



TIBETAN NYINGMA INSTITUTE

2016 Spring Courses

March 21–May 27



Buddhist Studies and Practices

Buddhist Studies Tutorial: Immeasurable Catalysts of Being (DHS211)

Thursdays, 1–2:30 PM (March 24–May 26)

This class is about releasing artificial boundaries that appear to separate us from one another and from our true nature. We cultivate equanimity, love, compassion, and joyfulness in ways that catalyze our ability to penetrate illusions and activate an unending stream of benefit. The text we study communicates to us heart to heart, showing us how to bridge the gap between ordinary understanding and enlightenment. Cost: \$180. Primary Instructor: Sylvia Gretchen. Based on *Now that I Come to Die* by Longchenpa. *Prerequisite: sincere interest in the Buddha's teachings*

Mindfulness: Exploring Tibetan Practice (DHS110) *Tuesdays, 6:15–7:45 PM (March 22–May 24)*

Classic Tibetan teachings reveal hidden dimensions of mindfulness practice. A radical shift in how we know mind, body, feelings, and phenomena takes place, establishing a firm basis for the growth of wisdom. Class will include theory, but will emphasize putting these teachings into practice in daily life. Cost: \$180. Instructors: Sylvia Gretchen, Hugh Joswick, Mark Henderson, and Olivia Hurd. *Prerequisite: sincere interest in the Buddha's teachings.*

Nyingma Meditation

Beginning Meditation: Calm and Clear (MED103) *Thursdays, 6:15–7:45 PM (March 24–May 26)*

Meditation calms the mind and leads to insight. Students learn how to foster both of these through clear, simple instructions for beginning or revitalizing a meditation practice. The focus is on the process that leads to insight and overcomes resistance. Cost: \$180. Instructor: Olivia Hurd. *For beginners and those wishing to review basic techniques.*

Intermediate Meditation: Meditations to Open the Heart (MED203)

Morning Session: Wednesdays, 10–11:30 AM (March 23–May 25)

Evening Session: Thursdays, 8–9:30 PM (March 24–May 26)

Genuine satisfaction, love, and beauty are found within the heart. Silent and guided meditations open the heart to feeling. Students develop new integrity and balance. Cost: \$180. Instructors: Olivia Hurd (mornings) and Hugh Joswick (evenings). *Prerequisite: one year of meditation experience.*

Intermediate Meditation: Shamatha and Vipashyana (MED209) *Wednesdays, 8–9:30 PM (March 23–May 25)*

Through two aspects of meditation, calming and insight, the mind is experienced as tranquil and sensitive, alive and brilliant. In this practice course, classic contemplative practices open awareness to deep dimensions within mind. Cost: \$180. Instructor: Hugh Joswick. *Prerequisite: two years of meditation experience.*

Advanced Meditation: Meditation as Medicine (MED303) *Mondays, 6:15–7:45 PM (March 21–May 23)*

Deep meditation makes contact with strong currents of vitality and healing. Skillful practice can channel this energy so that it flows like medicine through body and mind. Utilizing breath, visualization, and silent meditation, we access this inner source of healing nectar. Cost: \$180, which includes workshop on May 21. Instructor: Sylvia Gretchen. *Prerequisite: three years of meditation experience and instructor's consent.*

Nyingma Psychology and Practices

Healing Mind: Releasing Self-Images (NPS101) *Mondays, 8–9:30 PM (March 21–May 23)*

Insight and awareness exercises hone our ability to recognize and question the fixed assumptions we hold about ourselves and others. We learn to integrate these insights with joy and compassion, increasing confidence in our power of being non-identified, center-less, and free. Resolving to honor and protect natural being, we seal our intention to transform our lives. Cost: \$200, which includes the workshop “Self-Image” on April 30. Primary Instructor: Sylvia Gretchen. *New students may join this quarter with instructor's consent.*

Skillful Means

Working Well with Knowledge (SKM214) *Tuesdays, 8–9:30 PM (March 22–May 24)*

To be active in our modern cultures, we need to work well with knowledge. This practice-oriented course helps us to contact the roots of our knowledge, explore the thought process experientially, and improve our thinking by involving our senses. We learn to think productively and creatively and to learn readily through experience. With the aid of innovative interpersonal exercises, we discover meditative concentration that fully engages our mental resources and allows knowledge to illuminate all we do. Cost: \$200, which includes the “Resolving Problems” workshop on April 16. Instructors: Barr Rosenberg and Santosh Philip. Readings drawn from unpublished materials by Barr Rosenberg.

Time, Space, and Knowledge

Time, Space, and Knowledge: Perspectives and Practices (TSK108) *Wednesdays, 6:15–7:45 PM (March 23–May 25)*

Enter visionary teachings on Time, Space, and Knowledge (TSK) through this thought-provoking course. Seminar-like instruction opens a path of transformative inquiry, lightly but directly probing the lived experience of time, space, and knowledge. Cost: \$180. Instructor: Ken McKeon.

Inviting Knowledge (TSK103) *Tuesdays, 6:15–7:45 PM (March 22–May 24)*

The presence of knowledge within our lives brings into experience light and clarity, nuance and confidence. Embodying knowledge, we are free to be creative and responsive. To realize this embodiment, we must first invite knowledge into our being. The activation of this step is the guiding intention of this course. The course entails practice, readings, and deep and honest inquiry. Cost: \$180. Instructor: Ken McKeon. *Prerequisite: background in meditation and familiarity with the TSK vision.*

Tibetan Language Courses: Beginning Tibetan, Level II (*Thursdays, 8–9:30 PM. Cost: \$180*); Intermediate Tibetan, Level III (*Fridays, 4:30–6:00 PM. Cost: \$180*); and Tibetan Tutorial (*Fridays, 4:30–6:00 PM. Cost: \$180*)

Visit www.nyingmainstitute.com for Spring Workshops!

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

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Spring 2016 Classes

Kum Nye (Tibetan Yoga)

Working with Lower Body Energy (KNR102) *Wednesdays, 6:15–7:45 PM (March 23–May 25)*

This class presents Kum Nye exercises that energize the belly, hips, legs, and spine. Bringing awareness to the lower part of the body counteracts the tendency to focus on thoughts and personality, allowing us to reconnect to the vitality of full embodiment. Cost: \$180. Instructor: Jack van der Meulen.

Stimulating Inner Energy (KNR203) *Fridays, 10–11:30 AM (March 25–May 27)*

Kum Nye practices in this class stimulate the free flow of inner energy, increasing health and vitality. Our embodiment grows toward the harmonious fulfillment of physical, emotional, and spiritual goals. Our body is revealed as a treasure house of experience that is already ours. Cost: \$180. Instructor: Peggy Kincaid.

Advanced Kum Nye: Focus on the Senses (KNR302) *Mondays, 8–9:30 PM (March 21–May 23)*

Exercising mind and senses through harmonizing breath, awareness, and feeling, advanced Kum Nye practice expands the depth and appreciation of each of the senses. Cost: \$180. Instructors: Santosh Philip and Donna Morton. *Prerequisite: two years of Kum Nye practice.*

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

Re-awaken a spirit of ease and appreciation through gentle Tibetan Yoga practices that relax and rejuvenate. Each session includes movement, massage, and breathing exercises. Cost: \$15 per session. Instructors: Jack van der Meulen, Santosh Philip, and Dave Abercrombie. *This drop-in class is for all levels of students.*