

FALL / WINTER

Shambhala Mountain Center 2011/12

BUDDHISM • MEDITATION • YOGA • HEALTH & HEALING



Celebrating 40 years
of sharing wisdom

CELEBRATING
40
YEARS



Dear Friends,

All world wisdom traditions directly speak of intrinsic human qualities of wisdom and compassion. Here at Shambhala Mountain Center, reconnecting to our wisdom and compassion is why we offer contemplative and meditative trainings. As the basis for personal and societal transformation, such training is incredibly important.

When we as individuals delve deeper into understanding who and what we are, we cultivate the inherent positive qualities of being human. When enough people do this, cultural change begins to occur, creating the opportunity for greater awareness, learning and positive shift in society's collective values.

Some of the excellent trainings in this fall/winter catalog are introductions to contemplative and meditative practices such as Learn to Mediate and Level I of Shambhala Training. A number of programs focus on body/mind awareness: Yoga with Yogi Amrit Desai; Qigong with Eva Wong; and Mindfulness-Based Stress Reduction with Janet Solyntjes are but a few.

You will also find presenters offering teachings that expand appreciation of our world such as Contemplative Astronomy, Miksang Photography, and a meditation and creative writing retreat with author Susan Piver. Consider studying the power of Huichol Indian Shamanism with Brant Secunda, or explore the topic of restoring hope and leadership for a better world with nationally acclaimed author Meg Wheatley. One of my personal favorites is the monthlong Dathün meditation retreat which can be taken in its entirety or in weekly segments. Participating in a Dathün provides an invaluable opportunity to truly learn what it means to be kind to ourselves.

In a world of great need, please join us at Shambhala Mountain Center as we celebrate our 40th year of exploring and creating a culture of kindness, generosity and courage.

Warmly,

A handwritten signature in black ink, appearing to read "Jon Barbieri".

Jon Barbieri, Executive Director



Visit the Great Stupa

One of the most significant examples of Buddhist sacred architecture in the world, the Great Stupa of Dharmakaya is the heart of Shambhala Mountain Center. Throughout history, stupas have promoted harmony, health, prosperity, peace and freedom, bestowing blessings upon the environment in which they are built, and upon those who visit and venerate them. These holy monuments ensure that the living qualities of the Buddhist teachings on kindness are always present for us. The Stupa provides an environment where people can relax into their basic goodness and appreciate the sacredness of the world.

Begun by volunteers 24 years ago, work on the Great Stupa, which includes the addition of original art and sculpture, continues today. This incredible landmark was built in honor of the meditation master, author and artist Chögyam Trungpa Rinpoche, and celebrates his contribution to the establishment of the vision of enlightened society in the West. The Stupa is a living embodiment of the unity of wisdom and compassion.

The Great Stupa is open daily from 10am to 6pm. The Stupa Visitors' Center offers a 25-minute video about the Stupa. Groups of six people or more can schedule a guided tour for a pre-established, per-person fee. Reservations must be made at least two weeks in advance. Public tours are occasionally offered on selected dates. For more information, call (888) 788-7221.

Introductory Programs

Shambhala Mountain Center offers regularly scheduled programs for people who are new to meditation and other contemplative disciplines. This includes our **Learn to Meditate** retreats, **Shambhala Training** weekends and other programs indicated by our introductory meditation symbol: a red and yellow meditation cushion. These programs have no prerequisites and are designed especially for beginners.

Learn to Meditate: Turning the Mind Into an Ally



Meditation practice allows us to find peace within ourselves while we develop a strong, yet flexible mind. Our **Learn to Meditate** retreats offer meditation practice techniques as well as a perspective on how they work. This technique is based on the bestselling book *Turning the Mind into an Ally*, by Shambhala's spiritual leader, Sakyong Mipham Rinpoche.

Learn to Meditate Weekends:

SEPTEMBER 30 – OCTOBER 2 | DECEMBER 9 – 11 | FEBRUARY 10 – 12

Introductory Meditation Symbol

This symbol indicates introductory meditation programs. There are no prerequisites for these programs and beginners are welcome.

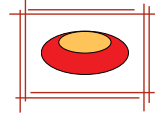


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To find a Shambhala center near you,
please visit www.shambhala.org.



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“The Shambhala teachings are founded on the premise that there is basic human wisdom that can help to solve the world’s problems. This wisdom does not belong to any one culture or religion, nor does it come only from the West or the East. Rather it is a tradition of human warriorship that has existed in many cultures at many times throughout history.”

— Chögyam Trungpa Rinpoche



Shambhala Training

Shambhala Training is a secular meditation training that helps us to develop fearlessness, confidence, openness and gentleness towards ourselves and the world. Shambhala is a tradition of peaceful warriorship, holding a view of human bravery based on being fully open to who we really are. Shambhala teachings recognize that human wisdom and basic goodness do not belong to any one religion or doctrine. As such, **Shambhala Training** welcomes people of all religious traditions, as well as those who do not follow a particular spiritual path.

The **Shambhala Training** path begins with a series of weekend programs known as the **Heart of Warriorship**, which provide the tools to establish a personal meditation practice and to integrate the principles of warriorship into daily life. Each **Shambhala Training** program includes meditation instruction and practice, talks on Shambhala teachings, group discussions and individual interviews.

HEART OF WARRIORSHIP WEEKENDS:

Level I: The Art of Being Human

Experience the world as sacred and recognize basic goodness as your birthright.

SEPTEMBER 23 – 25 | NOVEMBER 4 – 6 | JANUARY 13 – 15



Level II: Birth of the Warrior

Learn to recognize habitual patterns and discover the fearlessness to transcend them.

DECEMBER 2 – 4

Level III: Warrior in the World

Cultivate confidence in every aspect of your daily life.

JANUARY 13 – 15

The price for these programs is \$125 tuition + 2 nights lodging & meals.



Self-Directed Retreat & Renewal

Unplug, slow down and relax. Enter the world of Shambhala Mountain Center, a six-hundred-acre mountain haven of native forests, gentle meadows and sweeping valleys. We invite you to rediscover your own sense of personal harmony by spending a day, a week or longer soaking up the beauty and power of this land.

During a **Self-Directed Retreat & Renewal**, you have the freedom to create your own experience in our unique environment. Take a leisurely hike on our eight miles of wilderness trails, curl up with a good book by a cozy fire or enjoy the glistening beauty of a fresh snowfall. Visit the Great Stupa, meditate in one of our shrine rooms or practice yoga in a quiet space surrounded by valley vistas.

Self-Directed Retreat & Renewal sojourns are available for one or more nights throughout the year. Meditation instruction may be available upon request. Some black-out dates apply. Rates are per-person, per-night, depending on choice of accommodations and season. Prices include meals and meditation instruction, if available and requested. Space is limited, so please register early. We recommend calling at least one week in advance to check availability. For more information, please visit our website.

SELF-DIRECTED RETREAT & RENEWAL RATES | \$55 - \$210 per night lodging & meals

Michael Wood, an award-winning photographer, developed the Miksang course curriculum by combining his photographic work and meditation training with the Dharma Art teachings of Chögyam Trungpa Rinpoche. He co-authored *The Practice of Contemplative Photography: Seeing the World with Fresh Eyes*.

Julie DuBose has studied and practiced Miksang Contemplative Photography since 1998, and is a principal Miksang instructor. She has been a student of Chögyam Trungpa since 1975.

Tarah Michelle Cech is a naturopath, Anusara Yoga instructor, wellness educator and coach well known for her heart-centered approach. Tarah has run 13 marathons and received All-American honors in track events.

Jon Pratt ran his first marathon in 1980 and continues to run with his teacher, Sakyong Mipham Rinpoche. He has been practicing meditation since 1993.

Opening the Good Eye: Miksang Photography

with **MICHAEL WOOD & JULIE DUBOSE**

Drawing from the Dharma Art teachings of Chögyam Trungpa Rinpoche, we will explore the discipline and delight of *Miksang* (Tibetan for “good eye”), or direct seeing—perception-based photography. This program will help us develop the ability to synchronize the mind and eye so that habitual patterns of seeing and labeling dissolve in a moment of stunning, vivid perception. Through visual exercises and assignments, we will cultivate the confidence to directly connect with what we see and then precisely express that experience with our cameras. Please bring a digital camera and a portable flash drive.

SEPTEMBER 2 – 5 | \$275 tuition + 3 nights lodging & meals

Running with the Mind of Meditation & Yoga

with **TARAH MICHELLE CECH & JON PRATT**

Distance running or walking is often the exercise of choice for reducing stress, bringing us greater perspective and connecting us directly to the wisdom of the body. The practices of meditation and yoga offer similar benefits, helping us cultivate stillness and nonjudgmental awareness of the mind’s activities. During this Labor Day weekend, we will run on beautiful, Rocky Mountain trails and discover a deeper level of peace through meditation and yoga. Our terrain will also include yoga designed specifically for runners, group discussion and contemplative group runs. Runners and walkers of all levels are welcome.

SEPTEMBER 2 – 5 | \$210 tuition + 3 nights lodging & meals



Max Regan, MFA, is a teacher, an internationally published poet and writer, and the founder of Hollowdeck Press LLC. He has taught and lectured at the University of Colorado, Colorado State University, Naropa University and Rose Medical Center. Published in numerous literary journals, magazines and anthologies, his work has been translated into five languages.

The World Within/The World Without: A Four-Day Workshop for Writers

with **MAX REGAN**

As writers, what do we draw upon to create our work? In this program, we will tap deep inner and outer resources. The writer's inner world includes memory, imagination, emotion, desire, longing, curiosity and dreams. The exterior world encompasses collaboration, mythology, research, found words, text, objects, experiences, and boundless opportunities for discovery and transformational seeing. We will explore each of these realms and also discuss daily practice, the drafting process, the world of publishing and different ways of releasing work into the world. Writers of all level are welcome.

SEPTEMBER 2 – 5 | \$200 tuition + 3 nights lodging & meals



Big Sky, Big Mind: A Contemplative Astronomy Workshop

with **ANDREA SCHWEITZER & JIM TOLSTRUP**

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 stars by using interactive, kinesthetic astronomy to experience the movement of the celestial bodies. We will combine 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. Come deepen your meditation practice and take home a personal connection to the night sky. No astronomy background required.

SEPTEMBER 9 – 11 | \$155 tuition + 2 nights lodging & meals



Andrea Schweitzer, PhD, is an astronomer with the Little Thompson Observatory in Berthoud, Colorado. She collaborated with NASA on programs such as the Hubble Space Telescope and the Voyager missions.

Jim Tolstrup directs Shambhala Trainings and is the president of Cankatola Ti Ospaye, a non-profit that supports Native American elders. He is also executive director of the High Plains Environmental Center in Colorado.



Keith Kachtick, founder of Dharma Yoga, has taught meditation and yoga worldwide since 1999. Keith is the author of *You Are Not Here & Other Works of Buddhist Fiction* and *Hungry Ghost*.

Camilla Figueroa, MSW, is founder of Dharma Yoga Therapy and is certified in Thai Yoga Massage, Dharma Yoga and Phoenix Rising Therapy.

Yab-Yum & Dharma Yoga: Relationship as Spiritual Practice

with **KEITH KACHTICK & CAMILLA FIGUEROA**



The Buddhist tantric practice of Yab-Yum regards romantic relationship as an opportunity for spiritual awakening. This weekend, discover how to celebrate, revitalize and deepen soulful harmonizing between you and your partner. After nurturing the Yab-Yum confluence of “masculine” compassion and “feminine” wisdom within our own individual nature, we will explore Thai Yoga Massage, heart-opening yoga poses, metta meditation, Acro Yoga and couple’s dialogues. These practices will fine-tune our

communication skills, enhance understanding of our partner’s needs and desires, and help us to realize our full spiritual potential. For yoga and meditation students of all levels; heterosexual or same-gender couples in committed relationships welcome.

SEPTEMBER 9 – 11 | \$170 tuition + 2 nights lodging & meals

Robert Moss, MA, is the pioneer of *Active Dreaming*. A former lecturer at the Australian National University, Robert is a best-selling novelist, journalist and independent scholar. His eight books include *Conscious Dreaming*, *Dreamgates* and *Active Dreaming*. www.mossdreams.com



Active Dreaming: The Essential Workshop

with **ROBERT MOSS**

Dreaming is not just what happens during sleep—it is *waking up* to sources of guidance, healing and creativity beyond the reach of the everyday mind. Our lives become richer and juicier when we are active dreamers. Delving into the techniques of Active Dreaming, we will explore fun and fast ways to create safe

spaces for sharing dreams, and bringing their energy and guidance into daily life. Using powerful and original techniques for shamanic lucid dreaming, we can travel across time, facilitate soul recovery, harvest personal imagery for healing, and release the creator and shaman inside. Through games of coincidence and imagination, we will discover how “the passions of the soul work magic.”

SEPTEMBER 9 – 11 | \$210 tuition + 2 nights lodging & meals

Yogi Amrit Desai is an internationally renowned yoga master and one of the earliest pioneers of yoga in the United States. He founded the yoga society that has grown to become Kripalu Center for Yoga and Health. He has authored numerous books and CDs on yoga and holistic living.



Meditation-Based Yoga Nidra

with **YOGI AMRIT DESAI**

As meditation students, we sometimes spend too much time using *techniques* before we learn to enter the *experience* of meditation. Meditation-based Yoga Nidra takes us easily and effortlessly to this zero-stress, integrative zone through meditative-awareness techniques. This ancient yoga of deep sleep allows us to disengage from unnecessary habitual patterns and naturally realign with spirit. It can boost our immune system and accelerate healing; eliminate anxiety and depression; dismantle self-defeating patterns and addictive behaviors; and more. Regardless of what technique you are practicing, Yoga Nidra can stimulate a quantum leap that can change your meditation experience.

SEPTEMBER 16 – 18 | \$225 tuition + 2 nights lodging & meals

Karen Maezen Miller is a Zen priest and sensei at the Hazy Moon Zen Center in Los Angeles, California. She is the author of *Hand Wash Cold: Care Instructions for an Ordinary Life* and *Momma Zen: Walking the Crooked Path of Motherhood*. www.karenmaezenmiller.com



The Practice of Everyday Life

with **KAREN MAEZEN MILLER**

To those of us with jobs, families, relationships and a million other things standing in our way, cultivating a spiritual practice can be the last item on a long list of things to do. We might never make it to a mountaintop monastery, so how do we balance our deeper aspirations with the demands of work and home? Does one preclude the other? During this program, we will redefine spirituality, and rediscover the clarity and compassion we think we have lost. Using simple mindfulness practices grounded in classical Zen wisdom, we will reawaken our faith and love in everyday life.

SEPTEMBER 16 – 18 | \$185 tuition + 2 nights lodging & meals

Shar Lee, CYI, has been teaching yoga and Buddhist meditation internationally since 1966. After studying Zen Buddhism in the United States, she studied Tibetan Buddhism in Nepal with several esteemed lamas. In 1987, she began training in Tibetan Cranial work with Lama Dorje in Kathmandu, Nepal. www.tibetancranial.org

Tibetan Cranial Training

with **SHAR LEE**

A nearly extinct energetic healing modality passed down orally from Tibetan monks throughout the centuries, Tibetan Cranial work reconnects us to our inherent healing capacity. While maintaining a state of prayer or mantra, practitioners read and interpret hundreds of pulses, and then adjust bones in the skull, jaw, palate and neck. This work has been shown to alleviate great suffering and promote a profound sense of well-being. Since this work requires maintaining a steady state of mantra or prayer, practitioners need to have a strong spiritual practice. Yoga and meditation will be taught as part of the five-day retreat so that apprentices can develop a daily practice. For more information, call (303) 772-0454.

SEPTEMBER 16 – 20 | \$800 tuition + 4 nights lodging & meals



Andrew Holecek is the founder of the Forum of Living and Dying, which offers seminars internationally on death, dying and beyond. He is the author of *The Power and the Pain* and the forthcoming *Prepare to Die: A Spiritual and Practical Guide from the Buddhist Perspective*.

Death & Enlightenment: Spiritual Opportunity of a Lifetime

with **ANDREW HOLECEK**

The “bardo of becoming” is where we spend 49 days after death. This precious time presents unparalleled opportunities for rapid spiritual progress when nearly miraculous possibilities for enlightenment arise. Discover what to expect after you die, when to expect it and how to take advantage of it. We will practice meditations to prepare for death and learn ways to help those who have passed. Linking the esoteric with the practical, we will also explore diverse topics such as suicide, euthanasia, abortion and the death of a pet. Learning about death ironically brings us to life, and shows us how to live more fully and fearlessly.

SEPTEMBER 23 – 25 | \$160 tuition + 2 nights lodging & meals

Shambhala Training Level I: The Art of Being Human



Meditation sharpens our intelligence and uncovers our natural wisdom. Join us to receive practical instructions for transforming confused emotions and situations as they arise into effective action. As we learn how to include everything as part of the path, the challenges of daily life will become opportunities for both contemplative practice and social action. Through the practice of meditation, we will glimpse unconditional goodness as the ground of our existence. Opening to ourselves with gentleness and appreciation, we will begin to see our potential as genuine and compassionate human beings.

SEPTEMBER 23 – 25 | \$125 tuition + 2 nights lodging & meals

Also offered November 4 – 6 & January 13 – 15.

Eva Wong, author and translator of 13 books on the Taoist arts of health, meditation and qigong, is the 19th-generation lineage carrier of *Xiantianwujimen Taoism* (Pre-celestial Limitless Gate School of Taoism) and 3rd-generation student of Wang Xiangzhai, founder of Yiquan martial arts and Zhangzhuān (standing qigong).

Wudangshan Five Animals Long Form

with **EVA WONG**

Totaling 48 movements, the Wudangshan Five Animals Long Form deepens tendon-changing and marrow-washing practices by using advanced stances and internal martial arts–based postures. In particular, the Tiger Form strengthens bones and tendons, the Leopard Form develops spring-like qualities in the tendons, the Dragon Form trains spinal movement, the Snake Form enhances spinal flexibility, and the Crane Form focuses qi. This program is a prerequisite for **Traditional Chinese Qigong Level VI**.

SEPTEMBER 23 – 27 | \$350 tuition + 4 nights lodging & meals

PREREQUISITE: Tendon-Changing/Marrow-Washing Intensive and Animal-Forms Intensive.



Learn to Meditate: Turning the Mind into an Ally



This retreat offers practical instructions for living in an awakened way through peaceful-abiding meditation, which connects us with our mind's inherent stability, clarity and strength. The program will also include basic grounding in the principles of meditation, as well as contemplative techniques to gain insight into the state of our mind and the state of our lives. We will draw from the best-selling book, *Turning the Mind into an Ally*. This program is ideal for beginners, as well as those who would like to stabilize and deepen their meditation experience.

SEPTEMBER 30 – OCTOBER 2 | \$125 tuition + 2 nights lodging & meals

Also offered December 9 – 11 & February 10 – 12.



Larry Welsh, MAc, MA, has trained in the Yang-style short form, listening hands and sword form of Tai Chi Ch'uan, since 1977. He practices Japanese classical acupuncture, herbal medicine and whole-food nutrition. Larry is a senior adjunct professor and mindfulness-meditation teacher in the Traditional Eastern Arts program at Naropa University.

Frank Berliner is an associate professor of Contemplative Psychology at Naropa University. He served as national director of Shambhala Training, and executive director and resident teacher of the Berkeley Shambhala Meditation Center. Frank is also a psychotherapist and life coach in Boulder, Colorado.

A DENVER PROGRAM:

Mindfulness Meditation & Tai Chi Ch'uan: Finding Peace Within Movement

with **LARRY WELSH**

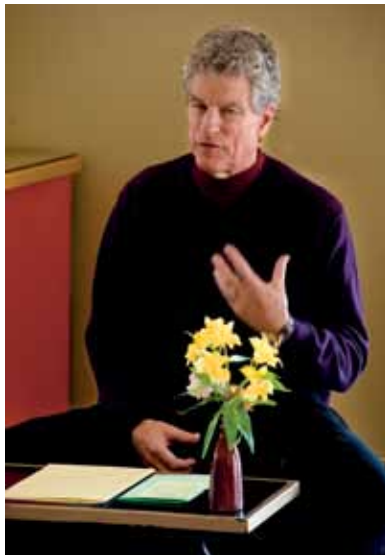
Mindfulness-based sitting meditation and Tai Chi Ch'uan uncover our inherent gentleness, strength, stability and flexibility. By profoundly reducing stress and increasing our ability to respond to everyday life with awareness, balance and skill, this practice offers precious medicine for our era of impatience, anxiety, fear and hurry. In this one-day intensive workshop, we will learn the basic practices of sitting and standing meditation, and the introductory movements of the Yang-style short form of Tai Chi Ch'uan. Please wear loose clothes and bring a meditation cushion or bench if desired. Participants may meditate in a chair if preferred.

This workshop is ideal preparation for a related weekend program at Shambhala Mountain Center November 4 – 6. See page 19.

OCTOBER 1 | \$85 | This program is located in Denver. See website for more information.

Dancing with Hope & Fear (Part III): Sacred Wisdom

with **FRANK BERLINER**



Whether we feel we are engaged with a spiritual path, or a warrior's training, the ultimate destination is the same—sacred wisdom. The world is sacred because our wisdom recognizes it as being so. Sacred wisdom is the realization of the perfection of things as they truly are, and the transformation of hope and fear into wakefulness and courage. In this experience of confidence and freedom, our inner world—and the outer world with all its beauty, pain and

changeability—become an undivided whole. We will explore these profound themes through lectures, discussion, guided meditation, poetry and personal interviews with the instructor. There is no prerequisite for this program.

OCTOBER 7 – 9 | \$150 tuition + 2 nights lodging & meals



Fearless Creativity: A Meditation & Writing Retreat



with **SUSAN PIVER**

Writing connects us to the undercurrents of wisdom that lie just below the surface of discursive thought. It puts us in touch with timely insights, concerns, ideas and our natural wakefulness. If you want to know your thoughts and feelings, writing can tell you. If you want to share yourself with others, writing can be your vehicle. And if you long for creative self-expression, writing can give it form. In this program, we will deepen our relationship with the written word through meditation practice, journaling, group discussion and plenty of personal writing time. We will also discuss how to make writing a daily practice, how to approach the fears every writer experiences and

more. Writers of all genres, published or unpublished, are welcome. Introductory meditation instruction will be offered.

OCTOBER 7 – 9 | \$165 tuition + 2 nights lodging & meals

Fearless Creativity: A Six-Day Retreat for Writers

with **SUSAN PIVER**

OCTOBER 7 – 13 | \$290 tuition + 6 nights lodging & meals

Susan Piver is a New York Times best-selling author of five books and frequent contributor to Shambhala Sun. Her latest book is *The Wisdom of a Broken Heart*. Susan has been authorized to teach meditation in the Shambhala Buddhist lineage since 2006.

Margaret (Meg) Wheatley, EdD, teaches how we can accomplish our work, sustain our relationships and willingly step forward to serve in this troubled time. She is co-founder and president emerita of The Berkana Institute, an organizational consultant since 1973, and a prolific writer and speaker. Her latest book is *Walk Out Walk On: A Learning Journey in Communities Daring to Live the Future Now*. www.margaretwheatley.com

Perseverance: Igniting the Heart in the Midst of Hardship

with **MEG WHEATLEY**



Perseverance is the capacity to keep going long after the passion for our work has dissipated. It is a continuous and conscious choice not to give up, no matter how difficult the circumstances. The Chinese character for perseverance is a knife over a human heart. Can we allow our hearts to be cut open by setbacks, criticism and loss? Can compassion arise even in the harshest settings? Drawing on the wisdom of the

spiritual warrior tradition, we explore how to confront the dominant energies of our time – aggression, anxiety, and fear – in a way that allows us to do good work, serve others and care for ourselves. We will develop ways to work with these conditions and dynamics, while practicing discernment and acting wisely.

OCTOBER 7 – 9 | \$195 tuition + 2 nights lodging & meals



Brant Secunda is a shaman, healer and ceremonial leader in the Huichol tradition of Mexico. After completing a 12-year apprenticeship, he was designated by Don José Matsuwa to help carry on Huichol shamanic traditions. Brant is director of the Dance of the Deer Foundation Center for Shamanic Studies. He teaches worldwide and co-authored *Fit Soul, Fit Body*.

The Power of Healing: Huichol Indian Shamanism

with **BRANT SECUNDA**



The Huichol Indians of Mexico believe that healing is a way of life that permeates every aspect of our existence, not just a response to illness. Using ceremony, sacred dance and pilgrimage to connect the human heart to the heart of creation, widely respected shamanic teacher Brant Secunda will lead us in an exploration of the healing traditions, myths and legends of Huichol Shamanism.

Learn practices of purification, prayer, dream work, visionary art and drumming that can empower us for our personal well-being. We will celebrate the spirit of nature through a sacred Dance of the Deer ceremony, examine how to approach sacred places of power in the natural world, and discover how to embrace that power to nourish and balance our lives.

OCTOBER 7 – 9 | \$195 tuition + 2 nights lodging & meals

Sara Avant is the author of *The Way of the Happy Woman*, and a teacher, speaker and mentor to women around the world. After a health scare in her twenties, she moved to Chiang Mai, Thailand, where she lived for nine years and taught yoga. She teaches worldwide and has been featured in the *Huffington Post*, *Yoga Journal*, *Fit Yoga*, *Pilates Style* and *Yogi Times*.

The Way of the Happy Woman: Autumn Retreat

with **SARA AVANT**

Calling all women who do too much! This self-care and self-love retreat is designed to remind us how to slow down and find happiness within. We will explore and embody how to let go, get grounded and simplify during this autumn season. Discover the key life ingredients that no happy woman can afford to live without. Through yin and yang yoga, mindfulness meditation, intuitive journaling, creative group practices, self-care essentials and sacred ritual, we will learn how to reclaim our unconditional health, happiness and feminine radiance.



OCTOBER 14 – 16 | \$150 tuition + 2 nights lodging & meals

Christine Stevens, MSW, MTBC, MA, is founder of *UpBeat Drum Circles*. She has worked with many Fortune 500 companies, survivors of Hurricane Katrina, students at Ground Zero and, most recently, drum-circle facilitators in war-torn Northern Iraq. Christine is author of *The Healing Drum Kit* and *The Art and Heart of Drum Circles*. www.ubdrumcircles.com

Gayan Gregory Long will be assisting Christina. He is a Sufi guide, master drummer and meditation teacher.

Healing Rhythms: Discover Your Musical Spirit

with **CHRISTINE STEVENS**



Unlock the three keys to drumming for spirituality and health. World traveler, author and music therapist Christine Stevens will weave together the psychology, biology and spirituality of rhythm for body, mind and spirit. We will explore rhythms from around the world, using drumming to facilitate peace and multicultural dialogue. Highlights will include magical drumming by the fire, tuning into the rhythms of nature and chanting. Circumnavigate the medicine wheel of music, and discover how to weave the four elements of melody, rhythm, harmony and silence into a drum ceremony. This retreat is recommended for educators, therapists, health-care workers, spiritual directors, yoga instructors, spiritual practitioners and music lovers. No prior musical experience necessary.

OCTOBER 14 – 16 | \$175 tuition + 2 nights lodging & meals

One Inspired Rhythm: Uniting the World in Rhythm

Invite your friends and family for our Global Peace drum ceremony.

OCTOBER 15 | 7:30pm – 9:30pm | \$15



Being Intimate: A Retreat for Couples

with **KATE & JOEL FELDMAN**

When part of a couple, we want communication with our partner to be loving and non-wounding. We long for our sex lives to be exciting. We want to know that our partner supports and appreciates us, while also respecting our individuality. This retreat is about the art and nuances of “relational intimacy.”

Kate Feldman, MSW, LCSW, and Joel Feldman, CPCC, have been co-couples' therapists since 1985. Founding members of Kripalu Center for Yoga and Health, they have trained in Imago Relationship, Gestalt and Internal Family Systems therapies. Kate and Joel have had personal meditation practices since the early 1970s. They consider their relationship a “spiritual work in progress.”

We will explore how non-demand touch is the bedrock for a robust sexual relationship; experience the art of listening and self-disclosure as building blocks for deep connection; examine non-wounding ways to repair conflict; and probe how self-love and self-acceptance can enhance our individuality and jazz up our partnership. Couples of any age, length of commitment or sexual orientation are welcome.

OCTOBER 20 – 23 | \$250 tuition + 3 nights lodging & meals

“Christine Stevens can introduce you to the magic, fun, and healing power of drumming. I recommend it.”

—Dr. Andrew Weil, author of
Spontaneous Healing, Healthy Aging



Janet Solyntjes, MA, teaches mindfulness practices at Naropa University, corporate and non-profit workplaces, and Shambhala Meditation Centers. A meditation practitioner since 1977, she completed a professional training in MBSR with Jon Kabat-Zinn and Saki Santorelli. Janet is co-founder of the Boulder-based Center for Courageous Living.

Introduction to Mindfulness-Based Stress Reduction



with **JANET SOLYNTJES**



Mindfulness-Based Stress Reduction is a practical, scientifically supported program designed 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 coping with “full catastrophe living” including chronic stress, illness, pain or personal crisis. By relating directly with our bodies and emotions, we will 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.

OCTOBER 21 – 23 | \$150 tuition + 2 nights lodging & meals

Also offered February 17 – 19.

Shambhala Training Level I: The Art of Being Human



For program description, see page 11.

NOVEMBER 4 – 6 | \$125 tuition + 2 nights lodging & meals

Also offered January 13 – 15.

Mindfulness Meditation & Tai Chi Ch'uan: Finding Stillness Within Movement

with **LARRY WELSH** (*for Larry's bio, see page 13*)

The soft therapy of Tai Chi Ch'uan and mindfulness meditation uncover our inherent gentleness, strength, stability and flexibility. By profoundly reducing stress and increasing our ability to respond to everyday life with awareness, balance and skill, we discover precious medicines for this era of impatience, anxiety, fear and hurry. Impatience transforms into being fully present; anxiety, into groundedness; fear, into fearlessness; and hurry, into compassion. Join us to learn the basic practice of mindfulness meditation, the first six movements of the Yang-style short form of Tai Chi Ch'uan, and an introduction to Listening Hands practice. Advanced practitioners are also welcome to attend to deepen their practice.

NOVEMBER 4 – 6 | \$150 tuition + 2 nights lodging & meals



Their Bodies, Our Selves? Women of Tibetan Buddhism

with **SARAH HARDING**

Engage in a dynamic exploration of the women and female imagery in Tibetan Buddhism, focusing on three legendary figures. Niguma was the elusive Kashmiri dakini (tantric deity) at the mystical source of the Shangpa Kagyu lineage. Machik Labdrön was a real mother and founder of the famed Chöd practice, the only indigenous Tibetan lineage that was taught in India. And Tara is the bodhisattva (enlightened being) goddess who transcends locality, yet has a story all her own. What is the connection between goddesses, dakinis and women? Are they masculine images of an abstract feminine principle? Can men and women derive inspiration and wisdom from their stories and practices? These questions, and meditation on Green Tara, will be explored.

NOVEMBER 4 – 6 | \$160 tuition + 2 nights lodging & meals



Sarah Harding is a lama in the Shangpa Kagyu lineage of Tibetan Buddhism. A student of Kalu Rinpoche, she completed the first traditional three-year retreat for Westerners under his guidance. She is an associate professor at Naropa University, and is currently working on textual translation and research as a fellow of the Tsadra Foundation.

John McCluskey, MS, has facilitated council since 1991. He is the co-founder and co-director of the Center for Council Training (CCTC) in Colorado. John has worked as a schoolteacher and administrator since 1989.

Viviane Ephraimson-Abt, MsEd, an interculturalist, educator and counselor, has worked with diverse populations in the United States and abroad. She is a co-director for the CCTC and has co-facilitated trainings with John since 2002.

The Wisdom of the Circle: The Way of Council Level I

with JOHN MCCLUSKEY & VIVIANE EPHRAIMSON-ABT



During a council, our individual truth is expressed and heard in a deeply respectful way. Within this safe space, skillful communication can happen whether at work, school or home, and within the larger

community. When we speak authentically and listen intentionally, we can transform ourselves and our society. In this workshop, we will review the fundamentals of council participation and facilitation, including techniques for creating a safe environment, the art of intentional listening and speaking, and other council forms. We will develop skills to bring the council practice into our personal life, community and profession.

NOVEMBER 4 – 6 | \$215 tuition + 2 nights lodging & meals

Price includes materials fee.





Katharine Kaufman, MFA, is lay ordained in the Soto Zen lineage by Kobun Chino Roshi. She taught and practiced yoga for many years at Richard Freeman's Yoga Workshop and has studied in India. Katharine is a senior adjunct faculty member in Contemplative Movement Arts at Naropa University and a published poet.

Bringing Your Practice Home: Yoga & Meditation

with **KATHARINE KAUFMAN**

One way to make sense of our varied and complex lives is to begin or end each day with yoga and meditation practice in our own homes, hotel rooms or offices. But how do we start? What do we do? Together, we will cultivate authentic practices rooted in ancient wisdom lineages, discovering different ways to design a practice—short, long, simple, complex, playful or restorative. Listening to our creativity, intuition and senses, we will engage the inner qualities of our body and mind, appreciating our evolving abilities and capacities. Students of all levels are welcome.



NOVEMBER 11 – 13 | \$150 tuition + 2 nights lodging & meals

Elizabeth Mattis-Namgyel, MA, has studied and practiced the Buddhадharma since 1984 under the guidance of her teacher and husband Dzigar Kongtrul Rinpoche. She is the retreat master of Samten Ling in Crestone, Colorado and has spent over six years in retreat. Her first book, *The Power of an Open Question*, has just been released.

Finding Our Way into True Practice

with **ELIZABETH MATTIS-NAMGYEL**



On the spiritual path we encounter so many meditation techniques. We may sit in the lotus position, recite mantras, visualize deities or watch our breath. These techniques support the practice and can help focus the mind. And yet, we may notice that it is possible to do all these techniques without truly practicing at all. So, what does it mean to truly practice? How do we discern the difference between when we are

practicing and when we are not? How do we make practice a living experience? This weekend we will embark upon an engaging inquiry into the meaning of practice.

NOVEMBER 11 – 13 | \$185 tuition + 2 nights lodging & meals

Mark Wilding is the executive director of Passageworks and teaches Authentic Leadership. Previously he was the director of the Marpa Center for Business and Finance at Naropa University. Mark has studied, taught and enjoyed the Shambhala teachings since the 1980s.

Karen Wilding, LCSW, has worked at an alternative high school as the director of counseling. Karen has served on several non-profit boards and currently sits on the Tibetan Village Project and Shambhala Mountain Center Boards.

Thanksgiving Celebration & Practice

with **MARK & KAREN WILDING**

Beginning with an elegant Thanksgiving dinner, our family-friendly theme for the weekend will be “Celebration and Integration.” We will offer workshops in the contemplative arts such as *Ikebana* (Japanese flower arranging) and *Haiku* poetry, sensory awareness, yoga and additional guided contemplative practices, plus fun activities for the children. There will also be lots of meditation practice opportunities. Take this opportunity to sit in the Great Stupa of Dharmakaya, visit the Shinto Kami shrine, learn more about the path of the Shambhala Warrior and explore Shambhala’s unique expression of basic goodness within community. All are welcome.

NOVEMBER 24 – 27 |

See our website for pricing options



Kevin Griffin was trained as a Community Dharma Leader at Spirit Rock Meditation Center, in Woodacre, California, and is co-founder of the Buddhist Recovery Network. He is the author of *One Breath at a Time: Buddhism and the Twelve Steps* and *A Burning Desire: Dharma God and the Path of Recovery*.

The Four Noble Truths of Recovery: A Buddhist Approach to Healing Addiction

with **KEVIN GRIFFIN**

Buddhist teachings focus on letting go of what causes suffering, our ego-centered cravings. The Four Noble Truths are the fundamental tool for this work. During this retreat, we will look deeply into each stage of this process, linking the Buddhist path to the path of recovery. Mindfulness meditation will anchor our exploration, giving those at every stage of recovery vital tools for dealing with the challenges of a clean and sober life. This workshop is ideal for anyone familiar with 12-Step programs, whether a “newcomer,” an “old-timer” or someone “in between.”

NOVEMBER 18 – 20 | \$160 tuition + 2 nights lodging & meals

Shambhala Training Level II: Birth of the Warrior

Having experienced a taste of basic goodness in **Shambhala Training Level I**, we want to go further. Through meditation practice, we can observe how we create a cocoon of habits to mask our fear and begin to appreciate that there is no fundamental obstacle to experiencing basic goodness.

DECEMBER 2 – 4 | \$125 tuition + 2 nights lodging & meals

PREREQUISITE: Shambhala Training Level I



Learn to Meditate: Turning the Mind into an Ally



For program description, see page 12.

DECEMBER 9 – 11 | \$125 tuition + 2 nights lodging & meals

Also offered February 10 – 12.

Laura Simms is an internationally renowned storyteller, writer and advocate for peace education and human rights. She is a senior research fellow with the Human Rights Center at Rutgers University and senior Shambhala Buddhist teacher. Laura authored Our Secret Territory: The Essence of Storytelling. www.laurasimms.com



Storytelling: The Alchemy that Opens the Heart of Mercy

with **Laura Simms**

Storytelling can provoke deep listening, reveal unbiased compassion and activate emotional intelligence. *How* we tell a story can free us from entrenching ourselves and others in opinion and aggression, and

lead us into inner peace, knowledge and the potential for powerful transformation. Using our own personal narrative, mindfulness practices and other exercises, we will learn a step-by-step process for entering the art of storytelling. This program is ideal for educators, peace builders, health-care workers, community activists and business leaders committed to awakened leadership.

DECEMBER 9 – 11 | \$185 tuition + 2 nights lodging & meals



Shastri Daniel Hessey has been a student of Shambhala Buddhism since 1971. Former director of Shambhala Mountain Center, he is now on its board of directors. He has taught Shambhala Buddhism throughout the United States, as well as in Mexico, Australia and Chile.

Shastri Holly Gayley teaches courses on Buddhism in the Religious Studies department at the University of Colorado. She has been a practitioner of meditation in the Shambhala community since 1992.

Winter Dathün Meditation Retreat: Peaceful Abiding & Mindful Living

with **SHASTRIS DAN HESSEY & HOLLY GAYLEY**

Dathün is a monthlong group meditation retreat for both new and experienced meditators. This dathün will focus on developing a deep understanding of shamatha, or “peaceful abiding” meditation. This practice allows us to “turn our mind into an ally,” rather than struggling with ourselves in daily life. It encourages us to appreciate being precise and simple in the present moment. Shamatha is the basis of all other practices in the Buddhist and Shambhala traditions.

Our program will include individual meditation instruction, guided meditations to deepen our shamatha practice, and contemplative meditation to develop insight and open our hearts of compassion. This retreat can be done in its entirety or taken in weekly segments. All practice levels welcome.

DECEMBER 10 – JANUARY 7 | See our website for pricing options

WEEKLY ENTRY DATES:

DECEMBER 10 | **DECEMBER 17** | **DECEMBER 24**





Jon Barbieri participated in the first Shambhala Directors Training and has taught extensively. He has been a consultant in workforce development and contemplative cohousing. Jon is currently the executive director of Shambhala Mountain Center.

Take a Leap into 2012: Establish your Intention & Commitment

with **JON BARBIERI**

Join us for this special program and allow your aspirations for the New Year to become clear, confident and committed through reflection and renewal. Our gathering will include meditation, contemplative practices, and open time to rest and reflect. On New Year's Eve we will celebrate with a delicious full-course dinner.

DECEMBER 30 – JANUARY 1 | See our website for pricing options

Precious Knowing: A Meditation & Yoga Retreat for Women

with **KATHARINE KAUFMAN** (for Katharine's bio, see page 21)

Our bodies hold emotions, images, patterns and stories. When we learn to fully inhabit our bodies through mindfulness practices, we can know ourselves as complete and wakeful beings. To do this, we will practice sitting meditation, flowing and restorative yoga, and playful improvisational movement. We will deepen our practice and insight through silent mornings, alone and together, and our community will develop understanding and trust during evening talking circles. Previous yoga or meditation experience recommended.

JANUARY 4 – 8 | \$260 tuition + 4 nights lodging & meals

Shambhala Training Level I: The Art of Being Human



For program description, see page 11.

JANUARY 13 – 15 | \$125 tuition + 2 nights lodging & meals



Shambhala Training Level III: Warrior in the World

By examining our habitual tendencies, we develop the fearlessness needed to experience our life without relying on the cocoon of past habits. Beginning to engage the world directly, we then extend this attitude of fearlessness to all our activities.

JANUARY 13 – 15 | \$125 tuition + 2 nights lodging & meals

PREREQUISITE:
Shambhala Training Level II



Bob Wing, MA, is director of *WiseActions*, an organization dedicated to cultivating compassionate and dynamic actions in the world and founder of Warrior of the Heart seminars and retreats. Bob has taught Aikido and Gestalt therapy at Naropa University, and the Marpa Center for Business and Economics.

Rachel Fleischman, MSW, LCSW, has offered her Dance Your Bliss trainings at the Omega Institute, Esalen Institute and Naropa University. She has pioneered the combination of traditional psychotherapy with movement, body awareness, expressive arts and spirituality. www.dancingyourbliss.com

The Life-Giving Sword: Becoming a Warrior of the Heart

with **BOB WING**

Experience a gentle and swift immersion into compassionate swordsmanship and its skillful use in the world. Using a combination of basic physical sword movements, experiential interactions, and wise-dialogue practices, we will explore what it means to move strongly through life with both love and power. We will train with traditional practice swords, while examining what holds each of us back and what can be helpful. This kind of heartfelt warriorship embraces healing our wounds and promoting a dynamically peaceful life. With skillful swordsmanship, we can take wise action and provide effective service in the world.

JANUARY 20 – 22 | \$150 tuition + 2 nights lodging & meals

Dance Your Bliss: Creativity, Mindfulness & Motion

with **RACHEL FLEISCHMAN**

Dancing your bliss can unlock emotional issues that are literally trapped inside your body. By combining creativity, mindfulness and motion, we can initiate a healing process that releases childhood and relational pain, unlocking our power and passion. We will employ a variety of experiential techniques such as expressive movement and arts, vocalization, guided imagery, journaling and energy balancing to explore the link between our emotions and our bodies. Dancing to a sublime range of music, we will accelerate the possibility for positive change in our lives. All shapes and sizes welcome; no dance training required.

JANUARY 27 – 29 | \$160 tuition + 2 nights lodging & meals



Meditation as Healing: The Outer, Inner & Secret Practices of Medicine Buddha

with **ANYEN RINPOCHE**

Medicine Buddha is prophesied to be one of the most potent healing practices in our modern age. Due to the nature of strong emotions, global conflicts and illnesses in the world at this time, the practice of Medicine Buddha should be relied upon to pacify suffering and create ripples of harmony across the globe. Studying this simple, yet increasingly profound practice, we can heal ourselves and others physically,

emotionally and spiritually. Join Anyen Rinpoche for a special weekend that introduces healing meditation, and more specifically, the practice of Medicine Buddha.

FEBRUARY 3 – 5 | \$175 tuition + 2 nights lodging & meals

Anyen Rinpoche is the heart son of Kyabje Tsarje Dharmakirti Rinpoche and holder of the Longchen Nyingthig lineage. He is the author of *The Union of Dzogchen & Bodhichitta*, *Momentary Buddhahood and Dying with Confidence*. Anyen Rinpoche also hosts the annual *Medicine Buddha Monlam* in Denver, Colorado.

Madhyamaka Retreat: Entering the Middle Way

with JULES LEVINSON

Jules Levinson, PhD, earned a doctoral degree in Buddhist Studies at the University of Virginia, where he studied under the guidance of Jeffrey Hopkins. He has served as an oral translator for Khenchen Trangu Rinpoche, Khen Rinpoche Tsültrim Gyatso and others.



Having absorbed the Buddha's four noble truths—suffering, its origin, its cessation and the paths that lead to cessation—we begin to understand the way in which the cycle of birth and death manifests, and to look for an exit from the masquerade. Weariness and curiosity inspire us to seek out a deeper reality of the way in which all phenomena abide. In this retreat, we will rely upon Chandrakirti's *Entrance to the Middle Way*, reading the text closely, meditating upon it and jointly discussing its meaning.

FEBRUARY 4 – 12 | \$295 tuition + 8 nights lodging & meals



Learn to Meditate: Turning the Mind into an Ally



For program description, see page 12.

FEBRUARY 10 – 12 | \$125 tuition + 2 nights lodging & meals

The Wisdom of a Broken Heart

with **SUSAN PIVER** (for Susan's bio, see page 14)

In Shambhala Buddhism, a broken heart is not a problem to be solved but a remarkable opportunity to discover wisdom. We can develop the skills needed to work with a broken heart—not to drive it away or tie it up with a bow, but to find the messages contained in this very painful situation. Through meditation, the practice of maitri (or “loving-kindness”) and some on-the-

spot techniques, we will learn to stabilize our hearts in a state of openness. We can then embrace the dark power of heartbreak as a means to access our own innate gentleness, fearlessness and intelligence. Whether it was broken yesterday or years ago, if we stay with our tender heart, it will surely lead us down the path to wisdom.

FEBRUARY 10 – 12 | \$160 tuition + 2 nights lodging & meals

Introduction to Mindfulness-Based Stress Reduction



with **JANET SOLYNTJES** (for Janet's bio, see page 18)

For program description, see page 18.

FEBRUARY 17 – 19 | \$150 tuition + 2 nights lodging & meals



Marybeth Keigher has been a student of Chögyam Trungpa Rinpoche since 1970, receiving Vajrayogini abhisheka from him in 1979. Marybeth has led over a dozen Vajrayogini Amending the Mantra and Four Karmas Fire Pujas at Shambhala Mountain Center since the 1990s.

Vajrayogini Amending the Mantra Fire Puja

with **MARYBETH KEIGHER**



Join us as we bask in the blissful fire of the Glorious Coemergent Mother Vajrayogini. First-time sadhakas and repeaters are warmly encouraged to attend. The retreat will be held in our spacious Red Feather Lodge, which was recently renovated specifically for fire-puja practice.

NOVEMBER 10 – 20 |

See our website for pricing options

PREREQUISITE: Completion of Vajrayogini sadhana practice

Acharya Christie Cashman teaches a full range of courses—from introductory meditation intensives to Vajrayana sadhana classes and Shambhala Training levels. For many years, her life has revolved around monthlong meditation retreats and intensive study.

Holiday Werma Intensive

with **ACHARYA CHRISTIE CASHMAN**



This Werma retreat is for Vajrayana practitioners who have attended a Rigden Abhisheka and are engaged in the Werma sadhana. We will focus on an in-depth study of the sadhana, assisted by readings from the Dorje Dradul's *Collected Kalapa Assemblies*, and Sakyong Mipham's *Adhithana* and 1999 *Vajrayana Seminary Transcripts*. The program will include daily talks, videos of the Vidyadhara's Vajra Assemblies and personal interviews.

NOVEMBER 18 – 24 |

See our website for pricing options

PREREQUISITE: Rigden Abhisheka or Kalapa Assembly



Holiday Ngöndro Intensive

with **ACHARYA DALE ASRAEL**

Whether you are seeking to establish your ngöndro practice or are an experienced practitioner, join us for this special fall program. By practicing in a group context, we will increase both our personal and the group's windhorse, thus giving power and potency to the vision of Shambhala, while also fostering camaraderie and celebration. All ngöndro practitioners are warmly invited to attend. This retreat fulfills the group-practice requirement for Rigden ngöndro practitioners.

NOVEMBER 18 – 24 | See our website for pricing options

PREREQUISITE: Shambhala Vajrayana Seminary

Acharya Dale Asrael has been leading meditation retreats internationally since 1980. She is an associate professor at Naropa University in the Transpersonal Counseling Psychology, Buddhist Studies and Contemplative Education departments. Dale has been appointed the Dean of Meditation Instructors by Sakya Rinpoche.

Meditation Instructor's Training

with **ACHARYA DALE ASRAEL**

Shambhala Meditation Instructors are trained to work with students who aspire to engage in ongoing, thorough meditation training, and the path of practice and study offered within Shambhala. A meditation instructor is akin to a spiritual friend, engaged in a relationship dedicated to helping students in their spiritual journeys. This role requires spiritual maturity on the part of the instructor, who must be dedicated to upholding and embodying wisdom and gentleness, in combination with tremendous trustworthiness and decorum. **Participants must apply to be accepted to this program.**

FEBRUARY 2 – 10 | See our website for prerequisites, application and pricing options





Group-Rental Facilities

Shambhala Mountain Center is available for rent by groups seeking a contemplative environment. We are conveniently located just two hours north of Denver International Airport. Our facility and its surroundings provide a comfortable, rustic and naturally peaceful environment for your gathering. We are the ideal location for intimate group retreats, yoga, meditation, martial arts and contemplative arts. Our facilities can host up to 150 guests in the fall, winter and spring. During the summer, furnished platform tents increase our housing capacity to 500 guests. For more details, email rentals@shambhalamountain.org or visit our website.



Our campus has three unique meeting facilities ranging in size and architecture, which can be used singly or jointly. All meeting facilities provide an environment that can be configured to suit your group's needs and activities. Rooms can be equipped with meditation cushions, tables and chairs, or left open for free movement.

Sacred Studies Hall

A marbled-tiled entryway leads into a sunlit assembly hall featuring bamboo floors and floor-to-ceiling windows with mountain vistas. Providing ample room to explore and spread out, this hall is an ideal space for large group circles, yoga workshops and other activities. Recessed partitions enable it to be divided into three rooms, conducive for breakout groups or dyads. A kitchenette equipped to prepare coffee/tea and snacks is available for use. Enjoy the courtyard and Zen Garden, for outdoor receptions, walking meditation or contemplative reflection.



Rigden Lodge

This bright, spacious hall is floored with bamboo and encircled by windows. It offers the perfect setting for meditation, contemplative arts and body-awareness practices. An adjacent dining room can hold smaller groups or service for snacks and tea. Accommodations are available on site, creating a supportive arrangement for self-contained group events.



Red Feather Lodge

Nestled into the mountainside, Red Feather Lodge provides a rustic, secluded and quiet meeting space, away from the center of the campus. A large, carpeted entryway with fireplace is located adjacent to a dining area with banquet tables and chairs. A kitchen is available for exclusive, on-site meal service. Picnic tables under a covered porch provide guests with a comfortable atmosphere to take in panoramic views of the valley and distant mountain range.



Nearby lodging with adjacent bathhouses make this campus a convenient location for group events.



Conference Tent

Available June through September, this large tent is suitable for groups of up to 300. It can be configured for audience seating of up to 300, meditation space for 200, or yoga sessions for approximately 100 people. Alternatively, it can be left open or configured differently based upon the group's needs.

Meeting-Hall Capacity

	SACRED STUDIES HALL	RIGDEN LODGE	RED FEATHER LODGE	CONFERENCE TENT
SEATING	up to 125	up to 65	up to 75	300
MEDITATION CUSHIONS	100	50	65	200
YOGA MATS	30	20	25	100
SQUARE FEET	1,600	875	1,200	5,350



Volunteer & Core Staff Opportunities

Shambhala Mountain Center seeks committed individuals who aspire to create an enlightened society through working in a contemplative practice community, serving and inspiring the guests who come to our land. We are looking for short- and long-term staff, and volunteers, with skills in a variety of fields. Opportunities exist in guest services and registration, office administration, information technology, telecommunications, housing and food services, facilities maintenance and construction, landscaping, gardening, retail sales and more. Living and working on this exquisitely beautiful, powerful land is both challenging and transformative. If you are interested in offering your experience, capabilities and energy, we encourage you to apply. To learn more about joining us in work and practice, please visit our website or email employment@shambhalamountain.org.

Fall Take-Down 2011

Join us as we dismantle our summer campus and ready the land for our winter season. Work hard, learn to meditate, participate in workshops and classes, make new friends and integrate your spiritual practice into everyday life. Partial attendance is welcome, but we do require a one-week minimum stay. Volunteer participants earn \$100 in program credit for each week of service. To apply, please visit our website.

AUGUST 23 – SEPTEMBER 25 | You must apply and be accepted into this volunteer program before registering.

Land Stewardship Team

with **CHAD HOFMANN**

The Shambhala approach to environmental stewardship is one of realizing our interconnectedness with the natural world around us. Using this context as our foundation, this five-month opportunity is designed to give individuals hands-on experience in a broad range of environmental stewardship techniques. Our site, located at an altitude of 7,775 feet, encompasses 620 acres of forest and grasslands, bordered by Roosevelt National Forest. Projects include landscape restoration, invasive-species control, trail maintenance, botanical- and contemplative-garden creation, organic gardening and solar-greenhouse cultivation.



MAY – SEPTEMBER | No charge; short-term stays accepted

Chad Hofmann brings an integrated, contemplative approach to ecological restoration and environmental sustainability to Shambhala Mountain Center. He holds a bachelor of science degree in Natural Resource Management from Colorado State University and has been a practitioner of Shambhala Buddhism since 2002.

Childcare

In an effort to support families who wish to attend programs at Shambhala Mountain Center, we occasionally offer childcare for children ages 3 to 15. Children spend six-hours-per-day in mixed-age groups with low student-teacher ratios. Parents are responsible for their children outside of childcare hours. As a result, they may need to give up some program time or bring a nanny. The cost for childcare is \$15 per day, per child in addition to lodging. All children on the land must be either registered for childcare or under the care of a dedicated adult or nanny. For children's lodging rates, please see Room and Meals Pricing on page 36. A lodging discount is also available for nannies. For more information about childcare, please visit our website or email families@shambhalamountain.org.



Healing Arts

Enhance your stay with a massage by one of our certified massage therapists (available June through early September). Please inquire about scheduling and rates when you register.

Gift Store

Our gift store delights visitors with a unique array of books, practice materials, commemorative items, photographs, prayer flags, clothing, gift cards and more. The gift store is open year-round; hours vary by season. We also offer a selection of items for sale on our website. For more information, email giftstore@shambhalamountain.org.



Program Registration

This catalog may not include recently scheduled programs. To view the most current listing of our programs, please visit our website. We reserve the right to cancel any program.

REGISTER BY PHONE, VIA EMAIL OR THROUGH OUR WEBSITE:

www.shambhalamountain.org

Phone: (888) 788-7221 or (303) 468-9640

Email: callcenter@shambhalamountain.org

Lodging & Meals

Shambhala Mountain Center is located in a rural mountain setting ideal for turning inward and cultivating one's awareness and appreciation of the world. Our accommodations are comfortable and varied, ranging from simple shared quarters to fine lodge rooms. Meals are included with vegetarian options. In the spirit of our contemplative environment there are no televisions and cell phones do not get reception. Phones can be requested for certain rooms, and public phones are available for all guests. Internet access is available in most rooms. Be prepared for unpredictable connections as access is affected due to our location and service provider limitations.

All Shambhala Lodge, Rigden Lodge and Red Feather rooms include bedding and towels. If you are staying in a platform tent (summer only) or seasonal dormitory (September through May), please bring your own bedding and towels. During certain times of the year, guests make their own beds upon arrival using the fresh linen provided.

If you are traveling alone and reserve a double room, we may assign you a roommate. Please visit our website for photos of our various accommodations. Lodge rooms sell out quickly, so book early to secure your space.



Lodge accommodations

Shambhala Lodge

Wood-finished elements bring comfort and grace to the Shambhala Lodge. The lodge offers single and double rooms, with full-size beds. All rooms have a desk, walk-in closet and private bathroom with towel warmers. Relax in the cozy fireplace lounge or enjoy a reception on the outdoor patio with views of the surrounding landscape.

Rigden Lodge

Awake refreshed in these charming quarters. Our single rooms have a queen-size bed topped by a cozy comforter, a desk, dresser, closet and private bath. We also have smaller rooms furnished with full-size beds, a desk and closet, and access to shared baths on the same floor. Two same-gender dormitories, each with seven twin beds, and access to nearby shared baths are also available.

Red Feather

We have four rustic cabins, each named for the elements. Flame, Wind and Water each contain five double rooms, outfitted with two twin beds. Earth is arranged for dormitory space. Guests make use of a shared bathhouse in a nearby, separate building.

Seasonal Dorms

Additional dorm space, configured for up to fifteen people per room, is available from September through May.

Registration & Lodging



Room and Meals Pricing

The rates below are per person. Prices include accommodations, three meals per day with vegetarian options and use of our facilities (trails, the Great Stupa, meditation gardens, dining hall, etc.). To calculate the total cost of your stay, add your lodging amount (program nights) to the tuition amount listed in your program description. The rate for children ages 3 to 17, staying in the same room as their parent, is \$30 per day. Children under 3 are free; 18 and older are full priced adults. **Prices are valid through February 28, 2012.** Please check our website for special pricing discounts.

number of nights	LODGE ACCOMMODATIONS						
	SHAMBHALA & RIGDEN LODGE <i>Private Bath \$</i>			RIGDEN LODGE <i>Shared Bath \$</i>		RED FEATHER	DORM
	DOUBLE	SINGLE*	SUITE*	DORM	SINGLE	DOUBLE	(Sept – May)
1	130	185	220	95	150	95	70
2	280	390	460	210	320	210	160
3	410	575	680	305	470	305	230
4	540	760	900	400	620	400	300
5	670	945	1,120	495	770	495	370
6	795	1,120	1,330	585	915	585	435
7	920	1,295	1,540	675	1,060	675	500
8	1,045	1,470	1,750	765	1,205	765	565
9	1,170	1,645	1,960	855	1,350	855	630
10	1,295	1,820	2,170	945	1,495	945	695
Dathün†	2,645	3,505	3,935	2,220	3,070	2,220	1,815

* A second adult in a lodge single room or suite: \$75 per night for the first two nights; \$65 per night thereafter.

† Dathün 28-day pricing includes laundry service.

Payment

Full payment is required upon registration for stays of **three nights or less**, and a **50% deposit** is required upon registration for stays of **four nights or more**. Payment can be made by credit card, check or money order in U.S. currency. If paying by check, your registration is confirmed once we receive your deposit. If staying four nights or more, we must receive the **final balance due 30 days prior** to your arrival date to finalize your registration. If you have paid your initial deposit via credit card, we will automatically process the remaining amount due 30 days prior to your program arrival date. Your space is guaranteed once we have received payment in full.

Shambhala Mountain Center endeavors to make its programs and retreats accessible to as many people as possible. We offer program scholarships, as well as a 10% discount off our base-housing price to full-time students, senior citizens and those with life-threatening illnesses. Please visit our website for more information and a scholarship application. If you qualify for a discount, please note your request in the comments area of your registration form.

Cancellations

If you cancel your reservation more than **14 days prior** to arrival, you will receive a full refund less a \$50 processing fee. If you cancel between **2 to 14 days** prior to arrival, we will credit your payment, less a \$50 processing fee, for up to two years towards another program at Shambhala Mountain Center. No refunds or credits are issued for cancellations received fewer than 48-hours prior to arrival. **NOTE: Certain programs have unique cancellation policies that supercede our general policy. These are described on our website.**

Staying Offsite?

We have a limited number of spaces in certain programs for those interested in staying elsewhere. These participants pay tuition plus \$45 per day for meals and use of our facilities.

Preparing for Your Visit

Arrival and departure days are the first and last days of your program. For a complete description of what to bring and how to get here, please visit our website.

Transportation

Getting from the airport to Shambhala Mountain Center usually requires making reservations with two different carriers. SuperShuttle provides service from the Denver International Airport (DEN) to the Hilton Fort Collins, located at 425 Prospect Road for approximately \$35 each way, (www.supershuttle.com). We provide shuttle service from the Hilton Fort Collins to our land site (\$40 each way). Reservations for the Shambhala Mountain Shuttle must be made at least two weeks in advance (four weeks for summer programs). Our shuttle fees are not refundable or transferable. To reserve space on the Shambhala Mountain shuttle, please email travel@shambhalamountain.org. For other transportation options, please visit our website.



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