



SHAMBHALA MOUNTAIN CENTER

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ABOUT

SHAMBHALA MOUNTAIN CENTER

Shambhala Mountain Center, a 501(c)(3) non-profit organization, is a contemplative retreat center for the exploration of individual and societal wisdom. Our mission is to create a culture of kindness, generosity and courage through programs of personal transformation steeped in the wisdom traditions of the Shambhala teachings and other venerable lineages from around the world. For nearly forty years, we have been providing a safe and supportive environment for exploring paths of deepened awareness, personal well-being and societal transformation.

Nestled high in the Colorado Rockies, our 600-acre mountain valley retreat facility is surrounded by native forests, gentle meadows and rocky peaks, providing an ideal setting for meditation, yoga, retreats and conferences. We are also home to the Great Stupa of Dharmakaya, one of the most significant examples of sacred architecture in the world and a monument to peace, tolerance and compassion.

Established in 1971 by Tibetan meditation master and teacher Chögyam Trungpa Rinpoche, Shambhala Mountain Center welcomes all people with inspiration, interest and curiosity about the nature of self and society. We offer an oasis for relaxing into our basic goodness, rediscovering a sense of balance and appreciating the sacredness of our world.





THE GREAT STUPA OF DHARMAKAYA

“Which Liberates Upon Seeing”

Rising among wooded hillsides, the Great Stupa of Dharmakaya crowns a meadow at the upper end of Shambhala Mountain Center’s main valley and is surrounded by nearly 200 feet of green lawns, trees, gardens and walkways. Standing 108 feet tall, it is one of the most significant examples of sacred Buddhist architecture in North America. Built as a memorial to the Center’s founder, Chögyam Trungpa Rinpoche, the Great Stupa of Dharmakaya serves as an inspiration for peace and compassion throughout the world.

VISITING

- Open to the public from 10:00 am to 6:00 pm daily.
- The Stupa Visitors’ Center offers a 25-minute video on its creation.
- Public tours are available on selected dates and specialized group tours can be arranged. For more information, call 888-788-7221 or email stupa@shambhalamountain.org.

HISTORY & CONSTRUCTION

- Construction was initiated in 1988.
- It was built over a 13-year period, employing the generosity of several hundred volunteer laborers and craftspeople, with money donated through annual fundraising events. Additional contributions of expertise came from many different sectors of the technical industry.
- The finest and most enduring materials have been used throughout the structure, including concrete formulated to last 1,000 years.

- The Great Stupa was consecrated during a ceremony lasting several days in August 2001.
- Maintenance and upkeep of the Great Stupa’s architectural elements, original statues, relics and paintings is ongoing and supported through generous financial donations.
- In 2006, the Fourteenth Dalai Lama received the inaugural Living Peace Award presented by Sakyong Mipham Rinpoche in a ceremony at the Great Stupa.

SYMBOLISM

- The Great Stupa sits between two powerful landforms – a promontory known as Marpa Point and the steep cliffs opposite it. The power of the Stupa balances and brings together the energies of the surrounding environment and embodies the wisdom and blessings of Chögyam Trungpa Rinpoche, as well as Buddhist and Shambhala lineages.
- The shape of the Great Stupa represents the Buddha, crowned and seated in the meditation posture on a throne. His crown is the top spire; his head is the square at the spire’s base; his body is the vase shape; his legs are the four steps of the lower terrace and the base is his throne.
- Stupas are said to promote harmony, prosperity, longevity, good health and peace. They bring blessings to the environment in which they are built, to those who build them, and to those who visit and venerate them. In this way, stupas ensure that the living quality of the Buddhist teachings will always be available.

IMAGES



The Great Stupa of Dharmakaya stands 108 feet tall and crowns a meadow at the upper end of SMC's main valley.



The Stupa after a winter snowfall.



A standing Buddha in the structure's portal.



A 20-foot high golden Buddha, sculpted in the Gandharan style, sits inside the assembly hall of the Stupa. [Photo by Barb Colombo]



View of the Stupa in autumn.



Much of the Stupa's ornamentation is hand-carved, including these indoor pillars.

IMAGES



Participants in one of SMC's many yoga programs.



A yoga retreat in the Sacred Studies shrine room.



SMC has numerous shrine rooms which can accommodate meditation and yoga retreats, as well as conferences.



The summer shrine tent lit up at night.



An Ikebana flower arrangement in the lobby of our Sacred Studies Hall.

IMAGES



One of the Shinto-style gates leading to the Kami Shrine.



A spring view of the scenic trail leading to the Great Stupa



SMC is home to dozens of species of wildlife including mule deer.



The Stupa trail in autumn, with Tibetan prayer flags strung from the aspen.

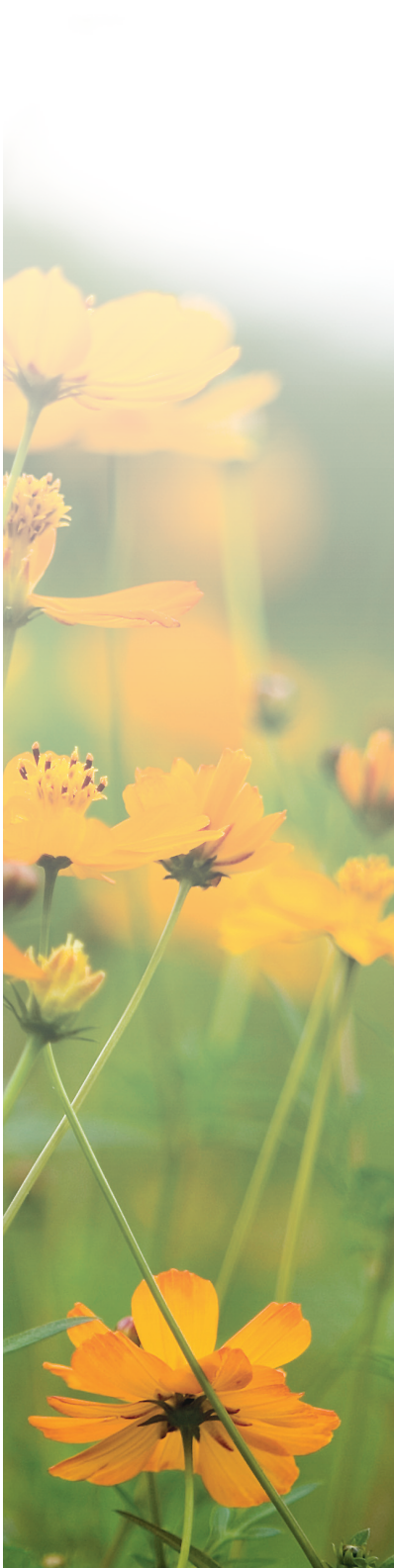


A rainbow glistens over the mountain meadows.

LOGO



SHAMBHALA
MOUNTAIN CENTER





PROGRAMS

For over 40 years, extraordinary people have gathered at Shambhala Mountain Center to participate in more than 100 year-round offerings featuring Shambhala teachings, contemplative arts, mind and body awareness practices, family programs, awakened leadership retreats and other paths of personal and social transformation.

Taught by a remarkable array of accomplished practitioners and teachers, our programs offer something for everyone – from the beginner to advanced student. Every season features a wide variety of unique programs as well as popular, ongoing offerings.

ONGOING OFFERINGS

- Learn to Meditate – an introductory program offering accessible meditation practice techniques as well as a perspective on how they work.
- Retreat and Renewal – a spacious retreat with a selection of relaxing and contemplative activities, including meditation, yoga, guided hikes, films, evening talks and discussion. Great for friends, couples, or individuals.
- Dathun – an intensive group meditation retreat for new and experienced meditators interested in deepening their mindfulness-awareness. Divided into four weekly segments called “Weekthuns,” this month-long retreat can be attended anywhere from one week up to the full Dathun.
- Courageous Women – an annual retreat, now in its seventh year, offering powerful tools for women who have been touched by cancer as well as for their caregivers.

UPCOMING PROGRAMS

View this season’s programs in our [Current Program Catalog](#).

IN THE NEWS

[Summer Escapes: Meditate, or just chill, at serene Shambhala Mountain Center](#)
Denver Post • Kyle Wagner • May 10, 2013

[Solace of the Stupa: Neurobiology, the science of pain and the Buddhist retreat](#)
Fort Collins Magazine • Laura Pritchett • Spring 2013

[The Strength to Sit Still](#)
ExperienceLife.com • Jen Sinkler • March 2013

[Spiritual Refugees: From Shambhala to St. Walburga](#)
Twine Magazine • Laura Herrington Watson • 2013

[Ten from Shambhala community dig in, protect stupa from High Park fire](#)
Denver Post • Jessica Fender • July 28, 2012

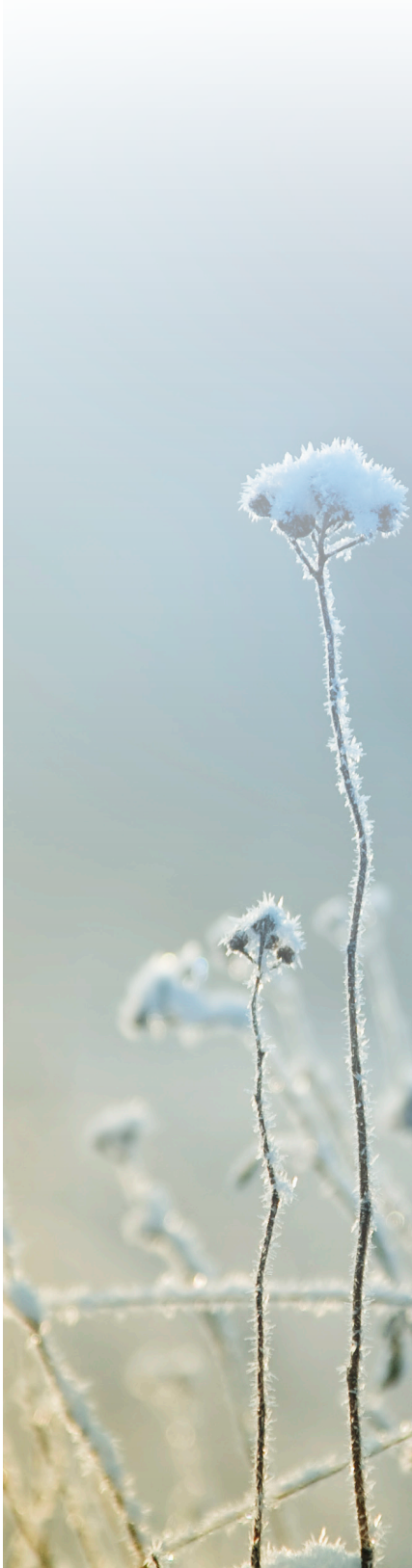
[Buddhist Temple Threatened By High Park Fire](#)
7NewsDenver • June 5, 2012

[Unique Buddhist Retreat Lies In Northern Colorado](#)
CBS Denver • Channel 4 • April 28, 2011

[Art of the Great Stupa](#)
Tsemtulku.com • January 27, 2010

[America's top Meditation Retreats](#)
Usa Today • forbestraveler.com • October 6, 2008

[Great Stupa of Dharmakaya](#)
(Audio) Colorado Public Radio News • July 20, 2004



SOCIAL MEDIA

BLOG:

<http://www.shambhalamountain.org/category/smc-blog/>

FACEBOOK:

<https://www.facebook.com/shambhalamountaincenter>

YOUTUBE:

<http://www.youtube.com/ShambhalaMC>

TWITTER:

<https://twitter.com/ShambhalaMC>



QUOTES & TESTIMONIALS

FOUNDERS:

“The world is in absolute turmoil. The Shambhala teachings are founded on the premise that there is basic human wisdom that can help solve the world’s problems ... Shambhala vision teaches that, in the face of the world’s problems, we can be heroic and kind at the same time.”

– Chögyam Trungpa Rinpoche

“The history and legend of Shambhala is based upon a great community that was able to reach a higher level of consciousness. This community could occur because its individual members participated fully in creating a culture of kindness, generosity and courage.”

– Sakyong Mipham Rinpoche

PARTICIPANTS:

“I love it here. It is a place where I can renew myself. I meditate and it helps me with my practice and knowing I have a support system when I come here. I try to come here yearly as the center is so welcoming, the staff is so kind, and I leave here feeling renewed making me hopefully become a better person, Buddhist, and yoga student. Thanks for all you do.”

– Linda Tucker, Yoga & Meditation program, April 7, 2013

“Thank you for a WONDERFUL stay! We loved the food and the beautiful flower arrangements. Thank you for creating such a restorative atmosphere.”

– Anonymous retreat participant, May 2013

“It was a fantastic trip and thank you so much for having us! The peaceful mountain view, fresh air, and you lovely people were just what we all needed after a long arduous year. Thanks again for taking the time to teach us and I’m very glad I met all of you!”

– Meirui Zhang, high school student, IB Seniors field trip, May 2013



Contact/Location Information

PRESS AND MEDIA RELATIONS:

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LOCATION

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Map:

