



SHAMBHALA
MOUNTAIN CENTER

press
release

Contact: Kaleigh Isaacs
Office: 970-881-2184 x360

FOR IMMEDIATE RELEASE
July 11, 2013

Leaving Speed and Technology Behind to Meditate for an Entire Month in the Serene Rocky Mountains

Immersive Dathun retreat takes individuals on a week to month-long journey of self-reflection, deeper awareness and insight into personal health

Red Feather Lakes, CO – On July 24, dozens of people will arrive at Shambhala Mountain Center to meditate for an entire month. They will forego the speedy world of



emails, television and even talking in a quest to slow down and deepen mindfulness. This intensive program, called Dathun, will run from July 24-August 20, 2013 and will combine meditation in numerous, time-honored forms including sitting, walking, yoga and eating—all with the intention to make every aspect of daily life an opportunity for wakefulness.

“We have heard about peace, strength of mind and enlightenment. During Dathun, we discover what these elements are, we see that they are innate and we learn to bring them into our experience,” says Sakyong Mipham Rinpoche, the head of Shambhala International.

For those who are unable to get away for a month, Dathun may also be experienced in weekly segments called Weekthuns. To make this retreat accessible to as many people as possible, Shambhala Mountain Center is offering a generosity policy for lodging. They also recently ran a raffle giving away a free Weekthun, a contest where individuals shared their aspirations to attend this profound and life-changing program.

To read more about Dathun, please visit:

<http://www.shambhalamountain.org/dathun-a-month-long-meditation-retreat/>

About Shambhala Mountain Center

Since 1971, Shambhala Mountain Center has offered a wide array of programs on meditation, yoga and contemplative arts led by acclaimed instructors from throughout the world. Nestled



SHAMBHALA
MOUNTAIN CENTER

press
release

high in the Colorado Rockies, this 600-acre mountain valley retreat center is just two hours from Denver and offers over a hundred programs each year exploring the paths of personal health, deepened awareness and transformation. Its mission is to promote personal and societal wisdom and provide a safe and supportive environment, welcoming all people with inspiration, interest and curiosity about the nature of self and society. For more information, visit www.shambhalamountain.org or call (970) 881-2184.

###