

N Y I N G M A



I N S T I T U T E



FALL 2019 PROGRAMS

Meditation, Tibetan Yoga, and Well-being

Nyingma Institute, 1815 Highland Place, Berkeley, CA 94709

A NOTE FROM THE DEANS

August 8, 2019

Dear Friends,

It is well known that the Buddha taught a universal love and compassion that had a profound effect on all who met him, but he was also modeling a revolutionary way of caring for our mind at the deepest level, in order to resolutely pursue and come to know reality. The path he opened did not lead to some other transcendent dimension free from suffering. Instead, he offers us the possibility of a journey straight into the heart of reality, into an unfailing operability of knowing, shining and pulsing within each present moment.

His proclamation of reality as the ultimate medicine of liberation remains as startling today as it was two and a half millennia ago. We stand, just like the Buddha's first disciples, astonished at his invitation to enter reality as it is, and begin the ultimate journey that lies before all beings: to awaken from the dream of the self to a freedom that has no derivation, no point of reference in our limitations, and no reversibility.

The "how" of how we get there has been taught by the Buddha as an exacting process of study, contemplation and meditation. Not merely cleansing and cultivating the intellect, this training aims at total embodiment of wisdom and compassion through a deep form of caring for the endlessly creative producers of experience — mind, body, speech, the sensory fields, and the subtle energies.

We live in a culture and an age of self-improvement, where we are always trying to "fix" ourselves, and worship at the altar of the ever-elusive perfect version of ourselves. What would it mean to expand our imagination, to relinquish attachment to all "image", and journey inward instead, into the depths of mind, where experience gets prepared, cooked, and consumed with the convincingly impenetrable feel of the "real"?

Here at the Institute, in a holistic way, we can practice the teachings of the Buddha, Padmasambhava, and other enlightened, extraordinary masters of this wisdom-lineage, including our founder and my father, Tarthang Rinpoche. Thanks to Rinpoche's great skill and compassion, we have a rich array of secular and traditional dharma teachings that provide accessible, incisive lines of inquiry that can help us unfold our own unique manifestations of wakeful humanity.

Lama Palzang and I, our faculty and our staff are here to support you, ready to share our own curiosity, joy, and experiences on the path as we hold the space for your own discovery. Please know that when you step into the Institute as a student, you enter a place that is connected to an authentic lineage of enlightenment. This lineage does not seek worldly power or many followers. It exists in order to keep alive the sublime pathways to the heart of what it means to be human. Its treasures are available today because its masters were passionate lovers of knowledge, tenacious practitioners of merit, and deeply devoted servants of universal awakening. Together, we can follow in their footsteps. Together, we can do our best to cultivate the same passion, tenacity, and devotion on our own journey.

With all best wishes,

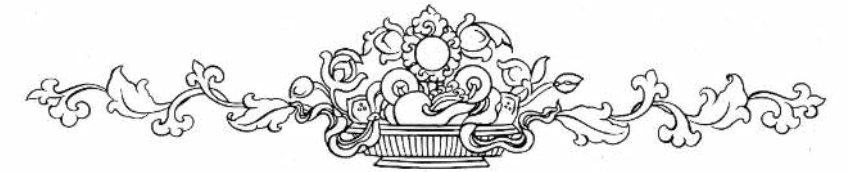
Pema Gellek and Lama Palzang

September & Fall 2019 Catalog

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September Term (9/2/19 - 9/28/19)



MONDAY

Advanced Meditation: Cultivating Self-Understanding Through Shamatha and Vipashyana (MED313)

7:00 - 8:30 PM
4 Classes, 9/2/ - 9/23

Lama Palzang highlights techniques for stabilizing and deepening meditation in order to continually renew one's commitment to cultivating wisdom on the path. *Instructor(s): Lama Palzang. Cost: \$72.*

Beginning Kum Nye: Healing and Invigorating Energy (KNR115)

7:00 - 8:30 PM
4 Classes, 9/2 - 9/23

Explore foundational Kum Nye practices that activate positive healing processes and nurture body, breath, and mind. This series works closely with the theory and nitty-gritty aspects of the Guiding Practice section of the first Kum Nye book. *Instructor(s): Abbe Blum. Cost: \$72.*

Insights from Buddhist Psychology: Learning to Care for Ourselves (NPS107)

7:00 - 8:30 PM
4 Classes, 9/2 - 9/23

Attitudes, aspirations, emotions, and concepts shape who we are and determine what we do more than any outside influence. Recognizing their power and discovering their inherent changeability are keys to truly caring for ourselves. *Instructor(s): Hugh Joswick, Pauline Yu. Cost: \$72.*

TUESDAY

Evening Chant

6:15 - 6:45 PM
Tibetan prayer, chanting, and meditation for spiritual growth. *Open to all. Cost: Free.*

Four Foundations of Mindfulness (DHS204)

7:00 - 8:30 PM
4 Classes, 9/3 - 9/24
Mindfulness of body, feelings, mind, and phenomena establishes a basis for the growth of wisdom and has served as the basis for Buddhist practice and understanding for over two millennia. *Instructor(s): Mark Henderson. POL program. Cost: \$72.*

Advanced Kum Nye: Generating Happiness from Within (KNR304)

7:00 - 8:30 PM
4 Classes, 9/3 - 9/24
Advanced Kum Nye practices attune body, mind, and spiritual path. In this class, we enliven contact with the energy centers located in the head, throat, heart, and navel area. *Instructor(s): Santosh Philip. Cost: \$72*

Intermediate Meditation: Deepening Understanding Through Meditation (MED213)

7:00 - 8:30 PM
4 Classes, 9/3 - 9/24
Learn to look directly at the patterns of thought that trap us in tension and frustration. Opening to feeling and working with practices that loosen and relax old strategies of coping, we open to a new way of being. *Instructor(s): Bob Byrne. Cost: \$72.*

WEDNESDAY

In the Words of the Buddha (DHS101)

7:00 - 8:30 PM
4 Classes, 9/4 - 9/25
An introduction to the essential sutras in the Buddhist tradition. We examine first, second, and third turning teachings in order to give a general overview of the Mahayana approach to the sutras. Through recitation, reflection, and study of these sutras, we begin to understand the Buddha's startling vision of reality. *Instructor(s): Pema Gellek, Hugh Joswick, and other faculty. Cost: \$72.*

Beginning Meditation: Meditation for Healing (MED105)

7:00 - 8:30 PM
4 Classes, 9/4 - 9/25
Learn tools to deepen relaxation so that the body can heal itself naturally and cultivate positive energy through expanding awareness of feelings, thoughts, and emotions. *Instructor(s): Santosh Philip, Olivia Hurd. Cost: \$72.*

ONLINE: The Four Main Schools of Tibetan Buddhism (DHS220)

7:00 - 8:30 PM
4 Classes, 9/4 - 9/25
An introduction to the history, main figures, and characteristics of the main schools in Tibetan Buddhism. This knowledge is essential for placing the teachings in historical context. *This class will be conducted online and will require a Zoom connection on a personal computer. Instructor(s): Richard Kingsland. Cost: \$72.*

THURSDAY

Guide to Chanting Tibetan Prayers (DHS113)

1:30 - 3:00 PM
4 classes, 9/5 - 9/26
Practice chanting traditional Tibetan prayers without prior knowledge of the Tibetan language. Practice materials show the Tibetan text, phonetic pronunciation, and English translation. *Instructor(s): Lama Palzang, Mark Henderson. Cost: \$72*

Surveying Dimensions of Mind (NPS205)

7:00 - 8:30 PM
4 classes, 9/5 - 9/26
Challenge your usual ways of thinking about meditation and the nature of mind. In this class, we explore exercises from *Dimensions of Mind* that open the treasures of mind and awaken knowledge of inner freedom. *Instructor(s): Pema Gellek, Hugh Joswick. Cost: \$72.*

Kum Nye Joy of Being: Relaxing Deeply, Healing and Tuning Our Physical Senses (KNR208)

7:00 - 8:30 PM
4 classes, 9/5 - 9/26
Vital channels into the heart of our being, the senses can function as gateways to healing and insight, nourishing body, breath, and mind. *Instructor(s): Abbe Blum. Cost: \$72.*

Beginning Tibetan: Level V (TIB105)

6:15 - 7:45 PM
4 classes, 9/5 - 9/26
Continuing reading and study of grammar in Tibetan scriptures. *Beginning Tibetan: Level 1 starts in Fall Quarter. Instructor(s): Mark Henderson. Cost: \$72.*

FRIDAY

Advanced Tibetan Tutorial (TIB301)

4:30 - 5:45 PM
4 classes, 9/6 - 9/27
Ongoing Tibetan translation and study at an advanced level. Knowledge of Tibetan or consent of the instructor required. *Instructor(s): Barr Rosenberg. Cost: \$72.*

Kum Nye Dancing (KNR108)

7:00 - 8:30 PM
4 classes, 9/6 - 9/27
This drop-in class is an introduction to yogic and Kum Nye dancing. It includes instruction and practice. Kum Nye Dancing is based on ancient Tibetan movement systems for healing and is an opportunity to develop a vibrant knowledge of our individual embodiment. *Instructor(s): Lama Palzang. Cost: \$20/class or \$72 for all 4.*

Intermediate Tibetan (TIB204)

7:00 - 8:30 PM
4 classes, 9/6 - 9/27
Translation of selected readings with grammar instruction for translating classical Tibetan texts at an intermediate level. *Instructor(s): Mollie Hughes. Cost: \$72.*

SATURDAY

Please view Pages 8 and 9 for Saturday workshops

SUNDAY

9:00 - 9:45 AM

Meditation

Drop-in: \$5

10:00 - Noon

Kum Nye Tibetan Yoga

Drop-in: \$15

5:00 - 5:45 PM

Chanting

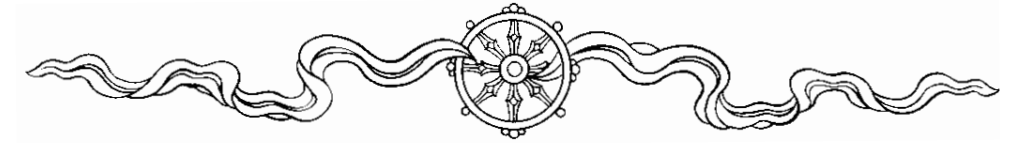
Cost: Free

6:00 - 7:00 PM

Dharma Talk or Sunday Gathering

This program varies each week, please visit website for details! Cost: Free

Fall Quarter (10/7/19 - 12/14/19)



MONDAY

Advanced Meditation: Cultivating Self-Understanding Through Shamatha and Vipashyana (MED313)

7:00 - 8:30 PM
10 classes, 10/7 - 12/9
Drawing from his background and training in Nyingma studies and practices in Tibet, Lama Palzang highlights techniques for stabilizing and deepening meditation in order to continually renew one's commitment to cultivating wisdom on the path. *Instructor(s): Lama Palzang. Cost: \$180.*

Listening to the Body: Healing Body and Mind (KNR105)

7:00 - 8:30 PM
10 classes, 10/7 - 12/9
This is the first semester of a year-long introduction to Kum Nye Tibetan yoga, a gentle healing system adapted by Tibetan lama Tarthang Tulku for the West. We learn to listen to our bodies, opening our senses and touching our feelings directly. *Instructor(s): Abbe Blum. Cost: \$180.*

Intermediate Meditation: Unfolding Meditation (MED214)

7:00 - 8:30 PM
10 classes, 10/7 - 12/9
Through meditation practice, we gain inner confidence to handle whatever comes our way. This class develops the meaning of meditation as a practice for every moment. *Instructor(s): Bob Byrne. Cost: \$180.*

TUESDAY

Evening Chant

6:15 - 6:45 PM
Tibetan prayer, chanting, and meditation for spiritual growth. *Open to all. Cost: Free.*

Who Owns Mind? (DHS203)

7:00 - 8:30 PM
10 classes, 10/8 - 12/10
Using classical insight meditations, students will be guided in a search for an independent self who controls and owns the mind and experience, glimpsing how mind, free of the confines of self, might function. *Instructor(s): Hugh Joswick, Mark Henderson. POL program. Cost: \$180.*

Advanced Kum Nye: Transforming Inner Energy (KNR305)

7:00 - 8:30 PM
10 classes, 10/8 - 12/10
Intensity in the practice of Kum Nye loosens inner blockages so that vitality circulates freely through body and mind. This intermediate/advanced course introduces exercises that challenge and inspire. *Instructor(s): Santosh Philip. Cost: \$180.*

Transforming Negative Emotions (NPS102)

7:00 - 8:30 PM
10 classes, 10/8 - 12/10
Introspective practices and insights from the Buddhist tradition can transform the destructive power of 'everyday' negative emotions. This course gives specific antidotes for anger, fear, anxiety, and attachment. *Instructor(s): Olivia Hurd, Pauline Yu. Cost: \$180.*

WEDNESDAY

In the Words of the Buddha (DHS101)

7:00 - 8:30 PM
9 classes, 10/9 - 12/11
An introduction to the essential sutras in the Buddhist tradition. We examine first, second, and third turning teachings in order to give a general overview of the Mahayana approach to the sutras. Recitation, reflection, and study of sutras. *Instructor(s): Instructor(s): Pema Gellek, Hugh Joswick, and other faculty. Cost: \$162. No class on 11/27.*

Beginning Meditation: Quieting the Mind (MED101)

7:00 - 8:30 PM
9 classes, 10/9 - 12/11
Traditional meditation practices, including body movement (Kum Nye Tibetan Yoga), breath awareness, chanting, and visualization, begin to quiet distracting thoughts and movements of mind, opening mind to a clearer experience. *Instructor(s): Santosh Philip. Cost: \$162. No class on 11/27.*

Big Space, Open Sky (TSK111)

6:15 - 7:45 PM
9 classes, 10/9 - 12/11
Space welcomes us each moment of our lives. Without its presence, how could we move from chair to door or, more subtly, from thought to thought, or sound to recognition? Come explore new options and new ways of being and human being as presented in Tarthang Tulku's visionary path of Time, Space, and Knowledge. *Instructor(s): Ken McKeon. Cost: \$20/class or \$162 for all 9. No class on 11/27.*

THURSDAY

Guide to Chanting Tibetan Prayers (DHS113)

1:30 - 3:00 PM
9 classes, 10/10 - 12/12
Practice chanting traditional Tibetan prayers without prior knowledge of the Tibetan language. Practice materials show the Tibetan text, phonetic pronunciation, and English translation. *Instructor(s): Lama Palzang, Mark Henderson. Cost: \$162. No class on Thanksgiving (11/28).*

Skillful Means . . . Caring (NPS116)

7:00 - 8:30 PM
9 classes, 10/10 - 12/12
Caring invites us to cultivate a fresh attunement and deeper connection with self and others, and points us towards inhabiting pure being. *Instructor(s): Pema Gellek, Hugh Joswick. Cost: \$162. No class on Thanksgiving (11/28).*

Kum Nye Joy of Being: How to Change the Pattern Through Relieving Busyness and Attuning to What Supports the Whole of Our Being (KNR208)

7:00 - 8:30 PM
9 classes, 10/10 - 12/12
Asking how to change the pattern of what limits beauty, clarity, and ease, the second year of this ongoing Joy of Being class continues to tune and deeply relax body, breath, and mind. *Instructor(s): Abbe Blum. Cost: \$162. No class on Thanksgiving (11/28).*

Beginning Tibetan: Level I (TIB 101)

6:15 - 7:45 PM
9 classes, 10/10 - 12/12
Introduction to basic Tibetan for reading and translating classical Tibetan texts. *Instructor(s): Mark Henderson. Cost: \$162. No class on Thanksgiving (11/28).*

FRIDAY

Advanced Tibetan Tutorial (TIB301)

4:30 - 5:45 PM
10 classes, 10/11 - 12/13
Ongoing Tibetan translation and study. Knowledge of Tibetan or consent of the instructor required. *Instructor(s): Barr Rosenberg. Cost: \$180.*

Kum Nye Self Massage: The Healing Power of Touch (KNR106)

7:00 - 8:30 PM
4 classes, 10/25 - 11/15
A four-week hands-on class in Kum Nye self-massage. You will be led through slow massage routines that promote relaxation and deepen your sense of physical presence. *Instructor(s): Santosh Philip. Cost: \$72.*

Intermediate Tibetan (TIB205)

7:00 - 8:30 PM
10 classes, 10/11 - 12/13
Translation of selected readings with grammar instruction for translating classical Tibetan texts at an intermediate level. *Instructor(s): Mollie Hughes. Cost: \$180.*

SATURDAY

Please view Pages 8 and 9 for Saturday workshops

SUNDAY

9:00 - 9:45 AM

Meditation

Drop-in: \$5

10:00 - Noon

Kum Nye Tibetan Yoga

Drop-in: \$15

5:00 - 5:45 PM

Chanting

Cost: Free

6:00 - 7:00 PM

Dharma Talk or Sunday Gathering

This program varies each week, please visit website for details!
Cost: Free

Workshops

September and Fall 2019



- Sat, Aug. 31**
10 AM - 1 PM
Tibetan Yoga
Art of Sitting Comfortably (KNR420) A half-day of guided self-exploration, supportive practices, and practical problem solving. You will be introduced to a variety of sitting strategies. A personal home program of Kum Nye exercises will be tailored for each student to address specific motion limitations. *Instructor(s): Donna Morton. Cost: \$40, includes lunch.*
- Sat, Sept.7**
10 AM - 4:45 PM
Tibetan Yoga
Inner Alchemy (KNR412) Remarkable transformation occurs through Kum Nye, mobilizing the body's natural healing as it literally remakes the physical body. The movement exercises introduced in this workshop stimulate the flow of subtle energy that can lead to amazing changes in body and mind. *Instructor(s): Santosh Philip. Cost: \$80, includes vegetarian lunch.*
- Sat, Sept.14**
10 AM - 4:45 PM
Buddhist Studies
Tara the Liberator (DHS413) As we practice vivid visualization and recite powerful prayers and mantras, we learn how to invoke Tara with deep and urgent devotion. We join in an unbroken lineage of enlightened masters who, through Tara practice, found unshakeable confidence, awe, and belonging in the face of ultimate reality. *Instructor(s): Lama Palzang, Pema Gellek. Cost: \$80, includes vegetarian lunch.*
- Sat, Sept.21**
10 AM - 4:45 PM
Nyingma Psychology
Delving Deep into Caring (NPS416) We live in a remarkable time in history when we have developed massive technical power but are losing our humanity to deep routines that control us and dictate where to focus our energy. Through caring we can experience a greater depth of love for ourselves and others, shift from reactivity to responsiveness, and awaken to being fully present in all situations. *Instructor(s): Pema Gellek, Hugh Joswick. Cost: \$80, includes vegetarian lunch.*
- Sat, Sept.28**
10 AM - 4:45 PM
Nyingma Psychology
Transforming Negative Emotions (NPS401) When we quiet mind and calm the body, we are able to look more clearly and directly at what transpires during an emotional experience. We will apply traditional Buddhist meditations to challenge and transform the hold negative emotions have over us, pacifying them rather than suppressing them. *Instructor(s): Olivia Hurd. Cost: \$80, includes lunch.*
- Sat, Oct.12**
10 AM - 4:45 PM
Skillful Means
Meditation in Action: Where Work, Play, and Success Coalesce (SKM409) Engaging transformative exercises from Tarthang Tulku's *Mastering Successful Work*, this workshop will provide practical, incisive tools to enlighten and accomplish your work. Activating a higher level of awareness, concentration, and energy, we open up the treasures of meditation in every situation. *Instructor(s): Mark Henderson. Cost: \$80, includes lunch.*
- Sat, Oct.19**
10 AM - 4:45 PM
Buddhist Studies
The Question of Identity (DHS405) Who creates, controls, enjoys, defiles, or purifies experience? Experiential exercises will shed light on these questions, while lecture will examine the ten kinds of self as described by the Bodhisattva Maitreya and the Nyingma master Lama Mipham. *Instructor(s): Mark Henderson, Hugh Joswick. Cost: \$80, includes vegetarian lunch.*

- Sat, Oct.26**
10 AM - 4:45 PM
Tibetan Yoga
Joy and Spaciousness (KNR406) Tibetan Yoga (Kum Nye) movement and breathing practices enhance a sense of spaciousness and develop joyous feelings. Through contacting the subtle energies in the body through breath, we can expand and foster inner joy. *Instructor(s): Santosh Philip. Cost: \$80, includes vegetarian lunch.*
- Sat, Nov.2**
10 AM - 4:45 PM
Nyingma Practices
Medicine Buddha (NPR406) Tibetan healing mantras and visualizations that evoke the blessings of the Medicine Buddha have been used for centuries to cure illness and increase well-being. This retreat offers instructions in traditional Medicine Buddha practices. *Instructor(s): Lama Palzang, Pema Gellek. Cost: \$80, includes lunch.*
- Sat, Nov.9**
10 AM - 4:45 PM
Meditation
Healing Sound (MED402) There is an art of deep listening that hears all sounds as music and recognizes a vast healing silence at the very heart of sound. This workshop blends music, mantra, and silence to inspire realization. *Instructor(s): Santosh Philip. Cost: \$80, includes vegetarian lunch.*
- Sat, Nov.16**
10 AM - 4:45 PM
Nyingma Psychology
Activating Joyous Feeling (NPS406) Meditation, awareness, and movement practices awaken and expand joyous feelings. You will learn exercises that distribute deep feelings of joy through both body and mind. *Instructor(s): Donna Morton. Cost: \$80, includes vegetarian lunch.*
- Sat, Nov.23**
10 AM - 4:45 PM
Nyingma Psychology
Transforming Personal History (NPS407) Habits and patterns intertwined with painful memories often prevent us from enjoying the freedom and beauty offered by our human body and mind. It is possible to skillfully touch memories in ways that cut through their power to restrict us. *Instructor(s): Olivia Hurd. Cost: \$80, includes lunch.*
- Fri, Nov.29 to Sun, Dec.1**
Nyingma Practices
Cultivating Compassionate Love (NPR402) We can learn to love ourselves and others more deeply through actively cultivating compassionate love. This kind of love heals the painful divisions between living beings, allowing us to forgive others and to cleanse ourselves of ill-will. The retreat introduces gentle visualization, mantra, and meditation practices given by the Buddha. *Instructor(s): Santosh Philip. Cost: \$235 Non-residential or \$475 Residential.*
- Sat, Dec.7**
10 AM - 4:45 PM
Buddhist Studies
The Four Immeasurables (DHS406) Cultivating the "four immeasurable" states of mind—love, compassion, sympathetic joy, and equanimity—is a classic Buddhist practice that teaches us to transcend our ordinary way of being and our limited ways of understanding. Inner serenity can help foster the realization of selflessness. *Instructor(s): Mark Henderson, Hugh Joswick. Cost: \$80, includes lunch.*
- Sat, Dec.14**
10 AM - 4:45 PM
Meditation
Silent Mind, Peaceful Mind (MED409) Mind can become silent, peaceful, and aware through sustained meditation. This day of meditation practices and instruction shows how to release expectations and find serenity. *Instructor(s): Hugh Joswick. Cost: \$80, includes lunch.*

Retreats

September and Fall 2019



Come stay with us at the Nyingma Institute. You'll find that we're a tranquil sanctuary located conveniently in Berkeley, with a beautiful view, caring instructors, and programs designed to help you reconnect, re-center, and bring more clarity and balance into your life.

Residential participation includes overnight stays for the duration of the program, plus lunch, dinner, and self-serve breakfast. Non-Residential participation includes instruction and lunch only. Online registration is available for non-residential participation. For the residential option, please contact us at info@nyingmainstitute.com or (510) 809-1000 to reserve your spot.

Retreats must meet minimum enrollment to be held. Registration closes either 2 weeks or 1 month in advance depending on the retreat length. Please sign up early in order to ensure that programs will be offered. If you have any questions, please contact us at info@nyingmainstitute.com or (510) 809-1000.

TRANSFORMING STRESS INTO RELAXATION AND ENERGY (KNR501) 5-Day Retreat / Mon, Sept. 9th - Fri, Sept. 13th

Tune into the subtle sensations and tones of mind, body, and senses, and come away refreshed. Slow-moving Tibetan Yoga (Kum Nye) practice opens the senses to flowing feelings that can loosen even chronic tension. In this retreat, we learn to relax so deeply that we can "taste" the healing nectar of relaxation as it streams through body and mind. Gentle movement, breathing, and awareness practices help us to discover this deep relaxation. *Instructor(s): Abbe Blum, Santosh Philip, Donna Morton. Cost: \$475 Non-Residential / \$965 Residential. Enrollment closes 2 weeks prior on 8/26.*

SILENT RETREAT: INTRODUCTION TO SHAMATHA (MED508) 5-Day Retreat / Mon, Oct. 14th - Fri, Oct. 18th OR Mon, Dec. 9th - Fri, Dec. 13th

Stressed out? Need a restorative pause from a whirlwind of tasks, responsibilities, and cascading concerns? Research has shown that meditation and silence can have profoundly positive effects on our mental states and overall happiness. Silence, meditation, and Kum Nye Tibetan Yoga usher you into deeper stages of calm and openness. You'll return to your life renewed, grounded, and with a sense of inner stability and clarity. *Instructor(s): Nyingma Institute faculty. Cost: \$475 Non-Residential / \$965 Residential. Enrollment closes 2 weeks prior on 9/30 for the first retreat and 11/25 for the second retreat.*

MEDICINE BUDDHA: HEALING AT THE SOURCE (NPS504) 5-Day Retreat / Mon, Oct. 28th - Sat, Nov. 1st

We can clear and cleanse our mind, body, and senses, tuning into natural healing energies. This retreat combines healing practices, relaxation, and meditation with traditional Medicine Buddha prayers, mantra, and visualization for a transformative experience. These practices can help us release deep knots of suffering, including grief, resentment, and loneliness.

Medicine Buddha practice is for healing and releasing all kinds of accumulated negativity or impurities, including trauma and long-term illnesses. It also works on a subtle level to help cleanse and purify layers of imbalanced emotionality and confusion, removing all sickness, obstacles, traces of negative actions, and obscurations. *Instructor(s): Lama Palzang, Pema Gellek. Cost: \$475 Non-Residential / \$965 Residential. Enrollment closes 2 weeks prior on 10/14.*

JOURNEY THROUGH MIND: TEACHINGS ON AWAKENING BY TARTHANG RINPOCHE (NPS508) 5-Day Retreat / Mon, Nov. 11th - Fri, Nov. 15th

Tarthang Rinpoche is one of the foremost masters of Tibetan Buddhism alive today, a thinker of tremendous range and originality and a leader who has made a monumental contribution to the preservation of the Tibetan culture. After his arrival in America in 1969, he introduced the Nyingma teachings in the U.S. and has authored over forty books in English that all speak to the power of mind at the center of the human condition.

This retreat is an opportunity to engage a full range of teachings that reveal the extraordinary potential of mind, including topics such as:

1. Deep relaxation of mind, body, and senses by attending to feeling and attuning to our sensory fields
2. The role of language, its limits and potentials; how mind engages the rules of language; how mind constructs and governs
3. Perspectives and practices that provoke a mind-opening vision of time, space and language
4. Accessible and effective practices that transform negativity, deepen caring, activate work as spiritual practice, and open up daily life as a path of awakening dedicated to all beings.

Instructor(s): Pema Gellek and Nyingma Institute faculty. Cost: \$475 Non-Residential / \$965 Residential. Enrollment closes 2 weeks prior on 10/28.

HEALING MIND TWO MONTH RETREAT 8-Week Retreat / Mon, Oct. 21st - Sat, Dec. 14th

Discover a lighter, richer way of experiencing mind. This retreat provides methods and tools for opening up and transforming the layers of identification, negative patterning, and conditioning that limit potential and restrict our inner freedom. Through techniques drawn from the Tibetan Buddhist tradition, we examine and go below thought and emotional conditioning to discover awareness, making contact with an innate sense of the sacred.

The teachings and practices engaged in this carefully structured retreat are given in a beautiful, protected environment that allows space for your own discovery to unfold. Methods and tools are curated by Nyingma master Tarthang Tulku, who has carefully selected and sequenced Tibetan Buddhist practices to foster healing, transformation, and insight.

You will be guided through a progression of meditative techniques, in a curriculum designed for lasting impact. Emerge with an expanded understanding of the nature of awareness, a multitude of methods for working with mind, body, senses, and emotions, and fresh insight into the richness and possibilities of being.

The curriculum of this retreat deals with the grounded, human experience of growth and change on a level that does not require a set belief system. Buddhists and non-Buddhists are both welcome. This is an investment that will continue to yield benefit across the rest of your life. Give yourself space and time to uncover your full potential.

Instructor(s): Lama Palzang, Pema Gellek, and Nyingma Institute faculty. Cost: \$4,629 Non-Residential / \$6,256 Residential. Enrollment closes 1 month prior on 9/21.

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