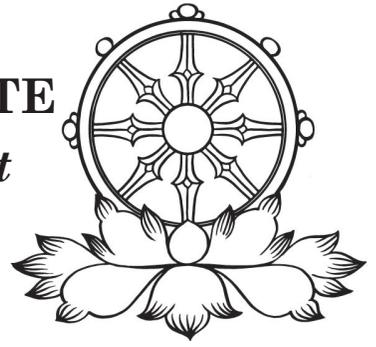


# TIBETAN NYINGMA INSTITUTE

## *Healing Body, Mind, and Spirit*

### Fall Program



*October 5–December 11*

#### Buddhist Studies and Practices

**The World as Sacred Space (DHS210)** *Tuesdays and Thursdays, 6:15–7:45 PM (October 6–December 10)*

Powerful Buddhist symbols point toward a comprehensive vision in which the universe itself arises as a mandala—a sacred space in which the journey to awakening is assured. We explore this vision, studying how both inner and outer experience can be transformed. Cost: \$360. Instructors: Sylvia Gretchen and the Buddhist Studies faculty. *Students are encouraged to attend the associated workshops “Path of Prayer to the Land of Bliss” on October 30-31 and “The Power of Buddhist Symbols” on November 13-14.*

#### Nyingma Meditation

**Beginning Meditation: Quieting the Mind (MED101)** *Thursdays, 6:15–7:45 PM (October 8–December 10)*

Learning to meditate is one of the best ways in which we can take care of ourselves. We develop the clarity of our minds and cultivate inner tranquility. This course presents key meditation techniques that also help balance the emotions. The focus is on quieting the stream of thoughts. Cost: \$162. Instructor: Olivia Hurd.

**Intermediate Meditation: Sustaining Meditation (MED201)** *Morning Session: Wednesdays, 10–11:30 AM (October 7–December 9), Evening Session: Thursdays, 8–9:30 PM (October 8–December 10)*

This class is for students who have begun a meditation practice and are ready for further guidance and inspiration. The goal is to sustain effortless meditative concentration. Cost: \$180 (mornings); \$162 (evenings). Instructors: Olivia Hurd (mornings); Hugh Joswick (evenings). *Prerequisite: one year of meditation experience.*

**Shamatha and Vipashyana Meditation (MED209)** *Wednesdays, 8–9:30 PM (October 7–December 9)*

Through two aspects of meditation, calming and insight, the mind is experienced as tranquil and sensitive, alive and brilliant. In this course, students will be led through contemplative practices that reveal deeper levels of mind than are ordinarily recognized. The focus will be on sitting practice with a minimum of instruction. Cost: \$180. Instructor: Hugh Joswick. *Prerequisite: two years of meditation experience.*

**Advanced Meditation: Finding Wholeness and Wellness on the Spiritual Path in the Modern World (MED301)** *Mondays, 6:15–7:45 PM (October 5–December 7)*

A challenge we face in the world today is staying in touch with living spiritual values basic to our humanity. This course is about tapping into the resources of being that are already at hand, or we could say in mind. Meditation, in all its many forms, will guide our inquiry, while insights from Buddhist teachings help reshape outworn attitudes. Cost: \$180, which includes the “Touching Pure Experience” workshop on December 5. Instructor: Sylvia Gretchen. *Prerequisite: three years of meditation experience and consent of the instructor.*

#### Nyingma Psychology and Practices

**Working with Emotions (NPR103)** *Mondays, 8–9:30 PM (October 5–December 7)*

Emotions can be binding and painful, but they can also be great teachers. This course teaches meditation exercises for working with emotions in daily life. Learning to use mindfulness to appreciate the transient nature of emotions can free us from the tendency to cling to both pleasant and unpleasant experiences. We discover the key to transforming negative emotional energy. Cost: \$180. Instructor: Olivia Hurd.

**The Art of Happiness (NPS104)** *Thursdays, 1–2:30 PM (October 8–December 10)*

Through analysis and meditation practice, this course explores the attitudes, actions, and introspective practices that can lead to a rich life in touch with joyful feeling and deeper values. Topics covered include: opening the heart to feeling; the value of generosity; healing through meditation; and expanding joy and inner peace. Cost: \$162. Instructor: Sylvia Gretchen. Based on Tarthang Tulku's *Gesture of Balance*.

#### Skillful Means

**Working Well in Time (SKM214)** *Tuesdays, 8–9:30 PM (October 6–December 8)*

This experiential course develops attunement in time. Interactive exercises help us to hone concentration, awareness, responsibility, and energy to a wonderful sharpness. We learn to prepare and maintain suitable mental contexts for active engagement in life and work. We learn to balance active participation and unfolding understanding. We discover that attunement transforms ordinary notions of past, present, and future and self, other, and interactions. In the process, we uncover and set aside common patterns that often lead to mistakes and misfortune. Cost: \$200, includes the “Living without Patterning” workshop on November 7. Instructors: Barr Rosenberg and Santosh Philip.

## Time, Space, and Knowledge

### **Time, Space, and Knowledge: Perspectives and Practices (TSK108)** *Wednesdays, 6:15–7:45 PM (October 7–December 9)*

This course is a quarter-long introduction to the TSK vision that presents its basic concepts and contemplations. Instruction is in a seminar format, with lively discussion encouraged. Students should be prepared to do thirty minutes of daily practice. Cost: \$180. Instructor: Ken McKeon. Based on Tarthang Tulku's Time, Space, and Knowledge writings.

### **The Translucent Person (TSK102)** *Tuesdays, 6:15–7:45 PM (October 6–December 8)*

The openness of space surrounds us. Yet, there is also space within—the space between internal structures and the intangible, immeasurable psychological spaces that constitute the person we are. This course explores our embodiment as space. Based on the Time, Space, and Knowledge vision, introspective exercises and transformative inquiry disclose the translucent nature of solid “boundaries.” Surfaces and partitions become windows that illuminate the very heart of space. Cost: \$180. Instructor: Ken McKeon. *Prerequisite: Background in meditation and familiarity with the TSK vision*

**Tibetan Language Courses:** Beginning Level I (Thursdays, 8–9:30 PM; \$162), Intermediate Level I (Fridays, 6:15–7:45 PM; \$180), Tibetan Tutorial (Fridays, 4:30–5:45 PM; \$180). Learn classic written Tibetan.

***See our website at [www.nyingmainstitute.org](http://www.nyingmainstitute.org) for additional information.***

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

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## Kum Nye (Tibetan Yoga) Courses

### **Kum Nye: Balancing and Integrating Body and Mind (KNR202)** *Fridays, 10–11:30 AM (October 9–December 11)*

Exercises that allow feelings and sensations to flow more freely within and between body and mind help us regain a natural state of balance. Greater harmony develops between body and mind, self and other. Cost: \$180, Instructor: Peggy Kincaid.

### **Kum Nye: Expanding Enjoyment and Ease (KNR105)** *Wednesdays, 6:15–7:45 PM (October 7–December 9)*

A series of Kum Nye practices that help to reduce physical and mental tension are combined with practices that expand the enjoyment of each of the senses. This class is highly recommended for those wishing to reduce stress in their lives. Cost: \$180. Instructor: Jack van der Meulen.

### **Kum Nye Self-Massage (KNR106)** *Fridays, 8–9:30 PM (October 9–November 6)*

A five-week hands-on class in Kum Nye self-massage. Students will be led through slow massage routines that promote relaxation and deepen the sense of physical presence. Cost: \$90. Instructors: Santosh Philip and the Kum Nye faculty.

### **Transforming Inner Energy (KNR205)** *Mondays, 8–9:30 PM (October 5–December 7)*

Further 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. Cost: \$180. Instructors: Donna Morton and Santosh Philip. *Prerequisite: one year of Kum Nye practice.*

### **Sunday Morning Kum Nye (KNR107)** *Sundays, 10 AM–Noon (every Sunday except December 20)*

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.