

Name: Shambhala Buddhism
Leader: Chogyam Trungpa Rinpoche
Tradition: Tibetan Buddhism
Locations: Internationally
URL: www.shambhala.org

Chogyam Trungpa Rinpoche created a process by which one could become ordained and endorsed for the purposes of requirements like the Association of Professional Chaplains. In addition to completing the course work and seminars mentioned below a Master of Divinity is also required.

Please note that this degree can be obtained from [Naropa University](#) which Chogyam Trungpa Rinpoche found.

The Heart of Warriorship **The Sacred Path**

A Dathun (Tibetan for "month session") is a one-month group meditation retreat lead by a senior teacher

Warrior Assembly and Post Warrior Assembly Curriculum

Refuge and bodhisattva vows

Vajrayana Seminary **Sutrayana Seminary**

See additional information below:

The Heart of Warriorship

Levels I-V provide a strong foundation in mindfulness-awareness meditation practice, emphasizing the development of genuine confidence, humor, and personal dignity within the complexity of daily life. The workshops are recommended for new and experienced meditators, as well as for those looking to enrich their existing spiritual tradition.

These five workshops include meditation training and practice, talks by senior instructors, personal interviews and group discussions.

Level I: The Art of Being Human

Discovering basic goodness in the world and ourselves.

Level II: Birth of the Warrior

Cultivating the willingness to observe our cocoon of habitual fear and defense mechanisms.

Level III: Warrior in the World

Developing the bravery to step outside our cocoons.

Level IV: Awakened Heart

Opening to increased awareness and inquisitiveness about the world, as it is.

Level V: Open Sky

Sharpening one's awareness, one finds the open clear sky of mind—a delightful source of wisdom and uplifted energy. Trusting our nature enough to let go into the present moment.

The Sacred Path

The Sacred Path program introduces further warriorship practices, that extend the basic meditation training. These practices are based on a societal vision and aspiration to help the world. This level of training cultivates one's dignity and natural gifts that are able to widen one's sphere of compassionate and practical influence. During a series of visionary experiences that took place between 1976 and 1980, **Chögyam Trungpa, Rinpoche** wrote down what became known as the Shambhala texts. The Sacred Path of the Warrior is based on these texts and on the extensive commentaries Chögyam Trungpa, Rinpoche gave on these teachings and on how to practice them in modern times.

Great Eastern Sun

This weekend program teaches how to see the Great Eastern Sun, the primordial energy and brilliance that is the basis of all that exists; an introduction to membership in Shambhala—a living context for building a sane society.

Drala

Through exploring the depth of perception, one engages the elemental and magical strength inherent in the world. The principle of drala refers to the sacred energy and power that exists when we step beyond aggression.

Windhorse

One studies the text that gives the instruction for “raising windhorse,” which opens the heart and refreshes one's confidence. The practice is a way to bring about skillful and heartfelt social engagement, enabling the warrior to go forward in the midst of whatever challenges occur.

Meek

“The four dignities” are introduced as a path and a process, which describe a warrior's maturing and widening sphere of benevolent engagement in the world. The training in the dignities allows one to maintain awareness and delight at each stage. *Meek* is a study of the grounded, humble and gentle beginning stages of a warrior's journey. Here one trains to overcome arrogance—the primary obstacle to learning.

Perky

As the second of the four dignities, this level focuses on cultivating sharp, vibrant and uplifted energy through natural discipline. Overcoming the trap of doubt, the warrior of perky is able to accomplish his or her activities with a sense of nobility and ease.

Outrageous and Inscrutable

These fruitional dignities refer to the extraordinary skill of a practiced warrior. No longer afraid of making mistakes, the unconventional and visionary perspective of the outrageous warrior combines with the skill of spontaneous inscrutability to create benefit for others on a large scale.

Golden Key

This program is based on a Shambhala text that works with our relationship to the “material world” and our sense perceptions. It teaches the practice of *enriching presence*—the ability to instantly sense the inner wealth within oneself, phenomena, and the natural world.

Warrior Assembly and Post Warrior Assembly Curriculum

Warrior Assembly

The Warrior Assembly, the jewel of Shambhala Training and the culmination of the Sacred Path program, is a living teaching in creating enlightened society. Participants receive the transmission of advanced Shambhala warriorship practices and study the root text and commentary, *The Golden Sun of the Great East*. This text describes the principles and practice of Ashe, a simple and powerful practice that enables one to transform confusion and hesitation into wisdom and authenticity.

Warrior Assembly

When [the mind of the warrior] grows older still,
Lead it to the archery range of the warriors.

— *The Letter of the Black Ashe*

ABOUT WARRIOR ASSEMBLY

Warrior Assembly is the culmination of the [Shambhala Training Sacred Path program](#). This nine-day retreat provides a living teaching in creating enlightened society. Participants receive transmission and training in the advanced Shambhala practices of stroke and *lungta*, and of the root text, *The Golden Sun of the Great East*, by [the Dorje Dradül](#). Warrior Assembly is a prerequisite for the [Shambhala Vajrayana Seminary](#).

PREPARATION

The prerequisite to Warrior Assembly is completion

SCHEDULED WARRIOR ASSEMBLIES

For additional information or to submit an application for a particular program, follow the relevant link below:

- [July 2006 Warrior Assembly](#)
June 30 - July 12, 2006
at Karme Choling
led by Frank Berliner and Shelley Pierce
Program is full.
 -  [View program information](#)
 -  [Submit an application online](#)
 -  [Submit a recommendation](#)
 -  [Access additional resources](#)

(including *Golden Key*) and membership in one's local centre.

HOW TO APPLY

Filling out an application well in advance of the program gives us the notification we need to gather staff and prepare for the program. Students who apply for Warrior Assembly and have completed the prerequisites will be accepted on a first-come, first-served basis. The application process for Warrior Assembly is simple and can be done online (see *Scheduled Warrior Assemblies* in the right-hand column for links to applications).

SUBMITTING RECOMMENDATIONS

To submit a recommendation for a program applicant, select the program they are applying for above and follow the instructions under *Recommenders*.

FINANCIAL ASSISTANCE

Shambhala International sets aside a portion of the revenue from each of its programs for financial assistance. **Please note:** In order to maintain consistent policies between the programs when they're held at different locations, normal discounts offered by the practice centers do not apply.

After you have applied for the program, you will be provided a link to the Shambhala International Program Financial Assistance Application. Financial assistance awards will be determined based on relative need.

FOR MORE INFORMATION

Information on pricing, application requirements, who to contact, etc., can be found in the program fact sheets for the individual Warrior Assemblies. To access the fact sheet, follow the link for the program you are interested in under the section, "Scheduled Warrior Assemblies" above.

[Return to the Advanced Program Page.](#)

Practice of Authentic Presence

At the heart of the course is the transmission of the sadhana *The Windhorse of Authentic Presence: Arousing the Confidence of Warrior-King Gesar* by **Sakyong Mipham Rinpoche**.

Kalapa Assembly

Kalapa Assembly is a fruition program for both the Shambhala Training as well of the Shambhala Buddhist Path. Participation in this program is through an application process, and represents a level of deep commitment to Shambhala and the work of creating enlightened society. It is in this

context that participants pledge with the Sakyong to work in any way that they are capable, in any location in which they may be living, to bring pragmatic and compassionate ideals of enlightened society down to earth.

OFFICE OF PRACTICE & EDUCATION ADVANCED PROGRAMS

SHAMBHALA SEMINARY

The two-part Shambhala Seminary is designed to deepen students' practice and understanding of the buddhist and Shambhala teachings and to enter them into the vajrayana practices of the Shambhala Buddhist mandala. Part 1, Sutrayana Seminary, is led by a Shambhala acharya and provides in-depth training and study of the hinayana, mahayana, and Shambhala teachings. Part 2, Vajrayana Seminary, is led by Sakyong Mipham Rinpoche and authorizes students to begin their Shambhala ngöndro--the preliminary practices for receiving the Rigden Abhisheka.

- **Shambhala Sutrayana Seminary information and application**
 - **Shambhala Mountain Center:**
June 9 - July 9, 2006
 - **Dorje Denma Ling:**
July 1 - July 30, 2006
- **Shambhala Sutrayana-Vajrayana Seminary**
 - *Information on coming programs is forthcoming.*
- **Shambhala Vajrayana Seminary information and application**
 - **Dechen Choling**
August 4 - September 2, 2006

RIGDEN ABHISHEKA

WARRIOR ASSEMBLY

The Warrior Assembly is the fruition of the Shambhala Training Sacred Path program. During Warrior Assembly, students study the Shambhala terma text, *The Golden Sun of the Great East*, and receive the ashe practices of stroke and *lungta*. Warrior Assembly is a pre-requisite for attending Shambhala Vajrayana Seminary.

- **Warrior Assembly information and application**
 - **Karme Choling**
June 30 - July 12, 2006

VAJRAYOGINI ABHISHEKA

The Vajrayogini Abhisheka is the formal entry into the practice of the Vajrayogini Sadhana, and is open to graduates of Shambhala Vajrayana Seminary who have completed the Kagyü ngöndro practices.

- **Vajrayogini Abhisheka information and application**
 - *Information on coming programs is forthcoming.*

CHAKRASAMVARA ABHISHEKA

The Abhisheka of Chakrasamvara introduces the student into the mandala of Chakrasamvara. It is open to graduates of Shambhala Vajrayana Seminary who have completed their Vajrayogini practice.

- **Chakrasamvara Abhisheka**

The Rigden Abhisheka enters the student into the practice of the Werma Sadhana. It is open to graduates of Shambhala Vajrayana Seminary who have completed their Shambhala ngöndro and to students who have already received the Werma Sadhana and completed their Kagyü Ngöndro.

- **Rigden Abhisheka information and application**
 - **Dechen Choling**
September 5 - September 13, 2006
 - **Karme Choling**
October 24 - November 1, 2006

information and application

- *Information on coming programs is forthcoming.*

DATHÜN: MONTH MEDITATION RETREAT

"It's very helpful to realize that being here, sitting in meditation, doing simple everyday things like working, walking outside, talking with people, bathing, using the toilet, and eating, is actually all that we need to be fully awake, fully alive, fully human. While we are sitting in meditation, we are simply exploring humanity and all of creation in the form of ourselves. We can become the world's greatest experts on anger, jealousy, and self-deprecation, as well as on joyfulness, clarity, and insight. Everything that human beings feel, we feel. We can become extremely wise and sensitive to all of humanity and the whole universe simply by knowing ourselves, just as we are."

- Pema Chödrön, teaching on day two of a dathün



Dathün (Tibetan for "month session") is a one-month group meditation retreat lead by a senior teacher. It is open to anyone and is a very powerful introduction and deepening of mindfulness-awareness meditation. Each day consists of alternating periods of sitting and walking meditation with time for talks, study, and a short work period. Silence and functional talking are observed throughout the day. Meals are served in the shrine room oryoki-style, a practice of mindful eating taken from the Zen tradition. There is regular individual instruction with trained meditation instructors.

An example of a day in the dathün:

6:30 am	Wake up
7:00 am	Morning chants Practice: sitting & walking meditation
8:00 am	Breakfast (in the shrine room)
9:00 am	Practice: sitting & walking meditation
12:00 pm	Lunch (in the shrine room)
1:00 pm	Work period
2:30 pm	Practice: sitting & walking meditation
4:00 pm	Tea
4:30 pm	Practice: sitting & walking meditation
5:30 pm	Talk Evening chants
7:00 pm	Dinner (in the shrine room)
8:00 pm	Practice: sitting & walking meditation Closing chants
9:00	End of day

In general, the daily schedule is quite full, and there is not much time for personal activities. One day in the middle of the dathün is open with no scheduled practice.

Although there is a shrine with Buddhist and Shambhala symbols as well as chants at certain points of the day, one does not need to be a Buddhist nor even be interested in becoming a Buddhist to take part. All the symbols and chants are oriented toward arousing our natural wakefulness and compassion and are provided as methods for realizing the nature of our minds.

In the Shambhala Buddhist tradition, dathün is one of our most important training programs. There is a real power and depth to practicing with a group for a month, and for many people, it is a big step on their path of meditation. In terms of the teachings, there are different kinds of dathüns, with some of them emphasizing the Buddhist teachings, the Shambhala teachings, the teachings of lojong ("mind training"), or the creative arts. Yet all dathüns are alike in being grounded in intensive sitting practice of mindfulness and awareness.

Anyone is welcome to come to a dathün. If possible, it is good if you have already had meditation instruction and some experience and understanding of meditation beforehand. There are 165 Shambhala Centers worldwide, where you can receive free meditation instruction and can take part in meditation classes and programs for reasonable fees. Please see our [Shambhala Center guide](#) for the center closest to you.

Since dathün is such a central part of our training, it is a requirement for those people planning to take Sutrayana and Vajrayana Seminary, as well as for becoming a meditation instructor. It is also required to do at least a weekthün before doing a solitary retreat. For more information on retreats, click on retreats.

Recommended Readings

Pema Chödrön:

The Wisdom of No Escape

Start Where You Are

(These books are teachings she gave during two particular dathüns.)

Chögyam Trungpa:

The Heart of the Buddha

The Path is the Goal

Sakyong Mipham Rinpoche:

Turning the Mind Into an Ally

Where to Go, Who to Contact

There are four practice centers in the Shambhala mandala that offer dathüns at different times of the year.

[Dechen Chöling](#), Mas Marvent, France

[Dorje Denma Ling](#), Tatamagouche, Nova Scotia

[Karmê Chöling](#), Barnet, Vermont

[Shambhala Mountain Center](#), Red Feather Lakes, Colorado

Shambhala Sutrayana Seminary

ABOUT SUTRAYANA SEMINARY

Sutrayana Seminary deepens and expands the practice and study students undertook in the Shambhala School of Buddhist Studies, dathün, and the Shambhala Training Heart of Warriorship

SCHEDULED SEMINARIES

For additional information or to submit an application for a particular program, follow the relevant link below:

Shambhala Acharya, students live in a Shambhala environment, alternating periods of intensive meditation practice with classes in Buddhist and Shambhala view and practice.

PREPARATION

Students applying to Sutrayana Seminary should have completed the following before the program :

- **A dathün.**
- **The Shambhala School of Buddhist Studies**, or an equivalent, intermediate level of Buddhist study, including study of the *1999 and 2000 Shambhala Sutrayana Seminary Transcripts*.
- **The Shambhala Training Heart of Warriorship program.** This is a new requirement. In this transition year, if you were planning to attend Sutrayana Seminary but will not be able to complete the Heart of Warriorship before the program, please talk to your Shambhala Training Resident Director to discuss ways of covering this material before the program.

As always, we are willing to be somewhat flexible with these pre-requisites, particularly for those who live in remote areas or in smaller centers.

HOW TO APPLY

Acceptance to Sutrayana Seminary is determined based on the student's level of practice, study and development. To submit an application, follow the link for the Sutrayana Seminary you are interested in under the following section, "Scheduled Seminars."

Seminary

June 9 - July 9, 2006
at Shambhala Mountain Center
led by Acharya Judith Simmer-Brown

Still accepting applications.

 [View program information](#)

 [Submit an application online](#)

 [Submit a recommendation](#)

 [Access additional resources](#)

- **July 2006 Shambhala Sutrayana Seminary**

July 1 - July 30, 2006
at Dorje Denma Ling

led by Acharya Moh Hardin

Still accepting applications.

 [View program information](#)

 [Submit an application online](#)

 [Submit a recommendation](#)

 [Access additional resources](#)

SUBMITTING RECOMMENDATIONS

To submit a recommendation for a program applicant, select the program they are applying for above and follow the instructions under *Recommenders*.

FINANCIAL ASSISTANCE AND PROGRAM DISCOUNTS

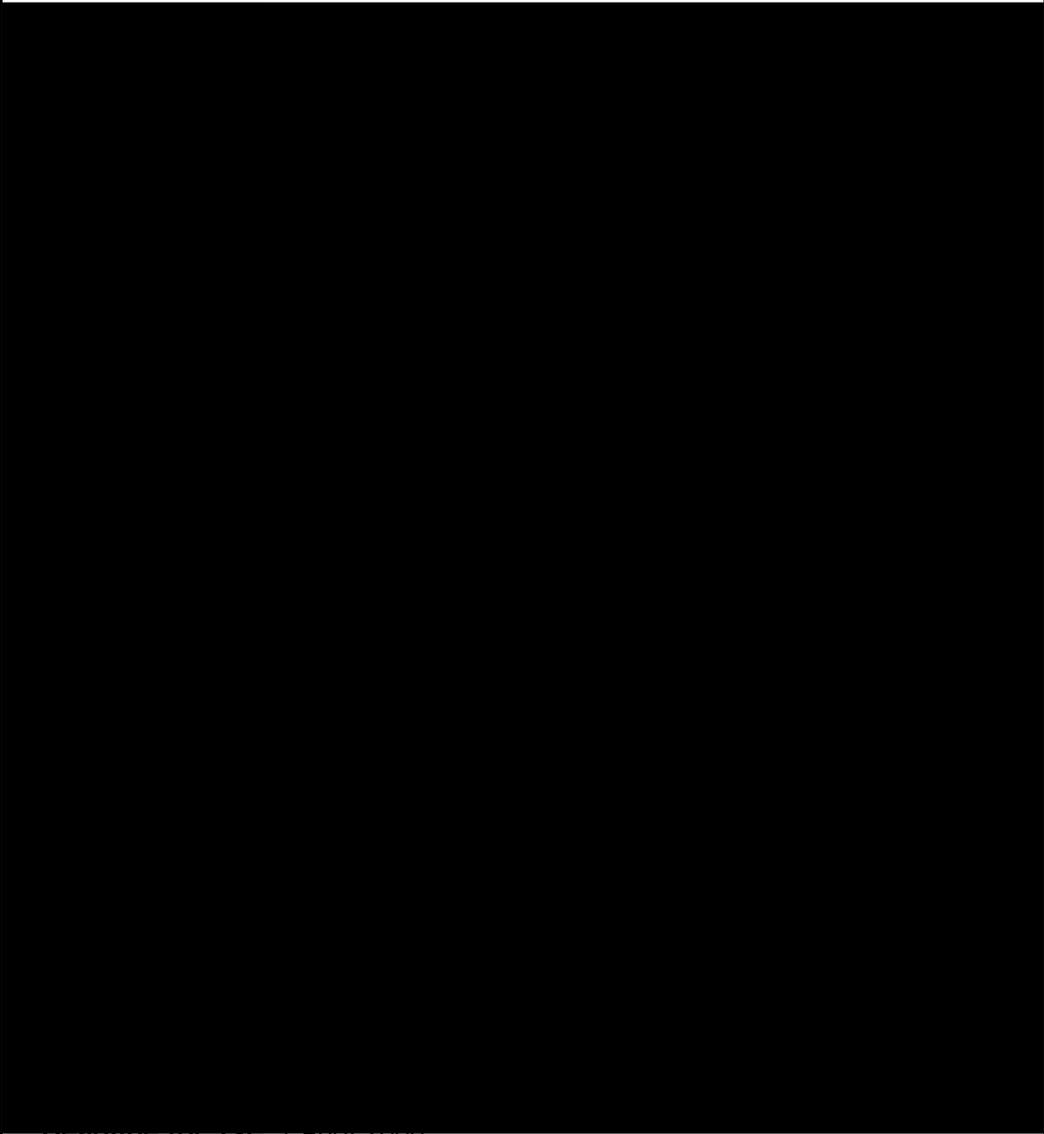
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After you have applied for the program, you will be provided a link to the Shambhala International Program Financial Assistance Application. Financial assistance awards will be determined based on relative need.

FOR MORE INFORMATION

Information on pricing, application requirements, who to contact, etc., can be found in the program fact sheets for the individual Sutrayana Seminaries. To access the fact sheet, follow the link for the program you are interested in under the section, "Scheduled Seminaries" above.

June 2006 Shambhala Sutrayana Seminary Fact Sheet

Location:	Shambhala Mountain Center
	

Deadline for 1st application review:

17 April 2006

Deadline for 2nd application review:

1 May 2006

applications and accompanying materials to:	Shambhala Mountain Center 4921 County Road 68C Red Feather Lakes, CO 80545 USA
Registration	
Contact:	Cliff Lindsay cliff@shambhalamountain.org 1 (970) 881-2184 x236
Send printed registration forms to:	Sutrayana Seminary Registration Shambhala Mountain Center 4921 County Road 68C Red Feather Lakes, CO 80545 USA
Registration forms can be found here:	http://www.shambhalamountain.org/program_detail.php?retreat=507
Travel	
Contact:	Keith Dubin garuda@shambhalamountain.org 1 (970) 881-2184 x298
Accommodations	
Contact:	Keith Dubin housing@shambhalamountain.org 1 (970) 881-2184 x298
Payment	
Contact:	Cliff Lindsay cliff@shambhalamountain.org 1 (970) 881-2184 x 236
Make cheques to:	Shambhala Mountain Center (Please note that we can accept checks drawn on US and Canadian banks only.)
Send payment to:	Sutrayana Seminary Finance Shambhala Mountain Center 4921 County Road 68C Red Feather Lakes, CO 80545 USA
1st payment deadline:	15 March 2006: \$753 USD (35%)
2nd payment deadline:	15 April 2006: \$753 USD (35%)
3rd payment deadline:	15 May 2006: \$645 USD (30%)
Financial Assistance	
Financial assistance	Christine Brotherson christine@shambhalamountain.org 1 (970) 881-2184 x257

contact:	1 (970) 881-2184 x357
Financial assistance application deadline:	1 April 2006
Close this window	

Sakyong Jamgön Mipham Rinpoche Shambhala Vajrayana Seminary

ABOUT VAJRAYANA SEMINARY

The Shambhala Vajrayana Seminary introduces the student into the vajrayana teachings and practices of our Shambhala and Buddhist lineages. During this program, students will receive authorization and training in the Shambhala ngöndro practices under Sakyong Mipham Rinpoche's personal guidance. In applying for Vajrayana Seminary, students are requesting to be accepted as his vajrayana students. Thus, attendance in this program requires a personal connection and commitment to Sakyong Mipham Rinpoche, the teachings of the Vidyadhara, Chögyam Trungpa Rinpoche, and the Shambhala Buddhist mandala.

Please note: If you have already attended Vajrayana Seminary and want to attend the Rigden abhisheka, please refer to the [Rigden abhisheka page](#) for information on attending the abhisheka and group ngöndro retreat.

PREPARATION

Students applying to Vajrayana Seminary will need to have completed the following in advance of the program:

- [Shambhala Sutrayana Seminary](#) (or the hinayana and mahayana sections of the former Vajradhatu Seminary) and its prerequisites.
- **Refuge and bodhisattva vows**, which are required before receiving vajrayana

SCHEDULED SEMINARIES

For additional information or to submit an application for a particular program, follow the relevant link below:

- [2006 Shambhala Vajrayana Seminary](#)
August 4 - September 2, 2006
at Dechen Choling
led by Sakyong Mipham Rinpoche, Acharya Simon Luna, Acharya Fenja Heupers
Still accepting applications.
[View program information](#)
[Submit an application online](#)
[Submit a recommendation](#)
[Access additional resources](#)

SUBMITTING RECOMMENDATIONS

To submit a recommendation for a program applicant, select the program they are applying for above and follow the instructions under *Recommenders*.

FINANCIAL ASSISTANCE

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- transmission. Please note that these vows will **not** be offered Vajrayana Seminary.
- **The Shambhala Training Sacred Path program through Warrior Assembly.** This is a new requirement. In this transition year, if you were planning to attend Vajrayana Seminary but will not be able to complete these requirements before the program, please speak with your Shambhala Training Resident Director to discuss ways of completing at least the Sacred Path material before the program. If accepted, you would then commit to attend Warrior Assembly as soon as possible after Seminary.
 - The preparatory class, **Entering the Vajra World.** You should plan to attend this *after* being accepted to Vajrayana Seminary. Contact your local center's Dharmadhatu Coordinator or Head of Study for information on having this program scheduled in your centre.
 - **Membership in your local Shambhala Meditation Center or Group** is expected unless you live in a remote area where this is not possible. Exposure and familiarization with the Shambhala community is important.
 - **A shamatha-vipashyana retreat** is strongly recommended, though not required.

HOW TO APPLY

The application process for Vajrayana Seminary is managed by Shambhala International. Applications are reviewed by the Seminary Application Review Committee, under the direction of Sakyong Mipham Rinpoche. Acceptance is determined based on the student's level of preparation and understanding of basic dharmic principles, and their readiness to undertake the further commitment inherent in becoming a vajrayana student.

Applications for this year's Vajrayana Seminary can be filled out online in the box to the right.

provided a link to the Shambhala International Program Financial Assistance Application. Financial assistance awards will be determined based on relative need.

FOR MORE INFORMATION

Information on pricing, application requirements, who to contact, etc., can be found in the program fact sheets for the individual Vajrayana Seminaries. To access the fact sheet, follow the link for the program you are interested in under the section, "Scheduled Seminaries" above.

[Return to the Advanced Program Page.](#)

of the application have been received:

1. The completed application form.
2. **At least two** completed recommendation forms (submitted separately from the application) from the following people:
 1. Your meditation instructor
 2. The Director, Head of Practice, or Head of Study from your local Shambhala Center or a Shambhala acharya.
3. A \$25 US application fee.

SOLITARY RETREAT

Historically, retreat practice has been central in the practice lineages of the Kagyü and Nyingma. As Milarepa has sung:

The kindness of the father guru is repaid by practice.

Lord guru, please keep me in your kind heart.

Grant your blessings so that this lowly one may keep to retreat.

In his early days of teaching in North America, the Vidyadhara placed considerable emphasis on individual shamatha retreats. This was often a student's first exposure to extended shamatha practice. Retreat cabins were built at all the practice centers, and regular retreat practice was encouraged. This was before the establishment of the **dathün** and weekthün (month and week long group retreats) and the introduction of vajrayana practices.

Over time, the dathün and weekthün replaced retreat practice as most students' first introduction to intensive practice. However, the dathün was not designed to replace the solitary retreat, but to provide a powerful and supportive group situation to enter new students into intensive practice. At this point, dathün is required before doing a retreat.

Solitary retreats are still highly encouraged for shamatha students, as well as for ngöndro and sadhana practitioners. In the new Buddhist curriculum, a 7 day solitary retreat is one of the requirements for Vajrayana Seminary, and for some vajrayana practices, extensive retreat is necessary. It is also extremely important that teachers and meditation instructors have a regular retreat practice to deepen their understanding. Though retreat is not required on the Shambhala Training path, many students have found it very powerful to do Shambhala practices such as stroke and Werma in retreat. In any case, whether required or not, retreat can be one of the most powerful and inspiring experiences that practitioners can have.

It is best to do a retreat at a practice center offering guidance as well as dedicated retreat cabins in beautiful

locations. Visits by an experienced retreat master are included. In-house retreats at major practice centers are another option.

EXTENDED RETREATS

Some centers can accommodate experienced retreatants who would like to do a longer solitary retreat of several months or longer. Other centers have a limit of one month or so for retreats.

Three Year Retreat

One unique retreat is the traditional three year retreat, which is an advanced vajrayana retreat of practicing both by oneself and with a group. This retreat takes place at Gampo Abbey in its three year retreat center, Söpa Chöling (Dharma Place of Patience), which is a separate building isolated by a fence.

The retreat practices are based on the Karma Kagyu (Kamtsang) tradition, and all participants take temporary ordination for the duration of each segment. The segments are one year in, one year out. In this way two groups of 16 people alternate in participating in the retreat which takes a total of six years.

To enter the retreat one must complete the vajrayana preparatory (ngöndro) and deity practices.

SHAMBHALA RETREAT CENTRES IN NORTH AMERICA

In-house retreats only:

<p>Dorje Denma Ling</p>	<p>2280 Balmoral Rd. The Falls, NS B0K 1V0 902/657-9085 FAX: 902/657-3159 denma@shambhala.org</p>	<p>A small program center in the Cobequid Mountains of Nova Scotia, 1 1/2 hours northwest of Halifax. It is located on 400 acres of meadowland and forest overlooking the Northumberland Strait.</p>
<p>Shambhala Mountain Center</p>	<p>4921 County Rd. 68-C Red Feather Lakes, CO 80545-9505 970/881-2184 FAX: 970/881-2909 info@shambhalamountain.org</p>	<p>A large and growing program center on 600 acres of a mountain valley in northern Colorado. It is located about 2 hours from Denver.</p>
<p>Gampo Abbey</p>	<p>Pleasant Bay, NS B0E 2P0 902/224-2752 FAX: 902/224-1521 gampo@shambhala.org</p>	<p>A small monastic center with a 3-year retreat center. Remote location in the highlands of Cape Breton island, Nova Scotia</p>

Solitary and in-house retreats:

<p>Karmê- Chöling</p>	<p>369 Patneau Lane Barnet, VT 05821 802/633-2384 kcl- retreats@karmecholing.org</p>	<p>A busy program center with strong retreat facilities as well. There are 7 cabins in the wooded hills in secluded locations on their 540 acres.</p>
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Solitary retreats only:

<p>Dorje Khyung Dzong</p>	<p>P.O. Box 131 Gardner, CO 81040 719/746-2264 FAX: 719/746-2997 dkd@shambhala.org</p>	<p>This is a dedicated retreat center that has 7 cabins on 400 acres of secluded forest in the mountains of southern Colorado.</p>
<p>Ötso Shingsa (Milk Lake)</p>	<p>c/o Gregg and Connie Clause R.R.1 Italy Cross, NS B0J 1V0 902/543-1417 milklake@shambhala.org</p>	<p>This is a dedicated retreat center about 1 hour south of Halifax, Nova Scotia. There are 3 large, comfortable cabins next to a lake. Not as isolated, but very quiet and well situated.</p>