



TIBETAN NYINGMA INSTITUTE

Healing Body, Mind, and Spirit

Late Summer Program

August 31–September 25



Like a stream of nectar, the transmission of wisdom in the Tibetan tradition flows to us from the time of the Buddha, a healing balm touching all levels of being. The restorative power of this tradition shines through these four-week courses.

Meditation Courses

Beginning Meditation: Meditation for Healing (MED105) *Thursdays, 6:15–7:45 PM (September 3–24)*

Many health benefits come from regular meditation practice. This course focuses on meditation practices that balance the emotions and stimulate natural healing. Cost: \$72. Instructor: Ken McKeon.

Intermediate Meditation: Attaining Inner Confidence (MED210) *Thursdays, 8–9:30 PM (September 3–24)*

Meditative awareness gives us an inner stability and confidence that we can rely on to guide our actions. This course investigates the meaning of confidence through Tarthang Tulku's essay "Attaining Inner Confidence" from *Gesture of Balance*. Meditation practice will form the core of the course. Cost: \$72. Instructor: Hugh Joswick. *Prerequisite: One year of meditation experience.*

Intermediate Meditation: Shamatha and Vipashyana (MED211) *Wednesdays, 8–9:30 PM (September 2–23)*

Two aspects of meditative practice, shamatha (calming) and vipashyana (insight) quiet the wild energies of mind and clarify the confusion created by ignorance. Students practice classic meditations with a minimum of instruction. Cost: \$72. Instructor: Hugh Joswick. *Prerequisite: two years of meditation experience.*

Advanced Meditation: Silent Appearing (MED305) *Mondays, 6:15–7:45 PM (August 31–September 21)*

Awareness holds the key to breaking through the constricting structures of conventional reality, but the question remains: How do we apply awareness so that it unlocks all barriers to freedom of mind and spirit? This course is an expedition toward the profound knowledge that lies hidden in the broad daylight of sensory manifestation. Our guidebook for the journey is a short section from Tarthang Tulku's *Dynamics of Time and Space*. The path involves looking again and looking anew at all we now know. Cost: \$72. Instructor: Sylvia Gretchen. *Prerequisite: three years of meditation experience and consent of the instructor.*

Kum Nye (Tibetan Yoga) Courses

Kum Nye to Balance Feelings (KNR104) *Wednesdays, 6:15–7:45 PM (September 2–23)*

Gentle movement practices expand and balance feelings, harmonizing body and mind. A sense of deep fulfillment arises as students connect more fully with their senses. Cost: \$72. Instructor: Jack van der Meulen

Kum Nye Self-Massage: Healing Power of Touch (KNR109) *Fridays, 8–9:30 PM (September 4–25)*

An introduction to self-massage. Students will learn how to sensitize the hands to feeling and how to apply the slow, flowing strokes of Kum Nye massage to face, hands, and feet. Cost: \$72. Instructor: Santosh Philip.

Intermediate Kum Nye: Opening the Energy Centers (KNR204) *Wednesdays, 10–11:30 AM (September 2–23)*

Practices in this class stimulate awareness of the energy centers of the head, throat, heart, and belly. Tension in these areas is loosened. Cost: \$72. Instructor: Peggy Kincaid.

Advanced Kum Nye: Generating Happiness from Within (KNR304) *Mondays, 8–9:30 PM (August 31–September 21)*

Advanced Kum Nye practices attune body, mind, and spiritual path—awakening inner resources that generate sustainable joy and satisfaction. This course moves toward these goals with practices that enliven the senses. Cost: \$72. Instructors: Donna Morton and Santosh Philip. *Prerequisite: two years of Kum Nye practice.*

Sunday Morning Kum Nye (KNR107) *Sundays, 10 AM–Noon (every Sunday)*

Renew a spirit of ease and appreciation through gentle Tibetan Yoga practices that relax body, breath, and mind. A range of Kum Nye movement, massage, and breathing exercises is given in each session. Cost: \$15 per session.

Buddhist Studies Course

Majestic Aspirations (DHS209) *Tuesdays, 6:15–7:45 PM (September 1–22)*

The wish to free others from suffering can motivate us to overcome all obstacles to spiritual growth. For centuries Buddhist practitioners have expressed their wishes to aid all living beings through reciting a poetic prayer of aspiration known as the *Sovereign Prayer for Enlightened Practice (Pranidhana Raja)*. Reading and studying this text reveal the vast scope of compassionate aspirations, inspiring us on our journey through life. Cost: \$72. Instructor: Sylvia Gretchen. *Open to all students with a sincere interest in the Buddha's teachings.*

Nyingma Psychology Courses

Dream Yoga and Authentic Communication (NPR103) Thursdays, 1–2:30 PM (September 3–24)

The Tibetan practices of dream yoga can heighten awareness and enhance our ability to communicate more fully—both with ourselves and with others. Each session in this class will include guided instruction in dream yoga. Complementary meditations will also be introduced that heighten awareness and stimulate insight. Discussion will focus on increasing the ability to hear and say what is true: to discover ways of authentic communication based on mutual respect and appreciation. Cost: \$72. Instructor: Sylvia Gretchen.

Insights from Buddhist Psychology (NPS107) Mondays, 8–9:30 PM (August 31–September 21)

Attitudes, aspirations, emotions, and concepts shape who we are and determine what we do more surely than any outside influence. Recognizing their power and discovering their inherent changeability are keys to truly caring for ourselves. Meditations and insights from Buddhist Psychology help us navigate our inner landscape, providing essential practices for well-being. Cost: \$72. Instructors: Sylvia Gretchen, Mary Gomes, and Erika Rosenberg.

Tibetan Language Courses: Beginning Level V (Thursdays, 8–9:30 PM; \$72), Intermediate Level V (Fridays, 6:15–7:45 PM; \$72), Tibetan Tutorial (Fridays, 4:30–5:45 PM; \$72)

The Nyingma Institute does not discriminate on the basis of race, color, sex, national, and ethnic origin.

NYINGMA INSTITUTE

1815 Highland Place
Berkeley, CA 94709
(510) 809–1000
nyingma-institute@nyingma.org

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Late Summer 2015 Program

Upcoming Late Summer Workshops

Tasting Relaxation, August 29, 10 AM–4:45 PM, \$80, Jack van der Meulen.

Relax so deeply through Tibetan Yoga that you can 'taste' it.

How to Meditate, September 5, 10 AM–1 PM, \$45, Hugh Joswick.

Learn basic meditation techniques and ways to establish your own practice.

Joy and Spaciousness, September 5, 10 AM–4:45 PM, \$80, Jack van der Meulen.

Increase joyful spaciousness in this day of gentle Tibetan Yoga.

Visualization to Clear the Mind, September 12, 10 AM–4:45 PM, \$80, Barr Rosenberg and Sylvia Gretchen. *Learn to visualize an ancient Buddhist symbol that enhances mental clarity.*

Expanding Awareness, September 26, 10 AM–4:45 PM, \$80, Hugh Joswick.

Mantra and visualization practices stimulate a higher awareness, alive and healing.

Healing Sound, October 3, 10 AM–4:45 PM, FREE, Institute Faculty

Master the art of deep listening that recognizes vast healing silence at the heart of sound.

See our website at www.nyingmainstitute.org for full information.