

# *Heart-Centered Meditation Retreat*

*Shambhala Mountain Center, Red Feather Lakes, CO  
August / Sept 2018*

We will come together once again in the fall for a Heart-Centered Meditation Retreat. The retreat will be held at the Red Feather Conference Center at Shambhala Mountain Center, a Buddhist-inspired contemplative center, located at 8,000 ft. in the forests and meadows of the northern Colorado Rockies. This retreat presents an opportunity for people to immerse themselves in the energies of their meditation practice and the surrounding natural environment. We will meditate indoors and out in nature to deepen our spiritual development. Sessions of *Current Healing* will also be available for those who are interested. Experience the benefit of concentrated awareness over a period of days, while growing more in tune with yourself in nature.

The Shambhala Mountain Center and the Great Stupa of Dharmakaya provides an inspirational and supportive environment for the practice of Heart-Centered Meditation. Join us for what promises to be a welcoming experience of friends within a spiritual community.

## **Shambhala Mountain Center**

**4921 County Road 68C  
Red Feather Lakes, CO 80545-9505**

**AUGUST 30, 2018 - September 2, 2018**

\*Registration will take place at 8-9 AM, Thursday, August 30. Check-out: Sunday, September 2

For directions and shuttle information go to <https://www.shambhalamountain.org/visit-us/getting-here/>

Recommended items to bring: A water-proof blanket (plastic sheet) & pillow for sitting outside.

### ***Linens, bedding & blankets should be brought by those staying in the Dorms.***

Layered clothing, rain gear, gloves, boots for hiking, meditation pillows, backpacks & blankets, Please bring phone cards to make long distance calls from the pay phones.

For more information on *What To Bring* see:

<https://www.shambhalamountain.org/visit-us/program-participant-info/>

## Welcome to Shambhala Mountain Center

Shambhala Mountain Center will be hosting your upcoming Heart~Centered Meditation Retreat. If you wish to stay before or after an event, please contact Shambhala Mountain Center to check on availability prior to making plane reservations. Please arrive at the designated times for check-in.

Since 1972, Shambhala Mountain Center has offered programs based on meditative practices and the cultivation of wisdom. Many of the great spiritual teachers of this century have visited and blessed this land. SMC hosts two important "power spots". The Great Stupa of Dharmakaya, a traditional 108-foot Buddhist monument expresses the energy and activity of the Vidyadhara Chogyam Trungpa Rinpoche. Across the meadow on a secluded pine forest hillside is a shrine dedicated to Amaterasu Omikami, the sun goddess and principle deity of Shinto, the native folk tradition of Japan.

In keeping with the Shambhala contemplative practices we will be conscientious of others in silent meditation while moving about the property. Our practice of active meditation will take place in the Red Feather Conference Center and outdoor locations off-property in the surrounding area.

**Travel:** Red Feather Lakes is approximately a 2 1/2 hour drive from the Denver airport.

Please contact SMC **directly at least one week prior to arrival** if you need transportation assistance from Fort Collins. See <http://www.shambhalamountain.org/visit-us/getting-here/> for General Information.

**Housing:** There are a variety of housing options during our retreat. The Shambhala & Rigden Lodges, are adjacent to Sacred Studies Hall, having single and double rooms with private & shared bathrooms. Dorm rooms may also be available.

Participants in this program, as well as other programs running concurrently, are housed on a first come, first serve basis. In years past our group has preferred the single and double rooms with private baths in the Shambhala Lodge.

**Rota** is a work detail assigned to everyone attending the retreat.

**Preparedness:** Because of the abundant sunlight and high elevation, it is suggested that you take precautions against dehydration, altitude sickness, and ultraviolet rays. It is also important that you let the Shambhala Mountain Center staff know of any medical condition(s) and medications that may affect your stay while you are attending a program here.

**Registration Form**  
(Please keep a copy for your records)

**Fill In Completely**

Name \_\_\_\_\_ Phone Number \_\_\_\_\_

Address \_\_\_\_\_

Fax Number \_\_\_\_\_ Email \_\_\_\_\_

Emergency Contact \_\_\_\_\_

**Workshop Cost**

**\$620 per person for Workshop + Room Rate (below) ( 3 or 4 nights) = Total**

**Your registration form & \$620 non-refundable deposit needs to be received by June 15, 2018**

**The balance to be received no later than August 10, 2018**

**Donations to scholarships are always welcome.**

**Accommodation Assignments**

**Check-in directly to the SMC Registration Center at 8:00 AM on Thursday, August 30**

**Check-out: Sunday, September 2**

**Fees** Please Check One: 3 Nights, includes meals, accommodations & meeting facilities.

4 Nights, arrive 9/13 Wednesday, register late afternoon by 5:00 PM. Extra night's lodging costs include dinner.

**Reserve Early! Limited Number of Rooms**

	3 Nights per Person	4 Nights, 9/2 by 5 PM	__ A Couple / 4 Nights		
Single w/ private bath	\$ 585 ____	** \$ 750 ____	per person	\$ 842 ____	\$1,068 ____
Single w/ shared bath	\$ 475 ____	** \$ 605 ____	“		
Double	\$ 425 ____	** \$ 535 ____	“		

Roommate Request \_\_\_\_\_

Please register early, as there are only a limited number of rooms available per selection.

**Dietary Requests:** Meat \_\_\_\_ Vegetarian \_\_\_\_ Vegan \_\_\_\_

**Medical Concerns:** \_\_\_\_\_

**Deposit for Workshop: \$ \_\_\_\_\_ \$620 by 6/15 Remaining Balance: \$ \_\_\_\_\_ by 8/10**

\*Add \$75 late fee for registrations/deposits received after June 15. **Balance to be received no later than August 10.**

Sorry, but registrations cannot be taken over the phone. Questions? Call Mary at **(857) 753-1251**

Registration Online at: [mary@marywhite.org](mailto:mary@marywhite.org) or. Mail registration to address below:

**Please return this completed form along with the signed Release & Liability Waiver Form on the back of this page.**

**Send to: Mary White, P.O. Box 3403 , Scottsdale, AZ 85271**

Shambhala Mountain Center  
Release of Liability Waiver Form

Name \_\_\_\_\_

Street \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone: Work \_\_\_\_\_ Home \_\_\_\_\_

Emergency Contact: Person \_\_\_\_\_ Phone: \_\_\_\_\_

Your Doctor \_\_\_\_\_ Dr.'s Tel \_\_\_\_\_ Hospital \_\_\_\_\_

I understand that the Heart Centered Meditation & Spiritual Development conference I attend, hosted by the Shambhala Mountain Center, formerly Rocky Mountain Shambhala Center and their staff, may involve strenuous and vigorous physical, mental, intellectual, and emotional activity, including, but not limited to role playing, interactive games and exercises that may tax my physical, intellectual, mental and emotional capacities. I understand that the training may pose a risk of physical or other injury to myself and others. I understand and acknowledge that my participation in the training and in every separate part thereof is purely voluntary and that at all times I will be free to choose NOT to participate in any part of all of the training. I acknowledge my responsibility for exercising my own judgment and initiative in choosing what parts of the training if any, I will participate in. I acknowledge that my choices and my actions pose a risk of physical or other injury to myself or others. By this consent I knowingly and voluntarily assume the risk of any physical or other injury either to myself or caused to others by me during my training. I hereby release Heart Centered Meditation & Spiritual Development and the Shambhala Mountain Center from any and all liability for physical and other injuries to myself. I hereby agree to indemnify and hold harmless Mary White, Heart Centered Meditation & Spiritual Development and Shambhala Mountain Center of all liability, claims, suits and damages for any physical or other injury to myself and for any injury to others caused by me.

Signed \_\_\_\_\_ Date \_\_\_\_\_

I acknowledge that the activities described above may be more physically, mentally or emotionally demanding than my usual activities. To the extent that I have any physical, mental or emotional disability which would impair my ability to participate in the activities and exercises described above, I have made written reference to each such disability on this or an additional page, and in the event that I have made no such reference to any such disability, I represent to Mary White, Heart Centered Meditation & Spiritual Development and the Shambhala Mountain Center that I have none.

Signed \_\_\_\_\_ Date \_\_\_\_\_

I hereby authorize Mary White, Heart Centered Meditation & Spiritual Development and the Shambhala Mountain Center to take any and all reasonable steps on my behalf in the case of any physical or other injury or condition I might suffer during the conference I am attending. Mary White, Heart Centered Meditation & Spiritual Development and the Shambhala Mountain Center may apply emergency first aid, engage physicians of any kind, nursing services, ambulance services, paramedic services, or any other service or personnel that in the sole discretion and judgment of Mary White, Heart Centered Meditation & Spiritual Development and the Shambhala Mountain Center may be deemed reasonable or necessary. I hereby agree to indemnify and hold harmless Mary White, Heart Centered Meditation & Spiritual Development and the Shambhala Mountain Center of and from any and all liability, claims, suits and damages, including but without limitation, the cost, arising out of or with respect to the engagement of such services and/or personnel on my behalf. Further, I hereby knowingly and voluntarily release Mary White, Heart Centered Meditation & Spiritual Development and the Shambhala Mountain Center from any liability for any physical or other injury that I may suffer as a result of their engagement of such services and/or personnel on my behalf.

Signed \_\_\_\_\_ Date \_\_\_\_\_