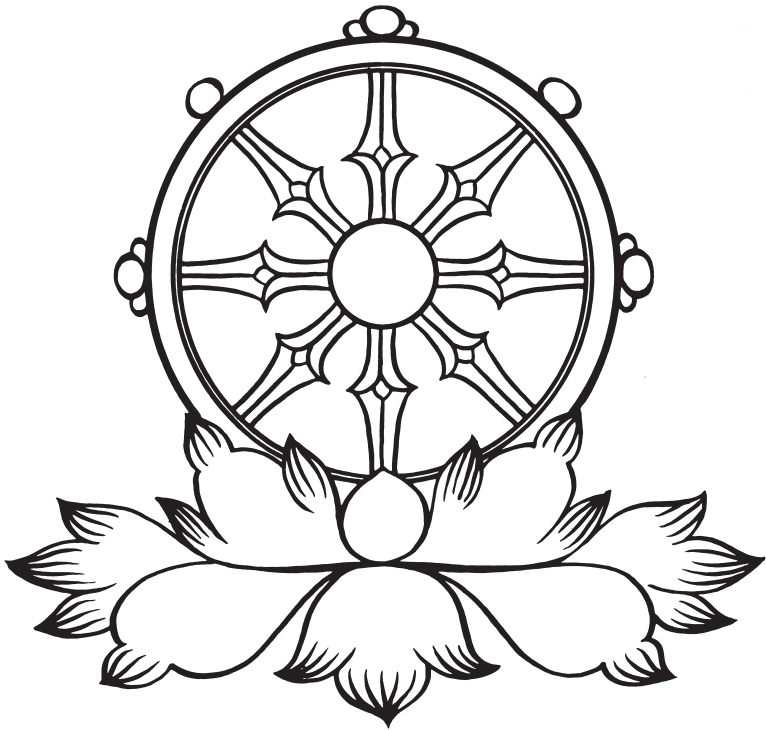


# 2015 SUMMER PROGRAM



## TIBETAN NYINGMA INSTITUTE

Berkeley, California

# **Nyingma Institute**

1815 Highland Place  
Berkeley, CA 94709  
(510) 809-1000

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## **2015 Summer Program**

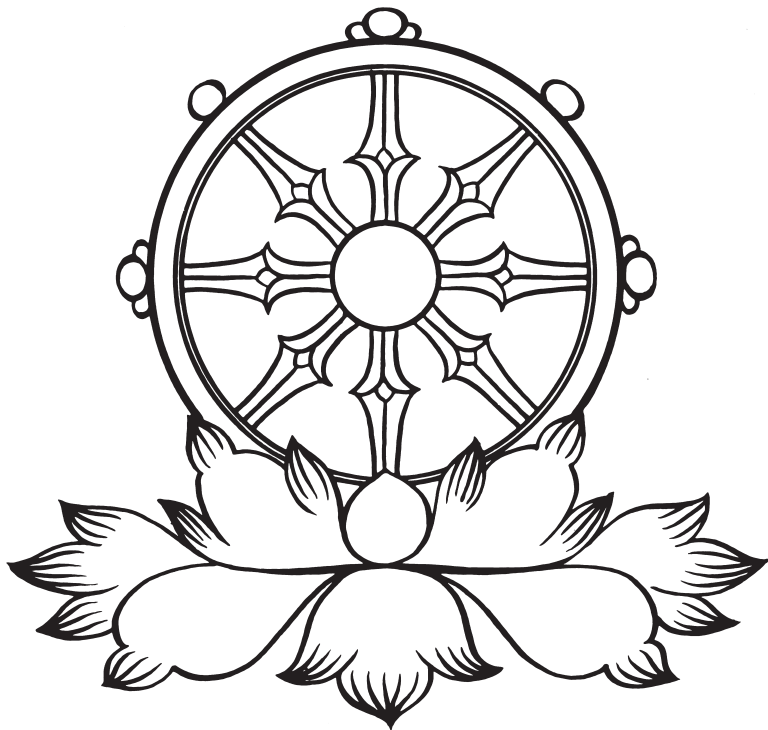
***www.NyingmaInstitute.org***

*To receive our email  
newsletter contact us at*

***Nyingma-Institute@Nyingma.org***

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# 2015 SUMMER PROGRAM



# TIBETAN NYINGMA INSTITUTE

Berkeley, California



## Summer Retreats

*For over forty years the Nyingma Institute has offered a gentle path of self-knowledge and altruistic service based on the Buddha's teachings. Summer retreats continue this tradition, offering immersion in teachings and practices that release tension and stimulate insight, leading to a joyful engagement with life.*

### **Inner Peace through Meditation, June 8–13**

Quiet the restless mind through sitting meditation, mantra, and visualization practice.

### **Expanding Body Knowledge, June 15–20**

Bring a vital and spacious awareness to your physical being.

### **Kum Nye Breath, Energy, Feeling, June 22–27**

Awaken and sustain inner vitality through breathing and movement exercises.

### **Transforming Negative Emotions, June 29–July 3**

Transmute the negative power of emotions through meditation.

### **Generating Happiness from Within, July 10–12**

Learn Tibetan Yoga practices that channel positive energy into body and mind.

### **Tibetan Yoga to Open the Senses to Feeling, July 13–18**

Open the senses to deep feeling and sensitivity, increasing delight and awareness.

### **Bringing Suffering and Happiness onto the Path of Enlightenment, July 20–August 1**

A mind-training retreat for advanced students.

### **Skillful Means: Productive Thought, August 10–15**

Forge a path of personal growth and effective thought.

### **Silent Retreat, August 17–22**

Deepen your meditation practice in an atmosphere of silence and peace.

*See pages 11-13 for complete information on each retreat.*



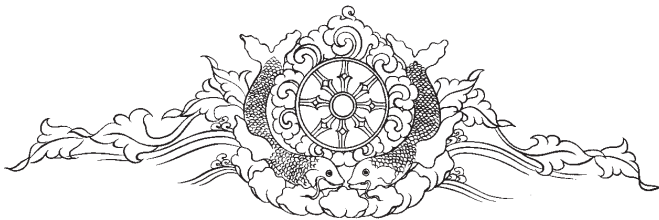
## Contents

Summer Courses	2
Day-by-Day Summer Course Listings	6
Summer Workshops	8
Summer Retreats	11
Four-Month Human Development Training Retreat	14
Special Summer Course: Transforming Negative Emotions	15
Registration Information	16
Sunday Programs	17

**The Nyingma Tradition** Over many centuries Tibetan Nyingma masters have awakened the full potential of human consciousness through meditation, study, and work. In 1969 Tibetan Lama Tarthang Tulku brought the Nyingma tradition to the United States where it has become a catalyst for positive change. Tarthang Tulku founded the Nyingma Institute in 1972. Here, these unique teachings and practices come to life for our students, staff, and volunteers.

**Nyingma Institute, 1815 Highland Place  
Berkeley, CA 94709 (510) 809-1000**

**e-mail: [nyingma-institute@nyingma.org](mailto:nyingma-institute@nyingma.org)  
website: [www.NyingmaInstitute.org](http://www.NyingmaInstitute.org)**



## Summer Courses

June 8–August 14

### Buddhist Studies and Practices

#### **Buddhist Studies Tutorial: Mother of the Buddhas (DHS211)**

*Thursdays, 1–2:30 PM (June 11–August 13)*

This course is a visionary contemplation of the *Prajnaparamita*, teachings of the Buddha that point to the openness of all things. *Prajnaparamita* is personified as the Mother of the Buddhas: she is the source of light that draws beings away from darkness. She is the undefeated protectress who helps us seek the safety of the wings of enlightenment. As is said in the *Prajnaparamita*: “Like drops of dew touched by the rays of the sun, all our theorizing vanishes once we meet her.”

We will consider how these vast teachings can draw us toward a new way of being that embodies the qualities of generosity, ethical action, patience, vigor, and meditative concentration which are perfected by the fire of wisdom.

\$165. Instructor: Sylvia Gretchen. Based on *Mother of the Buddhas*, selections from the Buddha’s *Prajnaparamita* teachings adapted by Les Hixon. No class will be held on July 9. *Open to all students with a sincere interest in the Buddha’s teachings.*

#### **Deluded Mind/Awakened Mind (DHS208)**

*Tuesdays and Thursdays, 6:15–7:45 PM (June 9–August 13)*

The Dharma leads us toward mastery of the inner workings of consciousness. As the mind is cultivated, what seemed confused or difficult becomes magically workable. ‘Deluded mind’ is no longer an obstacle: all that arises can be brought onto the path of liberation.

\$360. Instructors: Sylvia Gretchen, Mark Henderson, and Hugh Joswick. Students are encouraged to attend the associated workshops “The Perfections of Patience and Strength” on June 26–27 and “Perfect Meditation and Wisdom” on July 31–August 1. *Prerequisite: DHS207 or consent of the instructors.*

# Kum Nye (Tibetan Yoga)

## **Kum Nye: Releasing Tension and Restoring Balance (KNR103)\***

*Wednesdays, 6:15–7:45 PM (June 10–August 12)*

Kum Nye movement and awareness exercises help us to release physical and emotional tension. Practices in this course focus on giving us tools to restore balance in our lives and deepen our spiritual awareness.

\$180. Instructor: Jack van der Meulen.

## **Integrating Body and Mind (KNR202)**

*Wednesdays, 10–11:30 AM (June 10–August 12)*

*The bridge between the body and mind is provided by the senses, some of which are related more closely to the body, some to the mind.*

Tarhang Tulku, *Openness Mind*.

This course is about healing conflicts between the needs of the body and the demands of our mind. Gentle Kum Nye exercises will be presented that allow feelings and sensations to flow more freely within and between body and mind. These feelings become a pathway to a natural state of balance in which body and mind harmonize into a unified whole.

\$180. Instructor: Peggy Kincaid. *Open to all levels of students, including those with physical limitations who are looking for new ways to heal and regain vitality.*



## **Advanced Kum Nye (KNR303)**

*Mondays, 8–9:30 PM (June 8–August 10)*

Advanced Kum Nye practices open the senses, deepening experiential understanding and conveying the quiet joy of contentment. Exercises are offered on different levels of engagement in order to challenge intermediate and advanced students.

\$180. Instructor: Santosh Philip. Based on Tarhang Tulku's *Joy of Being*.  
*Prerequisite: two years of Kum Nye practice or consent of the instructor.*

## **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.

\$15 per session. Instructors: Jack van der Meulen, Santosh Philip, and Dave Abercrombie. *This drop-in class is for all levels of students.*



## Nyingma Psychology and Practices

*Nyingma psychology offers unique insight into the human situation and innovative ways to ease emotional discomfort.*

### **Transforming Negative Emotions (NPS102)\***

*Mondays, 8–9:30 PM (June 8–August 10)*

Introspective practices and insights from the Buddhist tradition can transform the destructive power of ‘everyday’ negative emotions. Mindfulness and analytic meditations provide specific antidotes to anger, fear, anxiety, and attachment.

\$165. Instructor: Sylvia Gretchen. *No class will be held on July 6.*

### **The Practice of Mantra (NPR101)**

*Tuesdays, 6:15–7:45 PM (June 9–August 11)*

Mantras are deeply symbolic phrases that activate qualities of wisdom, compassion, and healing when chanted with a quiet mind and an open heart. This course gives students an opportunity to learn traditional mantras and short prayers.

\$180. Instructor: Mark Henderson. Class materials will be provided.

## Nyingma Meditation

*The practice of Nyingma Meditation leads to serenity and insight. Courses provide instruction in meditation techniques and support for daily practice.*

### **Beginning Meditation: Self-Observation (MED104)**

*Morning Session: Tuesdays, 10–11:30 AM (June 9–August 11)*

*Evening Session: Thursdays, 6:15–7:45 PM (June 11–August 13)*

This course focusses on observing the mind, emotions, and feelings. Students learn how to stay mindful while maintaining relaxation, sustaining a concentration that is light and open. Basic meditation practices are presented in a way that help make self-discovery a way of life.

\$180. Instructors: Ken McKeon (mornings); Olivia Hurd and Ken McKeon (evenings). *Provides instruction in basic techniques.*

\* *Courses or workshops marked with an asterisk meet the qualifications for continuing education credits for MFT's and LCFW's as required by the California Board of Behavioral Sciences. Provider: Nyingma Institute #2513.*



### **Intermediate Meditation: Discovering Mind (MED204)**

*Thursdays, 8–9:30 PM (June 11–August 13)*

Meditation increases our knowledge of mind. We begin to recognize mind's versatility, how it can create confusion and suffering as well as surpassing clarity and beauty. What we discover allows us to go beyond superficial problems, to attune ourselves to mind as a source of inspiration and a reliable guide.

\$180. Instructor: Hugh Joswick. *Prerequisite: one year of meditation experience.*



### **Intermediate Meditation: Shamatha and Vipashyana (MED209)**

*Wednesdays, 8–9:30 PM (June 10–August 12)*

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.

\$180. Instructor: Hugh Joswick. *Prerequisite: two years of meditation experience.*

### **Advanced Meditation: The Power of the Open Heart (MED304)**

*Mondays, 6:15–7:45 PM (June 8–August 10)*

Meditation, prayer, and study focused on the awakened masters of the Nyingma lineage open the heart and renew our sense of purpose and clarity. Cultivating open-hearted devotion, we prepare ourselves to receive the transmission of the enlightened masters of the past, bringing the Dharma to our lives and protecting it for the future.

\$165, which includes a retreat that begins Friday evening, July 24 and concludes July 26. Instructor: Sylvia Gretchen. Based on the *Pranidhanaraja* and *Calling on the Lama from Afar* by Kongtrul Lodrotayay (translations provided). *No class will be held on July 6. Prerequisite: three years of meditation experience and consent of the instructor. Those attending this course will benefit from also attending the Advanced Kum Nye course held Mondays, 8-9:30 PM.*



## Day-by-Day Summer Course Listings (June 8–August 14)

### **Mondays:**

- 6:15–7:45 PM Advanced Meditation (MED304)  
8:00–9:30 PM Transforming Negative Emotions (NPS102)  
8:00–9:30 PM Advanced Kum Nye (KNR303)

### **Tuesdays:**

- 10–11:30 AM Beginning Meditation (MED104)  
6:15–7:45 PM TSK Right From the Start! (TSK104)  
6:15–7:45 PM The Practice of Mantra (NPR101)  
6:15–7:45 PM Deluded Mind/Awakened Mind (DHS208)  
8:00–9:30 PM Working Well with Goodness (SKM214)

### **Wednesdays:**

- 10–11:30 AM Kum Nye: Integrating Body and Mind (KNR202)  
6:15–7:45 PM Kum Nye: Releasing Tension and Restoring  
Balance (KNR103)  
8:00–9:30 PM Meditation: Shamatha and Vipashyana (MED209)

### **Thursdays:**

- 1:00–2:30 PM Buddhist Studies Tutorial: Mother of the  
Buddhas (DHS211)  
6:15–7:45 PM Beginning Meditation (MED104)  
6:15–7:45 PM Deluded Mind/Awakened Mind (DHS208)  
8:00–9:30 PM Intermediate Meditation (MED204)  
8:00–9:30 PM Beginning Tibetan, Level IV (TIB104)

### **Fridays:**

- 4:30–5:45 PM Tibetan Tutorial (TIB301)  
6:15–7:45 PM Intermediate Tibetan, Level IV (TIB204)

### **Sundays:**

- 10:00 AM–Noon Sunday Morning Kum Nye (KNR107)

# Skillful Means

## **Working Well with Goodness (SKM214)**

*Tuesdays, 8-9:30 PM (June 9—August 11)*

Elevated above the powerfully cycling thoughts and emotions that drive ordinary relationships and relationship thoughts, another heartfelt way of relating is readily available within our embodiment. This is the path of simple goodness, and it can become our way of working together. This course explores how to make this our way of life through lecture and innovative interpersonal exercises.

\$200, includes the “Open Communication” workshop on August 15. Instructors: Barr Rosenberg and Santosh Philip. Readings drawn from the unpublished manuscripts, “Working Well with Goodness” and “Relationship Differently.”

# Time, Space, and Knowledge

## **TSK Right from the Start! (TSK104)**

*Tuesdays, 6:15–7:45 PM (June 9–August 11)*

Knowledge, as the interplay between the openness of space and the creativity of time, is accessed through dialogue and contemplative exercises. This course awakens the discerning capacity of the mind.

\$180. Instructor: Ken McKeon.

# Tibetan Language

## **Beginning Tibetan, Level IV (TIB104)**

*Thursdays, 8–9:30 PM (June 11–August 13)*

Continuing instruction in classical Tibetan with selected readings.

\$180. Instructor: Mark Henderson. *Prerequisite: TIB103 and instructor’s consent.*

## **Intermediate Tibetan, Level IV (TIB204)**

*Fridays, 6:15–7:45 PM (June 12–August 14)*

Readings illustrate the different styles of Tibetan literature.

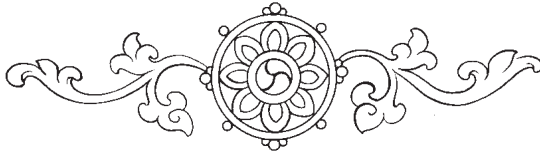
\$180. Instructor: Mollie Hughes. *Prerequisite: TIB203 and instructor’s consent.*

## **Tibetan Tutorial (TIB301)**

*Fridays, 4:30–5:45 PM (June 12–August 14)*

Continued reading and translation of Tibetan texts.

\$180. Instructors: Barr Rosenberg and Sylvia Gretchen. *Prerequisite for the course: consent of the instructors.*



## Summer Workshops

***Saturday workshops begin at 10 AM and conclude at 4:45 PM unless otherwise noted, and include a vegetarian buffet lunch. They are open to all levels of students if a prerequisite is not specified. Participants may arrange to stay overnight at the Institute for an additional \$45 per night.***

### **How to Meditate (MED401), June 13**

This half-day workshop provides basic instruction in meditation and allows time to discuss how to sustain or renew a regular meditation practice. You will learn how to sit and focus the mind in silent meditation. You will also learn how to utilize Tibetan chanting in meditation. This workshop is a good introduction to the Nyingma approach to self-development which emphasizes individual responsibility and freedom.

\$45. Instructor: Ken McKeon. 10 AM-1 PM, followed by lunch. *Open to beginners and those wishing to renew a meditation practice.*

### **Silent Mind; Peaceful Mind (MED409), June 13**

Mind can become silent, peaceful, and aware through sustained meditation. This day of meditation practice and instruction shows how to release expectations and find serenity.

\$80. Instructor: Hugh Joswick. Based on Tarthang Tulku's *Hidden Mind of Freedom*. *Some meditation experience required.*

### **Joy and Spaciousness (KNR406), June 20\***

Gentle Kum Nye movement and breathing practices enhance a sense of spaciousness and develop joyful feelings. Practicing mostly outdoors, we invite the beauty of nature to foster and expand inner joy.

\$80. Instructor: Jack van der Meulen. Based on Tarthang Tulku's *Tibetan Yoga* and *The Joy of Being*.

*\* Courses or workshops marked with an asterisk meet the qualifications for continuing education credits for MFT's and LCFW's as required by the California Board of Behavioral Sciences. Provider: Nyingma Institute #2513.*

### **Healing through the Breath (MED412), June 27**

*The breath can be a powerful ally on the spiritual path, carrying knowledge, awareness, and nourishment throughout our body and mind.*

Tarthang Tulku, *Hidden Mind of Freedom*.

The rhythm of the breath can be harnessed for physical and spiritual healing and this workshop teaches breathing techniques with many benefits. Utilizing breathing exercises from the Tibetan tradition, we contact a subtle 'inner breath' that circulates through body and mind. Its pervasive whisper guides us to health and balance.

\$80. Instructor: Santosh Philip.

### **The Perfections of Patience and Joyful Effort (DHS413), June 26–27**

Patience in the face of adversity and joyful effort toward what benefits ourselves and others are key qualities in a healthy life attuned to spiritual values. In this workshop, we discover how mindfulness and meditation nurture and perfect patience and joyful engagement with what is positive.

\$95. Instructor: Mark Henderson. Friday, 7–9 PM; Saturday, 10 AM–4:45 PM. Based on Shantideva's *Bodhicharyavatara*. *Prerequisite: sincere interest in the Buddha's teachings.*

### **Renewing and Refreshing the Senses (KNR401), July 18**

*Through relaxation we can discover a new way of being... The whole body becomes refreshed, as if showered within by pure spring water.*

Tarthang Tulku, *Kum Nye: Tibetan Yoga*.

A day of restful Tibetan Yoga exercises to refresh the senses. Students will be taught ways to nourish each of the senses, inviting an ecstatic interaction between the 'inner' senses and the outer object. Breathing and movement practices will be presented that can be done in the midst of daily activities at home or at work.

\$80. Instructors: Jack van der Meulen and Donna Morton.

### **The Perfections of Meditation and Wisdom (DHS414), July 31–August 1**

Wisdom is said to come forth from within the deep silence of contemplation. In this workshop we practice meditations that inspire insight and study a classic Buddhist text that describes the process of 'perfecting' meditation and wisdom.

\$95. Friday, 7–9 PM; Saturday, 10 AM–4:45 PM. Instructor: Barr Rosenberg. Based on Shantideva's *Bodhicharyavatara*. *Prerequisite: background in both Buddhist Studies and meditation.*

## **Open Communication (SKM404), August 15**

*When we relax and open to ourselves and others, when we stop trying to protect ourselves and our ideas, when we calmly and meditatively interrelate with the world around us, we find that we can clearly communicate our ideas, and our goals naturally come into being. We are in tune with the world, and the world is in tune with us.* Tarthang Tulku, *Skillful Means*.

Mutual trust and creative dialogue develop most quickly when we exchange ideas by speaking and listening responsively in a setting of inner silence. In this workshop, we first learn to hear the thoughts that unfold in the privacy of our own minds and notice how often they are lonely, repetitive, or unproductive. With that knowledge, we practice interpersonal exercises that make it easy to speak and listen to others without private thoughts. Setting aside the inner dialogues that hamper communication opens our hearts, and helps us to accomplish mutual aims and ease interpersonal discord.

\$80. Instructor: Barr Rosenberg. Based on Tarthang Tulku's *Skillful Means*.



## **Opening the Heart (KNR403), August 22\***

*We need to encourage our warm and positive feelings... a genuine openness that is felt as a deep warmth in the center of the heart, which is our inner sanctuary, our own home.* Tarthang Tulku, *Gesture of Balance*.

The heart holds the key to living in harmony and in loving accord with others. Tibetan Yoga practices open the heart to deep levels of feeling and appreciation. Movement exercises presented in this workshop help loosen physical tension in the chest and upper back, enhancing the flow of positive feeling in the area of the heart. These gentle exercises draw on the body's natural healing energy to ease discord and pain.

\$80. Instructor: Santosh Philip.

## **Tasting Relaxation (KNR405), August 29\***

The relaxation that comes through Tibetan Yoga (Kum Nye) practice is like rich nectar that flows through the body and feelings. This workshop presents practices that allow us to “taste” this deep relaxation.

\$80. Instructor: Jack van der Meulen.



## Summer Retreats

### **June 8–13: Inner Peace through Meditation (MED506)**

*The deep relaxation and openness of meditation offer a different perspective on our thoughts and perceptions... A new mind arises, bearing a sense of lightness and calm that ripples throughout all our activities like laughter. Tarthang Tulku, *Hidden Mind of Freedom*.*

Stillness, openness, and balance—all of these can arise from meditation. This retreat presents mantra, visualization, and sitting practices that quiet the mind, suffusing experience with peaceful ease. Thoughts and feelings are integrated into the calm balance of meditation: our total being becomes meditation, an unfolding path of serenity and insight.

\$470 (nonresidential, meals included); \$700 (residential, six night's room and board). Retreat begins Monday, 10 AM and concludes Saturday, 4:45 PM. Instructors: Olivia Hurd and the meditation faculty. *Meditators at all levels are invited to join this retreat.*

### **June 15–20: Expanding Body Knowledge (KNR506)**

*It is possible to allow a greater measure of liveliness, clarity, and intimacy with our surroundings to replace the isolated appearances of 'body', 'mind', and 'world'. Tarthang Tulku, *Time, Space, and Knowledge*.*

The goal of this retreat is to bring a vital, but relaxed awareness to our physical being. Tibetan Yoga practices will focus on expanding spacious relaxation. Incisive awareness practices from the Time, Space, and Knowledge vision will 'thaw out' the limiting views and images of our body that constrict liveliness and intimacy.

\$470 (nonresidential, meals included); \$700 (residential, six night's room and board). Retreat begins Monday, 10 AM and concludes Saturday, 4:45 PM. Instructors: Santosh Philip, Ken McKeon, and the Kum Nye faculty.

### **June 22–27: Kum Nye: Breath, Energy, Feeling (KNR502)**

In this Tibetan Yoga retreat, breathing and movement exercises stimulate and direct the energy of body and mind; visualization practices awaken and sustain inner vitality; and meditation practices foster serenity. These practices are gentle, yet deeply transformative.

\$470 (nonresidential, meals included); \$700 (residential, six night's room and board). Retreat begins Monday, 10 AM and concludes Saturday, 4:45 PM. Instructors: Santosh Philip, Donna Morton, and Jack van der Meulen.



### **June 29–July 3: Transforming Negative Emotions (NPS501)**

Emotions influence much of our lives. Yet, we may feel that we have little control over negative emotions and little understanding of how and why they arise. Negative thoughts and emotions just seem to pop up, sometimes very unexpectedly, creating confusion and causing us to suffer.

This retreat will challenge the hold that negative emotions have over us through potent meditations that pacify emotions without suppressing them. First, we balance and clear the mind; then we develop insight into how emotions take hold; and then we apply techniques that transform the negative aspect of emotional energy.

\$392 (nonresidential, meals included); \$584 (residential, four nights' room and board). Retreat begins Monday, 10 AM and concludes Friday, 3 PM. Primary Instructor: Olivia Hurd. *Prerequisite: some experience with meditation.*

### **July 10–12: Generating Happiness from Within (KNR414)**

Tibetan Yoga practices channel positive energy into body and mind as they release tension. This three-day retreat combines movement, self-massage, and breathing practices that generate joyful feelings, reorienting us toward happiness. We discover that we hold the key to satisfaction and inner peace, and we learn to appreciate the qualities that have placed the key in our hands and entitle us to use it.

\$235 (nonresidential, meals included); \$350 (residential, two nights' room and board). Retreat begins Friday, 10 AM and concludes Sunday, 3 PM. Instructor: Santosh Philip.



### **July 13–18: Tibetan Yoga to Open the Senses to Feeling (KNR504)**

*Our bodies are expressions of the creativity and vitality that course through all forms of life. They are endowed with senses that allow us to experience ecstatic beauty and bliss and make it available to others who have not yet seen that this is possible.* Tarthang Tulku, *Joy of Being*.

Tibetan Yoga (Kum Nye) movement, breath, and awareness exercises that open the senses to deep feeling and sensitivity form the heart of this retreat. Designed to challenge students at all levels of Tibetan Yoga or meditation practice, the retreat will include individual counseling and follow-up.

\$470 (nonresidential, meals included); \$700 (residential, six night's room and board). Instructors: Santosh Philip, Donna Morton, and Jack van der Meulen. *Suitable for all levels of students, but prepare to be challenged.*



***Special Two-Week Retreat July 20–August 1: Bringing Suffering and Happiness onto the Path of Enlightenment: A Mind-Training (Lojong) Retreat (MED504)***

This mind training (Lojong) retreat focuses on cleansing mind of habitual clinging by transforming both suffering and happiness into fuel for Dharma practice. Practical in orientation, the retreat will intersperse intervals of intense meditative practice with lecture based on pith advice from a great Nyingma master of the last century, Jigme Tenpay Nyima. His teachings cut through the basis of samsara itself—our need to escape from what we call ‘suffering’ and run toward what we call ‘happiness’.

Cost per week: \$470 (nonresidential, meals included); \$700 (residential).

Primary Instructor: Sylvia Gretchen, assisted by the Buddhist Studies faculty.

*Prerequisite: At least three years of meditation experience and familiarity with Buddhist approaches to human development. Students may attend just the first week of retreat with the instructor’s consent.*

**August 10–15: Skillful Means: Productive Thought (SKM501)**

Knowledge is the heart of this experiential retreat. Our work and our lives demand that we awaken creative intelligence that resonates with our own uniqueness, thrives in our communications with others and responds dynamically to the world around us. During this retreat, discussion and exercises establish us in more reliable and rewarding connections with others, and also forge a path of personal growth that leads directly to knowledgeability. We learn how to meld sensory experience into our thought process and think more efficiently. We discover that communication itself can function as thought, and that knowledge can best be elicited through cooperative caring.

\$470 (nonresidential, meals included); \$700 (residential, six night’s room and board). Retreat begins Monday, 10 AM and concludes Saturday, 4:45 PM.

Instructor: Barr Rosenberg. *There is no prerequisite for this retreat aside from a willingness to engage in experiential inquiry.*

**August 17–22: Silent Retreat (MED501)**

This retreat’s practices are done in silence with a minimum amount of in-class discussion and students will be expected to maintain silence throughout the day. Each student will receive personal instructions for meditation and study attuned to their circumstances and purposes. The retreat is designed to allow participants to deepen their meditation practice in the supportive and protective setting of the Nyingma Institute.

\$470 (nonresidential, meals included); \$700 (residential, six night’s room and board). Retreat begins Monday, 10 AM and concludes Saturday, 4:45 PM.

Instructors: Olivia Hurd and the meditation faculty. *Students at all levels are invited to join this retreat.*



## Human Development Training Retreat

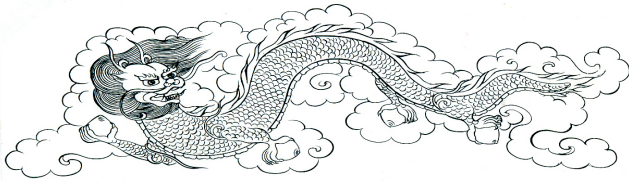
**August 26–December 12, 2015**

*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 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 any situation.*

The Nyingma Institute's premier training program, this four-month retreat presents an integrated program of Buddhist study, psychology, Kum Nye, and meditation. The human potential for wisdom and compassion is revealed as a joyous engagement in a meaningful life.

Cost for this retreat: \$6,800 (nonresidential); \$9,200 (residential) which may be paid in monthly installments (\$1,700 nonresidential; \$2,300 residential). Note that both residential and nonresidential costs include vegetarian meals.

Instructors: Sylvia Gretchen and the Nyingma Institute faculty.



## ***Transforming Negative Emotions (NPS102)***

*A 10-week Nyingma Psychology Course*

**Mondays, 8–9:30 PM (June 8–August 10)**

**Instructor: Sylvia Gretchen; Cost: \$165**

Emotions influence most of our lives. Yet, we may feel that we have little control over negative emotions and little understanding of how and why they arise. Negative thoughts and emotions just seem to pop up, sometimes very unexpectedly, creating confusion and causing us to suffer.

In order to transform negative emotions we must be willing to challenge their hold over us. We can do this by gaining experiential understanding of how emotions arise. Then we can apply specific antidotes, first to diffuse and later to transform emotional energy.

Each class session will explore a specific emotional state and present experiential “antidotes” that help transmute the negative energy of the emotion. Topics covered will include: anxiety, fear, anger, attachment, jealousy, and loneliness.

*“This course has made such a difference in my life. My overall well-being and relationships with myself and others have significantly improved.” – 2013 course student*

**About the Instructor:** Sylvia Gretchen has been a student of the Institute’s founder, Tarthang Tulku, since 1969. She has taught at the Institute since 1974 and has served as co-dean since 1996. Sylvia developed the Transforming Negative Emotions courses based on teachings and training programs offered by Tarthang Tulku.

**Continuing education credits for therapists and social workers:** The Transforming Negative Emotions course meets the qualifications for fifteen CEU’s for MFT’s and LCSW’s. Those seeking CEU’s must preregister for the course.

# Registration

**Prerequisites:** An open mind and a commitment to positive change are the primary prerequisites for Institute programs.

**Preregistration:** Please call (510) 809-1000 to preregister for programs. In order to ensure your place in retreats, classes, and workshops, send in a 20% deposit. Make checks payable to the Nyingma Institute.

**Payment Policy:** Full payment for classes, workshops, and retreats is due prior to the first session. Cash, checks, and credit cards, including Visa, Mastercard, and American Express, are all accepted.

**Scholarships:** Scholarships are offered for selected classes and workshops. Call to request an application form.

**Refunds:** If a class, workshop, or retreat is cancelled by the Institute, a full refund will be made. If a student drops a class before the third session, a prorated refund will be made.

**Special Needs:** Please let us know in advance if you will require a special diet or extra rest while you are on retreat.

**Continuing Education for Professionals:** The Nyingma Institute, approved as a Continuing Education Provider for attorneys, therapists, and social workers, offers regular programs that address the specific physical, emotional, and time pressures faced by those in the legal and healing professions. One-day and shorter workshops feature pragmatic techniques from Nyingma Psychology, Kum Nye Relaxation (Tibetan Yoga), and Skillful Means. A detailed schedule of continuing education programs is available upon request.

**Nondiscrimination Policy:** The Nyingma Institute welcomes students of any race, color, sexual orientation, religion, gender, national, and ethnic origin. It does not discriminate on the basis of race, color, sexual orientation, religion, national, and ethnic origin in the administration of any of its educational and admissions policies or in any of the other programs that it administers.

**Attending Single Class Sessions:** For an \$18 fee, students may attend the first session of selected classes. Call the Nyingma Institute at (510) 809-1000 for more information.

**Contributions:** The Nyingma Institute is a non-profit organization supported by donations and by class and workshop fees. We are staffed by volunteers who offer their time and expertise to support Buddhist education and help preserve the Tibetan tradition. Your contributions of time or resources are welcome. Call or email us to learn more.



## Sundays at the Nyingma Institute

*Each Sunday the Institute offers a rich program of activities for students and for the general public.*

**Meditation:** 9–9:45 AM. Silent sitting with brief instruction. Cost: \$5. Free for currently registered students.

**Kum Nye Relaxation:** 10 AM–Noon. Both new and experienced students can join this class on a drop-in basis. Cost: \$15.

**Free Tibetan Chanting and Talks:** The public is invited to participate in Tibetan chanting and meditation at 5 PM every Sunday. At 6 PM, a talk on Nyingma teachings is presented by a Nyingma Institute faculty member or visiting scholar. Tibetan chanting is also held from 8–9:30 PM on these full moon nights: June 2, July 2, July 31, and August 29.

**Open Houses:** Tour the Institute classrooms and gardens; learn about Tibetan Yoga and meditation; get information on upcoming classes and programs; and meet faculty and staff. Light refreshments are available.

**Join us for our Open Houses on  
Sundays, June 7 & August 30, 3–5 PM**