

## Classes, Workshops & Retreats

**Classes:** Evening and daytime classes are offered throughout the year. Ten-week classes begin in January, March, June, and October. A four-week session begins in early September.

**Workshops:** Saturday workshops offer fresh insights in a gentle, meditative atmosphere allowing integration of the practices and ideas into daily life.

**Retreats:** Residential retreats allow participants to fully engage contemplative practices in the serene environment of the Nyingma Institute. Staying in cozy, quiet guest rooms offers views of the San Francisco Bay or our meditation gardens.



## Private Retreats

Private retreats can be arranged for individuals or for groups. Tailored to individual needs, retreats include training in meditation and Tibetan Yoga, serene accommodations, and fine vegetarian cuisine.

### Four-Month Retreat

Each year in the fall the Institute offers the Four-Month Human Development Training Retreat, created by founder Tarthang Tulku. The program offers 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.




The Tibetan Nyingma Institute has been a Berkeley landmark for over forty years, offering classes, workshops, and retreats that address basic human questions in a setting rich with Tibetan imagery. The photo above shows the Tibetan prayer wheel that forms the heart of the Institute's meditation garden.

The garden is open to the public every day from 9 AM to 5 PM. It is a wonderful place to sit quietly, meditate, read, and appreciate the beauty of nature.


**For more information  
please contact us:  
Phone: (510) 809-1000  
[nyingma-institute@nyingma.org](mailto:nyingma-institute@nyingma.org)  
[www.nyingmainstitute.com](http://www.nyingmainstitute.com)**

*The Nyingma Institute does not discriminate on the basis of race, color, sex, national, and ethnic origin.*  
Copyright © 2014 Nyingma Institute



# NYINGMA INSTITUTE

*Ancient wisdom for the modern world*



NYINGMA INSTITUTE

**Visit us!**  
**1815 Highland Place**  
**Berkeley, CA 94709**  
**Hours: 9 AM - 5 PM daily**



## The Nyingma Institute

With an emphasis on joyful engagement in life, the Nyingma Institute in Berkeley, California, has been bringing the riches of the Tibetan Buddhist tradition to the West since 1972. All our courses blend cognitive and experiential learning.

Tibetan Yoga, Buddhist Psychology, and the Time, Space, and Knowledge vision were developed here by our founder Tarthang Tulku and are still taught here today. These unique fields of study provide effective ways to counteract tension, clear the mind, and open body and mind to new dimensions of feeling, bridging the gap between the material and the spiritual.



“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*

### Sunday Activities

Begin your Sunday with morning meditation at 9 AM (\$5), then stay for two hours of Tibetan Yoga that will renew and refresh mind at body at 10 AM (\$15). Later in the day, Tibetan chanting at 5 PM is followed by a talk on Nyingma teachings (6-7PM). No pre-registration is required for any of our Sunday programs, and the chant and talk are free.

### Certificate Programs

The Nyingma Institute offers several certificate programs that provide a cohesive series of classes, workshops, and retreats to enhance cognitive and experiential learning. In the words of a graduate, “These programs have transformed my life in profound ways.”



### Fields of Study

Pioneering Buddhist education in the West, our approach is unique and multi-faceted. Traditional Buddhist Studies offer students the opportunity to study Buddhist texts and classical Tibetan language.

Tibetan Yoga (Kum Nye) is a natural healing method that utilizes slow movement, breathing, and self-massage.

Nyingma Meditation blends silent sitting, chanting, and walking meditation, giving each student the tools to sustain a private meditation practice.

Skillful Means transforms work into a ground for personal growth and spiritual awakening. Nyingma Psychology is an exploration of mind and emotions based on the Buddhist tradition of wisdom and compassion. The Time, Space, and Knowledge vision is a penetrating inquiry into the direct experience of time and space.