind Into an Ally* at the retreat.

Tuition: \$150 + 2 nights

Patricia Kelly was introduced to meditation in 1986 by an Episcopal priest, who was also a zen practitioner. This, along with reading *Zen Mind, Beginner's Mind*, influenced her to attend Naropa University, where she received her masters in Contemplative Psychotherapy. In 1995, she met Sakyong Mipham Rinpoche and became his student within the Shambhala tradition. She lives in Louisville, Colorado where she has a private psychotherapy practice specializing in treating trauma.



Awake at Work:

Cultivating Confidence, Well-being and Mindfulness on the Job

Michael Carroll

Livelihood offers us countless opportunities to express our creativity, build fulfilling relationships, and contribute to our world. Yet research reveals a disturbing fact: going to work can often be downright unhealthy. Rather than leaving work feeling fulfilled and creatively inspired, many of us find ourselves feeling frustrated, driven, even besieged, by a workplace that is distressing – at times even toxic. Such circumstances present us with a beguiling modern day paradox: how can we creatively contribute to our world in the midst of conflict, frustration, and speed?

During this retreat we will explore this paradox and delve into how mindfulness awareness meditation can help us recognize workplace challenges as spiritual invitations to wake up and lead an uplifted, noble life on and off the job.

Tuition: \$195 + 2 nights

Michael is the author of *Awake at Work* (2004) and *Mindful Leadership Training* (2016), has held executive positions with Simon & Schuster and The Walt Disney Company, and has taught widely on workplace mindfulness at institutions such as Harvard, Wharton, Lerab Ling and EVAM Institute. He has been practicing meditation since 1976 and is an authorized teacher in the Kagyu-Nyingma lineage of Tibetan Buddhism.



Mindful Heart Communication:

A Path to Warmth, Dignity and Confidence

Acharya Susan Chapman & Gregory Heffron

Come learn how Mindful Communication can enhance your ability to interact with your world with effectiveness, kindness, and truth. Based on *The Five Keys to Mindful Communication*, this popular five-day retreat aims to unlock stuck patterns of interaction, allowing us to rediscover our natural human ability to connect with ourselves and others. By stepping carefully through The Five Keys, this retreat will focus on our innate capacity to understand and relate with others, even in chaotic situations. This leads us to be more flexible in our relationships, more honest and more compassionate. The format includes talks, guided meditations, small group exercises, storytelling, mind-body practices and more.

Tuition: \$190 + 4 nights

Acharya Susan Chapman, MA, author of *The Five Keys To Mindful Communication*, is a family therapist, contemplative psychologist and meditation teacher. She completed Gampo Abbey's three year retreat and served as Druppon, retreat leader, for six years.

Greg Heffron has been teaching Mindful Communication since 2009, and has been a mindfulness meditation teacher since 2005. In 2005, he apprenticed with senior Mudra Space Awareness teacher Craig Smith, and became authorized to teach this unique mind-body meditation technique (included in communication workshops.)



March 10 – 12

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 Janet’s bio on page 16.

March 10 – 12

Celebrating the Practice Lineage:

Milarepa Day in the Great Stupa of Dharmakaya

Larry Mermelstein

Explore and connect with the profound depth and vast brilliance of the Kagyu lineage of Tibetan Buddhism in the Great Stupa of Dharmakaya. Led by Larry Mermelstein, we will utilize The Rain of Wisdom to introduce many lineage masters and learn about their lives and teachings.

Talks and discussion will happen on Friday evening and all day Sunday. On Saturday, we will celebrate Milarepa Day together, practicing a beautiful Milarepa sadhana and chanting the entire Rain of Wisdom. Reading about the lives of so many great teachers will undoubtedly inspire us all towards greater dedication on the path of awakening.

Tuition: \$150 + 2 nights

Larry Mermelstein became a close student of Chögyam Trungpa Rinpoche in 1971. He served as an Acharya in the Vajradhatu/Shambhala community for 20 years, and was a member of the Shambhala International board of directors for nearly as long. He has worked with the Nalanda Translation Committee for over 35 years, as Executive Director and founding member, and is a long-time consulting editor for Shambhala Publications.



March 17 – 19

Beyond Suffering Level 2:

Unconditional Self Love, Mindfulness Meditation, and Qigong Retreat

Blake Bauer

This follow up retreat is for those who have attended Beyond Suffering Level 1 and would like to go deeper into the practical application and embodiment of unconditional self love. It will offer a safe space, to go deeper into the practice of speaking and acting honestly, with loving kindness, in every moment and situation. This follow up retreat arose naturally out of strong demand from level 1 participants to reconnect with like-minded people, new friends, and the teachings from the first intimate weekend together.

Tuition: \$300 + 3 nights

See Beyond Suffering Level 1 and Blake’s bio on page 20.

March 18 – 26

SHAMBHALA

Week-long Spring Meditation Retreat

Lodro Rinzler & Susan Piver

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.

Tuition: \$0 + 8 nights

Lodro Rinzler is a Shambhala Buddhist teacher and the author of five books on meditation including the best-selling *The Buddha Walks into a Bar...* Over the last 15 years he has taught numerous workshops at meditation centers, businesses, and college campuses. Lodro's columns appear regularly in the *Huffington Post* and *Elephant Journal*, and he has been featured on WNYC, WBUR, FOX, and the CBC. He founded the Institute for Compassionate Leadership and lives in New York City.

See Susan's bio on page 21.



March 27 – 31

SHAMBHALA

Spring Break Family Retreat

Kate Raddock & Leslie Gossett

Spend your spring break breathing in the mountain air with your whole family. Spring Break Family Retreat offers relaxation and connection through yoga 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.

All sessions are optional; you may attend as many or as few formal sessions as you like, and craft the perfect retreat for your family.

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 present in every moment.





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!

Fall Take-Down | Aug 28 – Oct 10

Summer Set-Up | Begins late April

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.



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 (Aval. June – September)

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

\$109 per night per person

TENT DOUBLE (Aval. June – September)

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

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 \$60 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

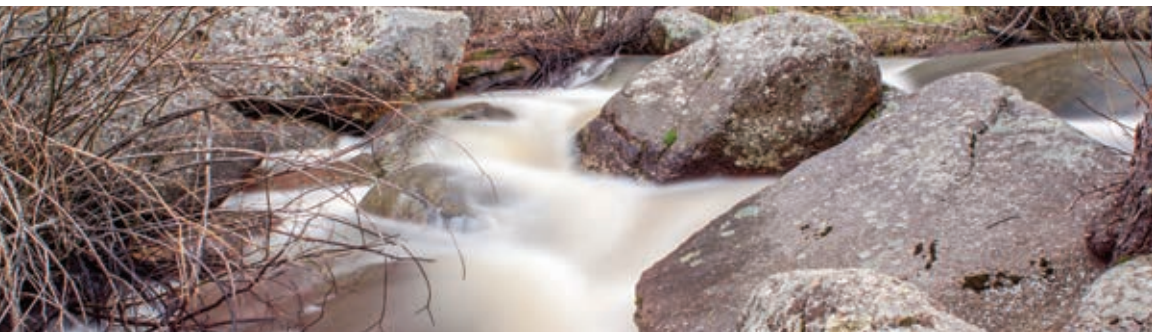
For travel information including shuttle providers from Denver International Airport, directions from surrounding areas, and the Shambhala Mountain Shuttle to and from Fort Collins, please visit our website or email travel@shambhalamountain.org.

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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