

*If we can find ways to awaken the
full power of awareness, we can enter
a new phase of human evolution and
revitalize ourselves and our world.*

Tarthang Tulku

The Four-Month Human Development Training Retreat

August 18–December 10, 2016



NYINGMA INSTITUTE

1815 Highland Place, Berkeley
(510) 809-1000 | nyingmainstitute.org
nyingma-institute@nyingma.org



The prayer wheels form the heart of the Institute's Meditation Garden.

Viewing freedom as intrinsic to our being, we discover that our lives are what we make them. All doors are open, our choices are unlimited. Tarthang Tulku, Knowledge of Freedom



To be surrounded by knowledge in the form of different teachers, classes, and practitioners in the program... Many teachers and ongoing relationships... A retreat graduate.

The Four-Month Human Development Training Retreat

Tarthang Tulku, founder of the Nyingma Institute, taught the first Human Development Training Program at the Institute in the Summer of 1973. This program offered a comprehensive education in how to develop and expand the capacity to know, to be aware through all the senses, and to find new, more positive, ways of being in the world.

In 1984 Tarthang Tulku designed the present Four-Month Human Development Training Program which has been offered by his senior students annually since that time. The program blends meditation, movement, and awareness exercises with discussion in an environment that encourages retreatants to integrate what they learn into daily life.

Relaxation and Appreciation

The Human Development Training Program begins by focusing on relaxing tightly held patterns that manifest in the body, breath, and mind. Movement exercises, chanting, and meditative postures are among the methods used to give rise to states of deep relaxation and inner peace.

Next, specific practices reveal that all of our senses can become gateways to beauty, meaning, value, and truth. Our senses are cleansed and renewed: Whatever we see becomes art, whatever we hear is beautiful music.

Wisdom and Compassion

Old patterns connected with the self-image and emotion loosen, opening to love, compassion, joy, and equanimity. Experience becomes a mirror, reflecting awareness and the prospect of perfect freedom. Practices cultivate new insights and deeper compassion, both for ourselves and others. These practices develop and mature over the course of the retreat.

Time for Change

The structure of the Human Development Training Program provides a vehicle within which individuals make positive and lasting changes in their lives.

A Typical Daily Schedule

- 7:00 AM:** Relaxation and Meditation
- 8:00 AM:** Breakfast and clean-up
- 9:30 AM:** Instruction session
- 10:30 AM:** Tea break
- 11:00 AM:** Instruction session
- 12:30 PM:** Vegetarian buffet lunch
- 2:00 PM:** Work practice and individual practice/study
- 5:30 PM:** Vegetarian buffet dinner
- 6:15 PM:** Evening class session
- 8:00 PM:** Evening class session

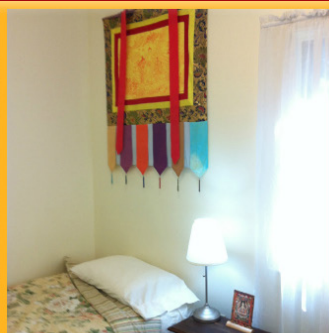
About the Program Primary Instructors

Sylvia Gretchen, Co-Dean of the Nyingma Institute, has studied and worked with Tibetan Lama Tarthang Tulku since 1969. She has served as Co-Dean of the Nyingma Institute since 1996 and has also worked extensively with Tibetan sacred art and literature under the direction of Tarthang Tulku. She served for over 20 years as a research editor with Dharma Publishing.



Nyingma Institute Faculty have all demonstrated excellence in the subjects that they teach, and strive to apply Nyingma teachings in their own lives. Some faculty members work as full-time volunteers with the Nyingma organizations; others continue to work in their own fields, applying the practices that they teach to their work and family life. All faculty members volunteer their time to teach and hold office hours by appointment.





Residential Retreat Rooms

Retreat participants may stay in beautiful rooms in one of our two campus buildings. The rooms oriented to the east overlook our meditation garden and the hillside that rises behind Nyingma Institute as well as the view of the stupa, monument to enlightenment. Rooms oriented to the south or west enjoy sweeping views of the San Francisco Bay, Golden Gate Bridge, and the garden terrace.



The Tibetan Nyingma Institute, a Berkeley landmark for over 40 years, offers classes, workshops, and retreats that address basic human questions in a setting rich with Tibetan imagery. This photograph shows the golden Enlightenment Stupa in the meditation garden.

What the graduates are saying about the Four-Month Human Development Training Retreat:

What an experience! To have the opportunity to evaluate my life after sixty years, to realize who I have become, and to get a new foundation for the remaining part of my life. I wish I had discovered this possibility earlier. Salvio Guemeres, Brazil.

The retreat was one of the most fulfilling experiences of my life. What could be better than being immersed in a place of wisdom and beauty, while learning meditation and relaxation techniques? Every day was a new experience in awakening new levels of creativity and balance in my life. And those positive seeds of awareness continue to blossom. Carol V., Boston, MA

Under the expert guidance of the faculty, the retreat combined deep inquiry, experiential learning, and gentle movement techniques to offer a wide range of useful skill sets to call upon anytime in our lives. I can't recommend the retreat highly enough. Creating ease in stressful times is indeed a precious gift. For me, the retreat was like choosing joy as an antidote to the busyness of our modern lives—and the result was a refreshed and renewed appreciation for my life! Catherine B., Berkeley, CA

This retreat really gave me something very precious, which is the really loving and compassionate guidance of our teachers and the protection we had in the Institute, and these really powerful teachings which were really needed by me to find out it works. I know my mind better and I have tools to quiet it down, to be more at peace with myself and others. Joleen V., Amsterdam, Holland

I think back to the kindness with which I was received by teachers, that beautiful room overlooking San Francisco Bay, the coastal mountains and the sun behind the hills. Time and space given for practice. To practice every morning in the meditation room was excellent. As were all opportunities for learning. Pat H., Hilo, HI

2016 Four-Month Human Development Training Retreat

August 18–December 10, 2016

*If you are ready to make a deep commitment to change
and to deepen spiritual values within daily life,
this is the program for you.*

The benefits of the program include: establishing a strong foundation for meditation practice (including visualization and mantra); insight into how the mind and emotions work; and appreciation of how to awaken our full human potential in every situation.

Although the program draws on the practices and insights from the ancient wisdom of the Tibetan Buddhist tradition, it deals with the direct, human experience of growth and change and does not require acceptance of any dogma.

Cost for this retreat: \$6,800 (nonresidential); \$9,200 (residential) which may be paid in monthly installments. Note that both residential and nonresidential costs include vegetarian meals.

*For more information, call (510) 809-1000 or
email us to schedule an appointment with a
faculty advisor.*

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Berkeley, CA 94709

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