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* Links to digital files for logos and high-resolution photos are available upon request.
ABOUT SHAMBHALA MOUNTAIN CENTER

Nestled high in the Colorado Rockies, Shambhala Mountain Center is a six-hundred-acre mountain valley retreat surrounded by native forests, gentle meadows and rocky peaks. Tamed by decades of use as a contemplative refuge, we provide a safe and supportive container for exploring paths of deepened awareness, personal wellbeing and societal transformation.

For more than 40 years, extraordinary people have gathered here to experience Shambhala teachings and partake in over 100 year-round offerings featuring indigenous wisdom traditions, body awareness practices, contemplative arts, mindful living or other paths of personal transformation. Our weekend and weeklong programs are taught by a remarkable array of accomplished practitioners and teachers. Our accommodations are comfortable and varied. Selections range from rustic cabins, shared quarters, and seasonal platform tents on wooded hillsides, to fine lodge rooms with modern conveniences.

We are home to the Great Stupa of Dharmakaya, one of the most significant examples of sacred architecture in the world. Throughout history, stupas have promoted harmony, health, prosperity, peace and freedom, bestowing blessings upon the surrounding environment, and upon those who visit and venerate them.

Established in 1971 by Tibetan meditation master and teacher Chögyam Trungpa Rinpoche, Shambhala Mountain Center welcomes all people with inspiration, interest and curiosity about the nature of self and society. We offer an oasis for relaxing into our basic goodness, rediscovering a sense of balance and appreciating the sacredness of our world. Join us to engage in the vision of enlightened society and share in creating a culture of kindness, generosity and courage.

Shambhala Mountain Center is an educational 501(c)(3) non-profit organization whose mission is to serve as a catalyst in the creation of an enlightened society—one grounded in wisdom and kindness towards one’s self, one’s community and one’s natural environment.

Shambhala Mountain Center has been featured as a retreat destination by National Geographic Traveler, USA Today, Wall Street Journal, Travel and Leisure, NBC News, Men’s Journal, and others.
Rising among wooded hillsides, The Great Stupa of Dharmakaya crowns a meadow at the upper end of Shambhala Mountain Center’s main valley. Standing 108 feet tall, it is one of the most significant examples of sacred Buddhist architecture in North America. Built in honor of the Center’s founder, Chögyam Trungpa Rinpoche, the Great Stupa of Dharmakaya serves as an inspiration for peace and compassion throughout the world.

The Great Stupa is sited between two powerful landforms: the promontory known as Marpa Point and the steep cliffs opposite it. The power of the stupa balances and brings together the energies of the surrounding environment; at the same time, it embodies the wisdom and blessings of Trungpa Rinpoche, as well as the Buddhist and Shambhala lineages.

Stupas are said to promote harmony, prosperity, longevity, good health and peace. They bring blessings to the environment in which they are built, to those who build them, and to those who visit and venerate them. In this way, stupas ensure that the living quality of the Buddhist teachings will always be available.

Construction of the Great Stupa was initiated in 1988 and continues to this day. The primary construction phase occurred over a 13-year period, employing the generosity of several hundred volunteer laborers and craftspeople, with money donated through annual fundraising events. Additional contributions of expertise came from many different sectors of the technical industry.

The Great Stupa of Dharmakaya was consecrated during a ceremony lasting several days in August 2001. Since then, the Stupa has become the heart of Shambhala Mountain Center.

The Stupa is open daily year around from 9:00 a.m. to 9:00 p.m. for public visitation.

“An inspiration for peace and happiness throughout the world, now and in the future.”
- The XIVth Dalai Lama
TEACHERS AND PRESENTERS

Over the years, SMC has been honored to host and serve as home to a number of the most profound teachers and leaders of our time: Chogyam Trungpa Rinpoche, Sakyong Mipham Rinpoche, HH The XIV Dalai Lama, Pema Chödrön, and Lama Tsultrim Allione, as well as the Acharyas and Shastris of the Shambhala Buddhist lineage. Each year, SMC welcomes a remarkable array of accomplished scholars, teachers, presenters, and other professionals from many different wisdom traditions. Our programs and retreats focus on topics such as Buddhism, meditation, mindfulness, wellness, contemplative arts, embodied movement, yoga, as well as personal and societal transformation.

PROGRAMS

In 2016, SMC is hosting over 120 programs and offerings throughout the year, including:

- **Wisdom In Action** with Sakyong Mipham Rinpoche, Venerable Pannavati, Bishop Marc Andrus, Acharya Adam Lobel, Leslie Booker, and Acharya Fleet Maull
- **Yoga, Purpose, and Action Leadership Intensive** with Seane Corn, Hala Khouri and Suzanne Sterling
- **The 10th Annual Courageous Women, Fearless Living: A Retreat for Women Touched by Cancer** with Acharya Emeritus Judith Lief, Victoria Maizes and Linda Sparrowe
- **Running with the Mind of Meditation** with Cynthia MacKay, Marty Kibiloski, Tara Michelle and Michael Sandrock
- **Finding Happiness Within: Reconnecting with Your Natural State through Pristine Mind Meditation** with Orgyen Chowang Rinpoche
- **Mindful Hiking: Open to Change** with Kay Peterson
- **Healing Sound Retreat: Rhythm and Chanting as Spiritual Practice** with Christine Stevens and Silvia Nakkach

SMC also produces the globally celebrated annual *Awake In The World* and *Beyond Mindfulness* series.
RETREATS AND RENTALS

Shambhala Mountain Center’s natural setting is perfect for personal introspection and inspiration – on your own, with a loved one, or with a group of friends. Create your own self-directed getaway, or join one of our guided programs such as Retreat and Renewal or Mindfulness Meditation Retreat for a more structured and guided retreat experience.

Hike along eight miles of wilderness trails, visit the Great Stupa, meditate in one of our many meditation halls, spend time relaxing, journaling, reading or practicing yoga. Our mountain retreat center offers vastness, stillness, breathtaking beauty, and gentle support that will allow you to unwind, relax, and reconnect to life’s inherent rhythms.

Shambhala Mountain Center is also available to groups for exclusive and non-exclusive use. Located just 2 hours from Denver, it is the perfect venue for your next group retreat, special gathering, educational program, or workshop. We offer unique facilities, in a range of sizes and architectural styles, which can be configured to suit your group’s needs and activities.

COMMUNITY

SMC is open most of the year for day trips to hike, meditate, and visit the Great Stupa. Meals are available for a small donation. In addition, please consider joining us for:

- Open House: July 3, August 7, September 4, October 2, November 6, December 4
- Music for Peace Ceremony at the Great Stupa: August 13
SMC IN THE NEWS

- **Top 6 autumn yoga retreats in the US**  
  Insight Guides - Sophie Harris, June 2016
- **5 Outdoor Nature-Based Retreats In The U.S.**  
  The Clymb - Holly Zynza, April 2016
- **7 Health And Wellness Spring Break Retreats That You Can Afford**  
  Bustle - Marion Bernstein, March 2016
- **Beginner-Friendly Meditation Retreats in Some of the World’s Most Beautiful Settings**  
  Vogue - Brooke Bobb, February 2016
- **8 Top Spiritual Sites in America**  
  Next Avenue - Lori Erickson, July 2015
- **Shambhala Mountain Center Home of Peace, Study & the largest Stupa in North America**  
  Colorado Springs Gazette - Rick Cookson, August 2014
- **The Best Meditation Retreats in the U.S.**  
  Outside - Lori Brookhart-Schervish, June 2014
- **More Meditation Centers Offer Spiritual Awakenings for Guests on the Go**  
  The Wall Street Journal - Lauren Lipton, May 2014
- **Digital Detox**  
  5280 Denver Magazine - Jayme Moye, April 2014
- **“Get Well” Travel: Rest and Recharge Around the World**  
  DK.com - April 2014
- **10 Best Yoga Retreats**  
  USA Today - Kimberly Snyder, March 2014
- **25 Incredible Yoga Retreats Around the World**  
  Babble.com - Nadia Carriere, January 2014
- **Meditation Destinations**  
  Men’s Journal - Kevin Gray, January 2014
- **A Place Where Decency Can Arise**  
  Elephant Journal - Walk the Talk Show with Waylon Lewis, December 2013
- **Retreats That Will Change How You Look at Life**  
  Huffington Post - The Third Metric/HuffPo Live, November 2013
- **Sideline Teaser: Unplug and Reconnect At The Shambhala Mountain Center**  
  303 Magazine - Holly Osborn, October 2013
- **Summer Escapes: Meditate, or just chill, at serene Shambhala Mountain Center**  
  Denver Post - Kyle Wagner, May 2013
- **Best Yoga Retreats 2013: 8 Wellness Centers to Visit in the U.S.**  
  The Huffington Post - Carolyn Gregoire, April 2013
- **Solace of the Stupa: Neurobiology, the science of pain and the Buddhist retreat**  
  Fort Collins Magazine - Laura Pritchett, Spring 2013
- **The Strength to Sit Still**  
  ExperienceLife.com - Jen Sinkler, March 2013
- **Spiritual Refugees: From Shambhala to St. Walburga**  
  Twine Magazine - Laura Herrington Watson, 2013
SMC IN THE NEWS
CONTINUED

- **Unique Buddhist Retreat Lies In Northern Colorado**
  CBS Denver - Channel 4, April 2011

- **Top 11 Wellness Retreats**
  Sunset - January 2011

- **9 Top Meditation Retreats**
  Travel + Leisure - 2010

- **10 Great One-Night Escapes**
  Sunset - March 2010

- **Art of the Great Stupa**
  Tsemtulku.com - January 2010

- **America’s Top Meditation Retreats**
  USA Today - forbestraveler.com, October 2008

SAMPLE PRESS RELEASES AND ARTICLES

Downloadable 2016 press releases for our top programs are available via our website. We will issue custom press releases upon request - please email us with the specifics and desired details to be included, and allow up to 72 hours for completion.

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**FOR IMMEDIATE RELEASE**
July 15, 2013

**Courageous Women, Fortunel Living Retreat Celebration In Seventh Year Empowering Women Taught by Cancer**

Innovative retreat gives powerful tools to help women meet the totality of their experience directly and courageously

Red Feather Lakes, CO - Shambhala Mountain Center will be hosting the 7th Annual Courageous Women, Fortunel Living retreat from August 20-25, 2013. This innovative and contemplative program was founded in 2006 and has helped over 300 women with a current or past diagnosis of cancer. Through meditation, Thangka painting, interactive dialogue, and hands-on workshops, participants have the opportunity to explore powerful tools to meet the totality of their experience directly and courageously.

"Our goal is for our participants to return home with a new circle of support and friendship with the neural, emotional, and contemplative tools to support them in their journey through cancer," says Bullie Lee, one of the lead instructors of the retreat. "Lee has a contemplative Buddhist practice, cancer psychology training, seven years of teaching experience, and has dedicated her life to helping others.

She is joined for the retreat by a team of experts with similarly impressive credentials including Victoria Marcus, MD, Executive Director of the Arizona Center for Integrative Medicine at the University of Arizona and internationally recognized leader in integrative medicine, and Linda Spinauro, a writer, essay instructor, mentor and practitioner with deep roots in the Vedas, Sanskrit, and women's health.

Many women dealing with cancer are facing financial challenges, and numerous organizations are helping to make Courageous Women, Fortunel Living an accessible as possible. The Glen Eyrie Foundation has given grants to award scholarships for attending this retreat and donations through the Rosamond Foundation are helping with

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**FOR IMMEDIATE RELEASE**
June 9, 2013

**Veterans’ Peace of Mind Project and the Medicine Horse Program join forces to bring Veterans and their Families to Shambhala Mountain Center for an extraordinary annual retreat**

A powerful program to heal unseen wounds experienced through military service with four days of therapeutic practices in the Rocky Mountains

RED FEATHER LAKES, CO - According to a recent investigation by the Department of Veterans Affairs, the suicide rate among veterans and active duty military is now at almost 22 a day. As the rate of soldiers suffering from psychological wounds has increased, the Department of Defense and multiple non-governmental organizations have recognized the urgent need for new and improved ways of treating mental health issues. The Shambhala Mountain Center offers a unique environment where the benefits of meditation, mindfulness, and the power of the natural world are combined to help service members experience in a meaningful way.

In response to this need, Shambhala Mountain Center will be hosting “Warrior’s Peace of Mind,” a supporting event in 2013 that is contributing a world of healing andension to the individual and collective well-being of the U.S. military.

In collaboration with the Medicine Horse Program, this program will offer a new approach to dealing with PTSD that marries meditation and therapy and equine-assisted therapy to help veterans overcome trauma, diminis stress and elevates the ability to treat loved ones and themselves.

"Mindfulness based meditation practice can help one achieve clarity and peace of mind. It has been instrumental in my own healing process moving from the wounds of war," says Paul S. M. Williams, a clinical psychologist and Professor of Psychiatry, and author of the book 'Warrior’s Peace of Mind.' "It is a journey of healing, reconnection and relearning to be effective." In addition, "Veterans’ Peace of Mind Project, Gary Allen, leader of meditation groups and Shambhala Training programs and Beyond CoE, a Japan-based member and meditation teacher of 39 years.

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For samples of some of our most recent articles by presenters, teachers, guest writers, and staff, please visit our SMC Blog at: blog.shambhalamountain.org
TESTIMONIALS

One of the best places on Earth! Sage Helperman, June 2016

Beautiful, peaceful and liberating. Lea Marlene, May 2016

I have never met so many kind and wise people in one place. Shambhala Mountain Center is nestled far away in the mountains from the hustle and bustle of the city. You can feel a sense of impalpable peace once you land at Shambhala Center. Such magnificent and awe inspiring views! Exquisitemiss via TripAdvisor, May 2016

Amazing people, amazing place, amazing energy. One of the most peaceful environments I've ever experienced. Travis Hinton, Feb 2016

I would recommend everyone who is interested in culture, architecture, self introspection, and can respect humanity make a point and visit the stupa. This is a treasure in the US. Travelerpa70 via TripAdvisor, Dec 2015

Every time I come to SMC and leave a changed person. It is hard to put it into words but the place is truly magical. It is one of those places that shows you what is humanly possible when people care about each other, are willing to treat each other with dignity and share that wisdom with the environment. WakefulHeart via TripAdvisor, June 2015

Shambhala Mountain Center was an amazing experience and opened my eyes in so many ways. With the chaos in life and the constant stimuli we have attacking our mind, a nice weekend retreat (or longer if you can) to SMC is a great way to take a step back and realize what is truly important in life. Scott McNary, May 2015

No words can describe this place. I mean it. It's breathtaking and makes you speechless. Shelby J via TripAdvisor, May 2015

I started my experience in 2011 with Courageous Women Fearlessly Living With Cancer.. It saved me, my spirit, and gave me a faith that I thought I had lost. Strength to find my place in the world and my fellow sisters. Thank you for all you have given me and shared with me. Love and Peace. Olie Mowers, April 2015

What an amazing experience! This was one of the best experiences I have had in my life. Quiet, serene, and well supported, my time at SMC reconnected me to the earth, weather and my heart. If you are looking for someplace to reboot your connection to your life, this is the place. Deidre W via Yelp, Jan 2014

Absolutely beautiful. Coming from LA, this place is literally a breath of fresh air - I didn't realize how much I missed nature until I spent a week at the Shambhala Mountain Center. As a retreat center, this place is breathtaking! Snoddy D via Yelp Dec 2013
SOCIAL MEDIA AND MULTIMEDIA GUIDE

Website ...........................................  www.shambhalamountain.org
Blog ............................................. blog.shambhalamountain.org
Online Events ................................. events.shambhalamountain.org
Facebook ................................... ShambhalaMountainCenter
YouTube .................................... TheShambhalaMountain
Tumblr ....................................... Shambhala-Mountain
Twitter ....................................... ShambhalaMC
Instagram .................................... ShambhalaMC
Google+ ....................................... ShambhalaMC
Pinterest ..................................... ShambhalaMC
Sound Cloud ................................. ShambhalaMC

VIDEOS OF INTEREST

Welcome to Shambhala Mountain Center:  https://youtu.be/sSjZzNvZDoM
Feel into The Great Stupa of Dharmakaya:  https://youtu.be/rYuR9gz_tPI
Dalai Lama receives inaugural Living Peace Award at SMC:  https://youtu.be/ppGrdIcYNLA
Awake in the World -- Shambhala Mountain Center:  https://youtu.be/tahI8mbxXTI
Seane Corn on the Real Work of the Activist:  https://youtu.be/8z_N5FzkpSI
Colorado Retreat Rental: Shambhala Mountain Center:  https://youtu.be/N4yZ0O-ir34

CONTACT

PRESS AND MEDIA RELATIONS

For press requests, pictures, interviews, filming, and assistance, or to inquire about advertising, partnerships, marketing, vendors, and sponsors, please contact:

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SMC is located about 2 hours northwest of Denver and Boulder, CO, 45 minutes north of Fort Collins, CO and 2 hours southwest of Cheyenne, WY in Red Feather Lakes, CO. Detailed directions are on our website.