The Shambhala Buddhist Path

Further Sadhana Practice & Development of Enlightened Society

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Scorpion Seal

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Scorpion Seal Assembly
Prerequisite: Completion of Werma Sadhana Requirement

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Rigden Abhisheka
Prerequisite: Vajrayana Seminary; Completion of Ngondro

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Vajrayana Seminary
3 week Residential Program
Prerequisites: Refuge & Bodhisattva Vow; Sutrayana Seminary; Warrior Assembly; Solitary Retreat; Entering the Vajra World Preparatory Class; Shambhala Center Membership

Solitary Retreat
Anytime the student is ready. Required for Vajrayana Seminary.

Bodhisattva Vow (Weekend)
Anytime the student is ready. Required for Vajrayana Seminary.
Prerequisite: Refuge Vow at least 6 months prior.

Enlightened World: The Three Yanas of Shambhala Buddhadharma with Sakyong Mipham Rinpoche
3-5 days
Strongly encouraged after Way of Shambhala I prior to Vajrayana Seminary.

Refuge Vow (Weekend)
Anytime the student is ready. Required for Vajrayana Seminary.

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Sutrayana Seminary
2 week Residential Program
Prerequisites: WoS Part 2; Dathun; Shambhala Center Membership

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Warrior Assembly
10 Days Residential Program
Prerequisites: Sacred Path; Weekthun; Shambhala Center Membership

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Sangha Retreat with Sakyong Mipham Rinpoche
1 week
(counts for 1 week of dathun)
Strongly encouraged anytime.

The Way of Shambhala (WOS) - Part Two
Includes Shambhala Training Sacred Path Teachings and Buddhist Studies
Prerequisite: WOS Part One

Dathun
Residential Group Retreat - One month
(Can be done in segments)
Can be attended anytime. Required for Sutrayana Seminary.

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The Way of Shambhala (WOS)- Part One
Shambhala Training Level V weekend + Wisdom in Everyday Life course (5 classes) + Rigden Weekend
Shambhala Training Level IV weekend + Fearlessness in Everyday Life course (5 classes)
Shambhala Training Level III weekend + Joy in Everyday Life course (5 classes)
Shambhala Training Level II weekend + Contentment in Everyday Life course (5 classes)
Shambhala Training Level I weekend + Meditation in Everyday Life course (5 classes)

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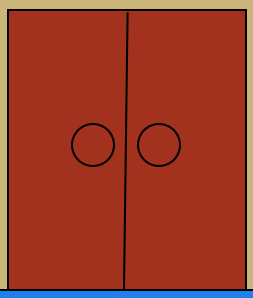
Front Door: Gateway & Community Programs
Open to all with no prerequisites

Public Sitting,
Open House Talks,
Learn to Meditate Workshops,
Shambhala Training Level I,
Meditation In Everyday Life Class,
Contemplative Arts Courses,
Community Celebrations & Events



Freestanding Buddhist Studies Courses,
Book and DVD Courses, Study Groups,
City Weekthun (Week-long Group Retreat),
Introduction to Dorje Kasung Practice,
Meditation In Society Programs such as:
Diversity, Money, Leadership, Social Action,
Family, Health, Relationships