



2020 RETREATS & PROGRAMS

Welcome to Tara Mandala

Dear Tara Mandala Friends,

We are excited to share our 2020 Program Guide with you. Whether you are a long term member or new to Tara Mandala, welcome!

During this past year we witnessed not only the celebration of 25 years of teachings and gatherings, but the impact of recognizing and embracing the role of the sacred feminine and compassion. We come to retreats, participate in online programs, practice in satellite sangha groups inspired by the words and teachings of our beloved teacher, Lama Tsultrim Allione. Lama Tsultrim herself, after a year of touring and teaching about the mandala of the enlightened feminine in her book *Wisdom Rising* has been in retreat, inspiring us all to deepen our integration and connection to our Buddha nature.

Her wisdom and discipline has encouraged us all to step up and commit to strengthening our own practice and intention as we embody the core values inherent in the teachings.

This year we are bringing forward the sacred masculine to meet the divine feminine. Having focused on the importance of the sacred feminine for many years, Lama Tsultrim encourages us to focus on bringing them together, honoring the awake masculine as well as the union of both.

We invite you to consider several retreats this season offered with this intention in mind, such as Wisdom Rising: Journey into the Sacred Masculine, Relationship as Sacred Practice,

Undoing Patriarchy & Embodying Sacred Masculinity with Lama Rod Owens, and Descent and Emergence with Michael Meade and Lama Tsultrim.

We offer you many opportunities to integrate and deepen your personal spiritual path. We celebrate the vibrancy of our diverse community in all of our programs. We are excited to reach out to new friends and sangha members with a growing online learning presence and local satellite practice groups. We rejoice in the gifted teachers who will come to offer and strengthen profound teachings that are responsive to contemporary situations, including the opportunity to enter the stream with an unfolding terma cycle, Ösel Nyingtig. Above all, we celebrate the many ways in which we continue to support an intentional life filled with caring, purpose, and actions aligned with the foundational teachings of the Buddha.

This year we offer you more opportunities to open your heart, connect deeply, and feel empowered to help bring positive transformation in our communities and the world.

May it be so and may all beings benefit!

Joanne Bonon

Joanne Brion Executive Director





TARA MANDALA®

Vast View · Open Heart

The Mandala of Tara is a symbolic template for the awakening of the compassionate heart through the manifestation of Tara, the female Buddha of compassion.

MISSION

Tara Mandala is an international Buddhist organization led by Lama Tsultrim Allione, based at Tara Mandala Retreat Center in Pagosa Springs, Colorado. Its mission is to benefit all beings through teachings leading to the development of wisdom and compassion, with a primary focus on the lineage of the 11th century Tibetan woman teacher, Machig Labdrön. Her teachings offer the revolutionary paradigm of feeding not fighting, which has applications in both personal and collective arenas.

VISION

We envision Tara Mandala generating a global network of meditation centers and sanghas practicing the lineage of Machig Labdrön for the benefit of all beings, using both ancient Tibetan teachings and modern adaptations of these methods.

Tara Mandala is a vibrant international Buddhist Community with its hub at the 700-acre retreat center in Pagosa Springs, Colorado where both group and solitary retreat facilities are available. We maintain and steward Tara Mandala Retreat Center with careful attention to the spirits of the land and its preservation for future generations. We offer a complete path to realization anchored in Machig Labdrön's lineage with opportunities for both deep retreat and practice in the world.

ORGANIZATIONAL VALUES

- We recognize the sacredness of all life
- We recognize there is an imbalance in the world creating the current state of ecological and political emergency
- We believe the re-emergence of the sacred feminine through spiritual and social development is key to healing this imbalance leading to partnership between masculine and feminine, in a more balanced and compassionate world
- We support a just and equitable world
- We cut through our hopes and fears by feeding not fighting our demons and thus transforming obstacles into allies
- We see all that arises as a potential path to awakening
- We know compassion is the recognition of interdependence and act accordingly
- We find ways to offer teachings to people in a variety of circumstances



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Front Cover Photo: Magyu Mandala Painting by Lama Gyurme Rabgye

LAMA TSULTRIM ALLIONE

FOUNDER & SPIRITUAL DIRECTOR OF TARA MANDALA®





ama Tsultrim Allione, author and international Leteacher, co-founded Tara Mandala with her late husband, David Petit, in 1993. While living in the Himalayas in the 1970s, she was inspired by the vision of creating a retreat center in the West. She was ordained as a Tibetan nun in 1970 at the age of 22 by His Holiness the 16th Karmapa. At the age of 26, after four years as a nun, she returned her monastic vows, then married and raised a family of three children. While raising her children she earned a Master's degree in Buddhist Studies and Women's Studies from Antioch University. Author of Women of Wisdom, a groundbreaking book on the lives of great Tibetan women practitioners, Lama Tsultrim also authored the National Best Seller, Feeding Your Demons: Ancient Wisdom for Resolving Inner Conflict, now translated into twelve languages. Feeding Your Demons presents Lama Tsultrim's pioneering technique based on Chöd, using five steps to nurture the parts of ourselves we usually fight against.

Numerous audio programs, DVDs, and magazine articles have been produced about her life and work, including *Feeding Your Demons: The Life and Work of Lama Tsultrim Allione*, a one-hour documentary by Jaap Verhoeven produced by Dutch TV.

For many years, she has focused on the teachings from the lineage of Machig Labdrön, the 11th century Tibetan yogini who founded the Chöd lineage. In 2007 while traveling in Tibet, Lama Tsultrim was recognized as an emanation of Machig Labdrön by the resident lama at Machig Labdrön's monastery in Tibet, Zangri Khamar. In 2012 she was given the Machig empowerment by H.H. the 17th Karmapa at Chang Chub Jong in India. In 2009, Lama Tsultrim Allione was selected by an esteemed committee of scholars and practitioners to receive the international "Outstanding Woman in Buddhism" Award given in Bangkok, Thailand.

Her teaching inspiration comes from her sublime Tibetan lamas and her experience as a Western woman and a mother. She is now enjoying being the grandmother of six. In 2018, her new book, *Wisdom Rising: Journey into the Mandala of the Empowered Feminine*, was published by Simon & Schuster. Lama Tsultrim continues to guide Tara Mandala and thousands of students around the world.

















"Lama Tsultrim Allione has had a great devotion toward the teachings of Chöd for a long time. She has been doing a lot of work to preserve and maintain the continuity of the teachings and practice of Chöd, and she has a very pure heart motivation in doing this, which I deeply rejoice in."

- His Holiness the 17th Karmapa, Orgyen Trinley Dorje



WHERE TO BEGIN

Tara Mandala offers a variety of retreats, teachings, and trainings in Buddhist practices catering to all levels of practitioners, from the brand new beginner to the seasoned practitioner.

When you browse our retreat descriptions starting on page 20, please note the special designations in each retreat description. These will inform you if the retreat is open to all or if it has prerequisites.

Visit the Where to Start page in our website for guidance on basic practices and information on where to begin.

Residential Retreats

Residential retreats offer the opportunity to dive deeply into meditation practice and study in a caring group environment. Silence is often observed during all or part of a retreat as a way to potentize the alchemy of practice. Retreats are led by Lama Tsultrim Allione, Tara Mandala Authorized Teachers, or guest teachers that are well-known and respected in our broader community.

Information on our 2020 Multi-Day Residential Retreats can be found starting on page 20, and online.

Online Programs

If you cannot come to Tara Mandala, we will come to you! The mission of our online programs is to offer greater access to Buddhist study and practice for people around the world, whether you are new to Buddhism or have been practicing for decades. Topics include introduction to Buddhism, Feeding Your Demons®, Wisdom Rising, Chöd, Green Tara, Intimate Dialogues with Lama Tsultrim and special guests, and more.

Personal Retreats at Prajna Residence Hall

From October to April, Prajña Residence Hall is open for personal retreats, pending availability around group retreats. This is a great opportunity to do a personal retreat in a comfortable environment.

Solitary Retreat Cabins

Retreat cabins at Tara Mandala provide a rare and precious opportunity to be completely secluded in a remote mountain setting. All of our cabins are well suited for year-round practice, as they are completely insulated and have small wood-burning stoves. We have special rates for members of our sustaining sangha, Magyu, Gateway and Ösel Nyingtig Cycle Programs. Come put your study into practice in one of our beautiful cabins!

LEARN THROUGH SERVICE

Join Tara Mandala as part of our revitalized Living Dharma Program or through our new Extended Karma Yoga Program. Participants of these programs support Tara Mandala's operations through compassionate service, helping to fulfill its mission and make a difference in the world.

Living Dharma Program - Service, Study & Practice

The Living Dharma Program is an opportunity for those who long to imbue their life with practice and service. At Tara Mandala, service, called karma yoga, is an essential part of our practice, and we recognize that our development on the path relies on our capacity to grow and practice in community.

If you would like to study and practice the Dharma in community, engage in daily meditation practice, and bring your Dharma practice off the cushion and into your life, we welcome you to apply! We revitalized the Living Dharma Program in 2019, offering more opportunities for study and practice combined with service on the land. See page 34 for more information.

Extended Karma Yoga Program

We understand that committing to a retreat can be challenging. With the Extended Karma Yoga Program, we hope to make retreat a possibility for individuals who would like to contribute to Tara Mandala's dharma activities through service (karma yoga) while also attending retreats and receiving teachings. The program offers 50% off any retreat in exchange for four hours of work per day during the retreat.

TARA MANDALA® LIBRARY

The Tara Mandala Library offers a wealth of literature and houses a collection of roughly 2,413 books in English, Tibetan, and many other languages. Our library is home to the Tibetan Buddhist Canon (Tib. *Kangyur and Tengyur*) which is one of the most important canons of Buddhist literature in the world. Our collection specializes in books and texts on the 11th century teacher Machig Labdrön, the founder of Chöd (Severance), and the Nyingma school of Tibetan Buddhism. In addition, you will find many English texts on Christianity, Hinduism, Judaism, Western Psychology, Yoga, and other traditions for comparative studies. Anyone can access our library while at Tara Mandala. You can support it by making a donation to the Annual Fund (see page 50).

TARA MANDALA® DAKINI STORE

The Tara Mandala Dakini Store offers a variety of treasures and ritual items to support Buddhist practice and study including a unique selection of books, clothing, and jewelry, as well as handmade ritual implements and beautifully crafted shrine items such as Chöd drums, thangkas, statues, and deity art. To place an order, visit our online store at shop.taramandala.org. You can also email store@taramandala.org or call (970) 731-3711 x103.

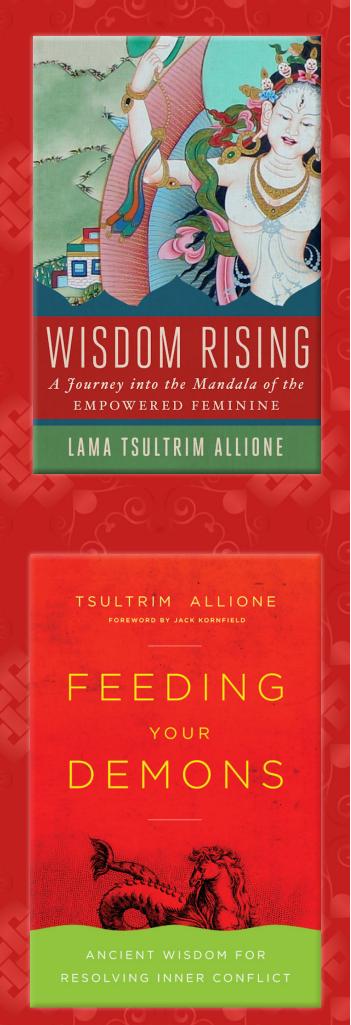
Visit www.taramandala.org for more information.











WISDOM RISING MANDALA TRAINING PROGRAM THE PATH OF TRANSFORMATION

The Wisdom Rising Mandala Training Program offers an exploration into the ancient Buddhist template of the mandala as it applies to our inner path of transformation and our outer experience in the world. As a sacred geography, the mandala creates the framework to move from fragmentation to wholeness. In the Mandala Trainings, you will learn a contemporary application of the mandala practice and principles, including how to transform encumbered emotional patterns, such as ignorance, anger, and craving, into wisdom through meditation, sound, art, movement, and the five elements. You will learn about the Five Buddha Families—Vajra, Ratna, Padma, Buddha, and Karma—and will also have an opportunity to focus on each of these families indepth during each retreat. This is an experiential program exploring the divine feminine and masculine, as well as the union of both feminine and masculine aspects of our psyche.

Although the practices shared in these trainings are based in Tibetan Buddhism, they are accessible to people of any faith or gender identity. For those interested in mindfulness, this work offers a path to a deeper and more embodied spiritual practice. For those long immersed in Buddhism, it provides rich, new insights into familiar concepts. The Mandala Training Program is situated within the broader Magyu Lineage as a focused training to deepen and develop the mandala work; however it may also be practiced independently. There are three levels of the Mandala Training.

FEEDING YOUR DEMONS®

Lama Tsultrim Allione distilled the teachings and practice of the 11th-century Tibetan yogini Machig Labdrön for the Western practitioner for the first time in her book *Feeding Your Demons: Ancient Wisdom for Resolving Inner Conflict* (Little Brown Co. 2008). In it, Lama Tsultrim outlines an accessible and effective approach for dealing with negative emotions, fears, illnesses, and self-defeating patterns. She explains how when we fight our demons they grow stronger. If we feed and nurture them, however, we can free ourselves from the battle. Through the clearly articulated practice outlined in Feeding Your Demons®, we can learn to overcome any obstacle and achieve freedom and inner peace.

Feeding Your Demons® has benefited thousands worldwide, with practitioners from every walk of life on five continents. The work transcends spiritual constructs, serving as a meaningful tool for anyone, regardless of religious affiliation or personal philosophy. Two training tracks currently exist for anyone who wishes to work deeply with their own "demons" through contemplative practice: the Kapala Training Program, offered both on-site and online, and the more secular Feeding Your Demons® Online Program. Both tracks culminate in an optional Certificate that would allow one to utilize this powerful modality in a formal setting with clients.

To Learn More ,Visit www.taramandala.org/programs/



In the United States, tens of millions of adults Lare suffering from substance abuse (8.4%), major depression (6.7%) and anxiety disorders (19.1%). Many people avoid or never receive treatment. Others obtain treatment, but do not respond adequately. Thus, there is an imperative to explore alternative methods for providing tools that enhance emotion regulation, tolerance for uncertainty, and self-regulation. These are fundamental building blocks of sustainable mental health and long-term well-being. To address this need, a team of researchers, Philippe Goldin (University of California, Davis) and Eve Ekman (University of California, San Francisco), Amy Braun (Stanford University), and content experts (Chandra Easton and Lama Tsultrim Allione) conducted a ground-breaking study in 2018-2019 on the effects of the Feeding Your Demons® (FYD) meditation process developed by Lama Tsultrim Allione. They studied adults who were in recovery from alcohol and/or drug abuse and who have elevated symptoms of anxiety and depression.

The goal of this randomized controlled trial was to examine whether one-month of FYD training (versus a no-training waitlist control group) would significantly decrease craving, anxiety, and depression, and increase emotion regulation, self-compassion, and well-being. The study was conducted in the San Francisco Bay Area and included 12 certified FYD facilitators across the United States. The study was a collaboration between the Tara Mandala Center, Lama Tsultrim Allione, Lopön Chandra Easton, meditation practitioners, therapists, academic researchers, and people in the community.

Sixty-one participants were recruited and assigned to immediate FYD meditation training for one month or to a no-training waitlist control group

(who were offered FYD only after completing the onemonth waitlist period). This study assessed both the acute effects during each FYD meditation session on craving and emotions, and the longer-term effects of one month of FYD meditation training on clinical symptoms of stress, depression, and anxiety, as well as on psychological skills, including tolerance for uncertainty, emotion regulation, self-compassion, and well-being.

The preliminary results from this study have found that FYD was associated with greater decreases in stress symptoms and increases in self-compassion. Moderator analyses showed that lesser baseline psychiatric problems predicted greater reduction in depression and stress symptoms, number of years of meditation practice predicted increases in noticing bodily sensations, and older age predicted increases in emotion awareness and self-regulation at post-FYD. The number of FYD sessions completed during one month of practice predicted post-FYD increases in self-compassion and satisfaction with life, as well as decreases in stress, depression, and intolerance for uncertainty.

In conclusion, this study found that FYD practice may enhance adaptive mental states in adults in a dose-dependent manner. The researchers acknowledge that a next study with an active comparison training is necessary to determine the specificity of FYD related results and to identify distinct mechanisms of change. This study, "Randomized Controlled Trial of Tibetan Buddhist Feeding Your Demons® Practice in Meditation Practitioners," is expected to be published in scientific journals this upcoming year.

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RETREAT REGISTRATION & FEES

Tara Mandala welcomes anyone with an interest in learning how to practice meditation, study the Dharma, receive precious teachings, and incorporate self-awareness and compassion into daily life.

Residential retreat fees vary depending on accommodation selected and range from \$80 per day to \$225 per day.

Retreat fees are per person and include the cost of the retreat, meals, practice texts (unless noted otherwise), and full use of the facilities from check-in on the first day of the retreat until it ends. Accommodations and meals are not available between retreats unless you are staying for consecutive retreats and authorize the additional fees. The retreat fees do not include teacher Dana or offerings. Payment plans and scholarships may be available upon application.

To register for a retreat, please go to www.taramandala.org and click on Calendar on the top navigation menu.

If you have registration, lodging or program questions, please contact registrar@taramandala.org or (970) 731-3711, ext 108.

RETREAT ACCOMMODATIONS

Prajña Residence Hall has comfortable rooms with stunning views. Each double room includes two twin beds, a granite sink, and closet. In the hallway are shared baths, showers, and toilets. There are also four queen rooms with a shared full bathroom between two rooms. Prices are per person.

Tent cabins are airy canvas tents available during the warmer months. Situated on a wooden platform with a deck, each tent has one twin bed, some storage, and an ottoman for storage or seating inside. During May and September, when frost is

possible, warm clothing is recommended at night. Full bathrooms are located in Prajña Residence Hall, a short walk from the tent cabin sites. There is also a porta-potty right next to the cabin sites. Bedding is included, but you must bring your own towels. Due to wildlife, no food or items with a scent are to be stored in or near a tent cabin. All toiletries and any items with a scent can be kept in cubbies on the first floor of Prajña. Prices are per person.

Dorm yurt accommodations are available in a women's yurt and men's yurt. Both yurts have 5 to 8 twin beds in an open communal space and a wood stove. Each bed comes with a comfortable foam mattress, fitted sheet, and pillow. You must bring your own sleeping bag. We provide a blanket. Meals and full bathrooms are in the Community Building. Prices are per person.

Camping is an option for anyone coming here during the warm months (mid-May to mid-September). You must bring your own tent and gear, and our staff will guide you to your designated camping spot. Meals and full bathrooms are in the Community Building. Due to wildlife, no food or scented items are allowed in or near tents. Limited vehicle camping is available in the parking lot for campers and trucks under 20 feet long. There are no RV hook-ups at Tara Mandala. Prices are per person. During the colder months (October 1–May 15), camping is available inside the temple, where you may sleep on the floor. Bring your own bedding and towels; shared bathing facilities are in the Community Building.

Commuting is available for some retreats, please check with each retreat description for details. In order to hold the container of the retreat, please plan to attend all sessions from 7 am to 9 pm. If you need to miss a session, please contact the Retreat Manager.

ABOUT SUGGESTED DANA OFFERING

Dana is a Pali word meaning "generosity." As one of the six paramitas or "perfections," the practice of generosity is an integral part of the Buddhist path. Dharma teachings are traditionally offered on the basis of dana which is offered to a teacher in recognition of the precious gift that has been given. When dana is offered, tendrel or "auspicious interdependence" is created between the teacher and the student.

Tara Mandala compensates teachers by only covering their travel and room and board while teaching. We sincerely love and appreciate our teachers and are grateful for the teachings they bring each year to our retreats.

Tara Mandala suggests a range of dana for each retreat, based on the number of days in which the retreat will take place. Your offering should be based on your individual capacity. Please offer as much as you comfortably can, which ensures the flourishing of Dharma for generations to come. There is an opportunity to give dana upon registration directly to the teacher(s) and at the end of each retreat, which is a special time of honoring what has been given and what has been received.

Dana can be offered through Paypal, check, or cash. A computer is available in the Temple for Paypal transactions or you may use your own device between 7:00 pm - 10:30 pm in the Community Building. If you are coming to a retreat and want to offer Dana, we suggest a range between \$30 - \$50 per day of your retreat, however you may give more or less according to your capacity.

SCHOLARSHIPS AND FINANCIAL ASSISTANCE

Due to the generosity of the Tara Mandala Sangha, we offer the following types of financial assistance: Deferred Payment Plans, Extended Karma Yoga, and two kinds of scholarships, as follows:

- Evada Scholarship: Tara Mandala offers partial scholarships for retreats and practice program annual fees to members of our sangha who, due to financial hardship, may not otherwise be able to attend our retreats.
- Equity, Inclusion, & Diversity Scholarship: This scholarship is designated for people of color and/or those who are underrepresented due to their gender, gender identity, sexual orientation, social class, or ethnicity, and those in need of financial support.

Please read our Scholarship Guidelines and Terms before applying. To apply for scholarships and financial assistance, please visit www.taramandala.org.

CHILDREN & FAMILIES

Tara Mandala is happy to offer a retreat environment that is open to families with children (except when a retreat is in complete silence). This provides children, our future, with the opportunity to develop a positive relationship with the Buddhadharma. When bringing a child to Tara Mandala who is between the age of three months and 13 years, you are required to bring your own childcare provider. The cost of a child care provider is 50% of the normal retreat fee, and assumes they do not attend any teachings or program events. Please note the exception of our Family Retreat where sessions are offered for each age group. Please refer to our guidelines for families with children on our website: www.taramandala.org.

CANCELLATION POLICY

There is a cancellation fee of \$50 or \$100. Refund/credit amounts are dependent on the timing of the written request. Cancellations or retreat change requests must be received in writing via email for a refund or credit to be issued. Requests cannot be accepted by phone. For a retreat change request, the first change is free and subsequent changes will incur a \$25 fee.

Please visit www.taramandala.org/the-center/ for specific guidelines.

In the unfortunate event that Tara Mandala makes substantial changes to the content of a retreat or cancels a retreat altogether, you will receive, upon your written request, a full refund or credit towards another retreat.

If you have cancellation or financial questions, contact our Accounts Manager at accounts@taramandala.org



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OPEN HOUSES

Tara Mandala is open to the public several times each year. You are welcome to join us for a guided tour of our beautiful Retreat Center and Tara Temple. This tour includes an introduction to the history of Tara Mandala, as well as teachings on how the Tara Temple is a representation of the mandala structure (sacred diagram), each direction representing one of the Buddha Families. The tour includes a vegetarian buffet lunch, a short period of meditation in the morning, and time for Q&A. There is also an afternoon session that includes a more in-depth introduction to meditation.

Registration is required. The event is free but donations to support Tara Mandala are welcome. You can find the dates and reserve your place for the Open House, afternoon Intro to Meditation Class, or the full day on the Calendar page at www.taramandala.org.

Visiting at other times is by appointment only. Please contact us if you have any questions at (970) 731-3711 ext 108 or by email at registrar@taramandala.org.

INTRO TO MEDITATION

Meditation has been scientifically proven to boost the immune system, lower blood pressure, relieve depression, increase productivity, and promote creative thinking. Mindfulness, which has its roots in the teachings of the Buddha, has hit the mainstream. Now seems like a good time to check it out, right?

Through sitting and walking meditations, short talks, and time for sharing and discussion, this afternoon class will introduce you to the basics of Buddhist meditation. You do not need to be a Buddhist to attend or to derive great benefit from this afternoon. This course is suitable for all levels, from complete beginners to experienced practitioners.

Classes will be taught by a Tara Mandala Authorized or Apprentice Teacher. Classes are free, but if you would like to offer the teacher a donation (dana), you may do so with cash or check (made payable to the teacher). The optional suggested donation is a sliding scale of \$5 - \$20. For more information on dana, see page 12.

SCHEDULE:

9:30 am - Check-in

10:00 am - 1:00 pm - Open House and Guided Tour 1:00 pm - 1:45 pm - Lunch

2:30 pm - 5:00 pm - Intro to Meditation

RESERVATIONS:

See our Calendar at www.taramandala.org



CELEBRATING MACHIG LABDRÖN'S BIRTHDAY: Practice of the Garland of Jewels (Rinchen Trengwa) Sadhana

Thursday, May 7, 2020

OPEN TO ALL

In honor of Machig Labdrön's birthday, we will practice the Garland of Jewels (Rinchen Trengwa) sadhana to celebrate and share her living oral tradition of Chöd. The Garland of Jewels is one of the main repositories of the original and early poetry of Machig Labdrön's Chöd tradition as well as the original melodies and rhythms so unique to Chöd. It is one of the most authentic actively practiced traditions of Chöd that came directly from Machig Labdrön and the early lineage masters. The recitation of the Garland of Jewels is a wonderful and rare opportunity to receive the blessings that come directly from the primordial wisdom dakini, Machig Labdrön. Visit our website for more information.



BENEFIT CONCERT FOR TARA MANDALA®

With R. Carlos Nakai and Peter Rowan

Saturday, August 15, 2020

OPEN TO ALL

Join us for an inspiring concert evening with two amazing artists: Grammy Award winner and six-time Grammy nominee, Peter Rowan and Grammynominated and premier performer of the traditional Native American flute, R. Carlos Nakai. They will take us through a musical journey, blending their musical styles into a unique, transcendent experience. Visit our website for more information.



AN AFTERNOON OF INTIMATE DIALOGUE AND **STORIES**

With Lama Tsultrim Allione and Jetsunma Tenzin Palmo

Friday, August 28, 2020

OPEN TO ALL

Join us for an afternoon event with two of the most well-known and influential female Buddhist teachers in the West today, Jetsunma Tenzin Palmo and Lama Tsultrim Allione. They will answer audience questions and share stories and insights from their many years of Dharma practice and teaching.

This event will include a delicious vegetarian meal followed by the dialogue, a break for dessert and refreshments. Donations offered during this event will benefit Tara Mandala and Dongyu Gatsal Ling Nunnery, founded by Jetsunma Tenzin Palmo. Visit our website for more information.





GREEN TARA RETREAT

With Magyu Löpon Charlotte Rotterdam

April 23 - 27, 2020

OPEN TO ALL | MAGYU

Green Tara sits with one foot in the meditative posture and one foot in the world, thus embodying active compassion and serving as a model for modern day contemplative life.

We invite you to learn the Green Tara practice from the Luminous Secret Vajra Treasury, a treasure cycle of Adzom Drukpa. Join us to embody Green Tara, the female Buddha of compassion, who provides protection from fears and obstacles.



Magyu Lopön Charlotte Rotterdam nas studied Buddhism for the last 20 years. She was authorized to teach by Lama Tsultrim in 2006, and received

the title of Magyu Lopön in 2016. Charlotte received a master's degree in theological studies from Harvard Divinity School. She is an instructor and director of the Center for the Advancement of Contemplative Education at Naropa University. Her writings have been published in Mandala, and in the anthology Fearless Nest, www.



RELATIONSHIP AS SACRED PRACTICE: The Art of Love and Devotion

With Nadine Keller and Andrew Keller

May 1 - 6, 2020

OPEN TO ALL

Join us for an exquisite immersion into the path of awakening through conscious relationship. Approaching all relationships with awareness, sacredness, and intimacy invites us onto a path that is an unfolding process of profound personal and spiritual development. This gathering is appropriate for individuals and couples. Whether you are grieving from loss, wanting to deepen family connections, longing for more intimacy and passion in a lifelong marriage, wanting to feel more present in your body, or desiring to live more engaged with Divinity, this gathering will support you.



Nadine Keller is a Somatic Therapist specializing in intimacy, sexuality, and spirituality. She is a mother, teaches Tantra Hatha Yoga,

and is an Ordained Priestess and Minister. She facilitates workshops and retreats into the mysteries of the Sacred Feminine and Masculine, facilitating with her husband. Her work weaves various influences: East/West, Ancient/Modern, Psychology, Hakomi, Holy Anointing, Tantra, and Esoteric Mysticism. She is the host of the Sacred Sexuality Series with SHE Living Media. Visit www.school-of-love.com.



Andrew Keller is a husband, father, and mentor committed to the upliftment of humanity and to bringing back the wisdom and

magnanimous heart of the Divine Masculine. Dedicated in his own spiritual practice, working in ceremony and brotherhood, he collaborates with Shamanic Practitioners holding ritual, ceremony, and prayer in his community. Andrew has worked in technology and media for over 20 years. He is a Director in a leading institute of technology and sustainable energy, and facilitates Conscious Relationship retreats

MEETING THE WISDOM **MOTHER**

With Shiva Rea and Lama Tsultrim Allione

May 5 - 9, 2020

OPEN TO ALL

During this retreat approaching Mother's Day, we will explore the Great Wisdom Mother, and her historical emanation Machig Labdrön, the 11th century Tibetan Yogini. Many of us suffer from a lack of connection with the Wisdom Mother and could benefit from methods and experiences connecting us to her. How can we find the Great Mother within?

During our retreat, we will journey to find the inner Wisdom Mother and learn methods to access her. On May 7th, Machig Labdrön's birthday, we will do a daylong ancient ceremony, Rinchen Trengwa (Garland of Precious Jewels), based on the Chöd practice using a bell and drum, chanting eleventh century melodies. Lama Tsultrim will guide us through the day and give us an introduction the day before. Shiva will guide the group in movement and embodiment practices connected to the Great Mother. Join us in this juicy, rich connection with the Wisdom Mother.



Shiva Rea is a global yoga teacher, sacred activist and founder of Global School of Living Yoga, Prana Vinyasa, Global Mala Project and Yogadventures

and author of Tending the Heart Fire. Shiva offers retreats, teacher training, and online programs around the world, serving yoga



Lama Tsultrim Allione Please refer to page 6 for bio.

UNDOING PATRIARCHY & EMBODYING SACRED **MASCULINITY**

With Lama Rod Owens May 13 - 16, 2020

OPEN TO ALL WHO IDENTIFY AS MALE AND/OR MALE EMBODIED

We will take up a dharmic lens to examine our relationship to violence and domination, power, femininity, love, and sexuality along a path to unveiling and honoring nonpatriarchal expressions of who we are as human beings. Our intention is to illuminate how patriarchal expressions of self create suffering for all of us as we begin to develop a relationship to a more sacred masculinity. Our hope is that these efforts will not only further our own liberation, but begin to cultivate spiritual communities and a human world where both the sacred feminine and masculine are held in loving balance.



Lama Rod Owens is an author, activist, and formally authorized Buddhist teacher. He is the co-founder of Bhumisparsha, a Tantric Buddhist practice

community, as well as co-author of Radical Dharma: Talking Race, Love, and Liberation. His next book on anger and love is due out in 2020. He can be reached at www.lamarod.



SKIN OUT, SKIN IN: Uncovering the Roots of Racism and Oppression through the Four Foundations of Mindfulness

With JoAnna Hardy and Erin Treat May 20 - 24, 2020

OPEN TO ALL

On the path to making a more equitable, just, and awake world, we need to wake up to how the roots of racism and oppression can arise within ourselves. By connecting to how they may arise in ourselves, we can more effectively and compassionately connect to how they arise in other people. How we express ourselves externally comes from direct relationship to our own hearts and minds. In this retreat, we will have the opportunity to work with the internal and external practices of the Four Foundations of Mindfulness, which can help us more clearly see conditions of racism, patriarchy, and oppression. Through clarity of heart and mind, we are capable of the greatest wisdom and compassion.



JoAnna Hardy has been exploring and practicing multiple traditions since 1999. In 2005, her focus landed on Buddhism and Vipassana meditation. Social and racial justice,

building multicultural community, and helping communities and individuals that don't typically have access to traditional dharma settings are top on her list of priorities. She is an empowered teacher in the Spirit Rock, IMS lineage.



Erin Treat is the Guiding Teacher of Vallecitos Mountain Retreat Center and faculty member of the Spirit Rock Teacher Council. She lives in Durango, CO and

serves as Resident Teacher at the Durango Dharma Center. Erin is devoted to the ongoing work of decentering whiteness and heteronormative culture. Her approach to sharing the dharma is influenced by her love of wild nature, her commitment to serving personal and collective liberation, and her experience as a student of the Diamond Approach by A.H. Almaas.

IOURNEY INTO THE DAKINI MANDALA: A Meditation and Writing Retreat

With Karla Jackson-Brewer and Ranjini George

May 20 - 24, 2020

OPEN TO ALL

Journey into the heart of the Mandala of the Five Wisdom Dakinis, a tool for wholeness and connection to the universe. Through generative writing and meditation practices, enter your innermost being. Explore the five families - Buddha, Vajra, Ratna, Karma, Padma - and identify and transform your encumbered emotions. As you heal yourself, connect to the spirits of this land and your authentic voice. Discover ways to stay inspired and cultivate the discipline, energy and one-pointed attention necessary to bring anything to accomplishment: a novel, a memoir, a poem - and an awakened and compassionate life.



Karla Jackson-Brewer, MS, is a Tara Mandala Authorized Teacher, who has been practicing Chöd for 30 years. She has assisted Lama Tsultrim on many

Chöd retreats, and since 2013, she has been teaching Chöd with Lama Tsultrim and Chandra Easton. Karla is a founder of Sine Qua Non: Allies in Healing, an Integrative Therapy Practice in New York City. She is an adjunct professor in the Women's & Gender Studies Department and the Africana Studies Department at Rutgers University.



Ranjini George holds a PhD and MA in English, and an MFA in Creative Writing. She recently won first place in Canada's Coffee Shop Author Contest

for her memoir, Miracle of Flowers. For 13 years, she was assistant and then associate professor of English at Zayed University in the United Arab Emirates, where she also ran the Teaching with the Mind of Mindfulness series. She currently teaches creative writing at the University of Toronto. Her book, Through My Mother's Window, was published in Dubai in 2016.

AGING WITH WISDOM AND CREATIVITY: Deepening our Practice through Reflection and Writing

With Victress Hitchcock and Olivia Hoblitzelle

May 28 - 31, 2020

OPEN TO ALL

Although our prevailing culture views aging as a time of loss and decline, in fact our elder years are filled with opportunities for growth, reflection, and deepening in wisdom and love. In this retreat, we will use writing in different forms - stories, poems, journaling - and small group sharing as a creative way to explore these issues. Meditation and awareness practice will be central to the retreat. Each day, we will spend time cultivating our ability to pay attention, contemplating and writing from that place of aware perception, and finally sharing our writings with each other. All you need to attend is a notebook, a pen or pencil, a curious mind, and a willing heart.



Victress Hitchcock is a longtime Buddhist and filmmaker. Her works include - Blessings: The Tsoknyi Nuns of Tibet and When the Iron Bird Flies. Since retiring from

production in 2017, she has become a writer of poetry and non-fiction. She has published three collections of poetry including Hello Honey: Poems from the Path and Whoosh -Stripped Bare. She is working on a memoir of her years on a ranch in the mountains of Colorado.



Olivia Hoblitzelle, a pioneer in Mind/Body medicine, is a writer and dharma teacher whose work is inspired by more than forty years of practice in

psychology, Buddhist meditation, and the wisdom traditions. Her best selling book Ten Thousand Joys & Ten Thousand Sorrows: A Couple's Journey Through Alzheimer's, unique in the field, won many awards. She has taught extensively on the subject of her most recent book Aging with Wisdom: Reflections, Stories & Teachings (2017).

CHÖD: From Chögyal Namkhai Norbu

With Dorje Löpon Chandra Easton and Karla Jackson

May 28 - June 1, 2020

OPEN TO ALL | MAGYU

Chöd is a unique blend of the Tibetan Shamanic traditions and the Buddhist tradition of compassion and emptiness. This centuries-old practice is sung, and is accompanied by the use of a traditional Chöd drum and bell. Healing comes when fear, fixation, and self-clinging are cut through, when we nurture and don't fight what

In this retreat you will learn the Chöd practice and melodies as transmitted and taught by Chögyal Namkhai Norbu Rinpoche. You will also learn about the life and teachings of the great yogini, Machig Labdrön, who established the Chöd practice.



Dorje Lopön Chandra Easton is a teacher and translator of Tibetan Buddhism, focusing on the lineage of Machig Labdrön and Lama Tsultrim

Allione. She has taught Buddhism and yoga since 2001, and co-translated Sublime Dharma: A Compilation of Two Texts on the Great Perfection. She is currently serving as assistant spiritual director of Tara Mandala.



Karla Jackson-Brewer, Please refer to bio on this page.



VAJRAYANA RETREAT: Sacred World

With Magyu Löpon Charlotte Rotterdam

June 6 - 12, 2020

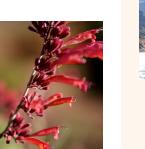
OPEN TO ALL | MAGYU | **GATEWAY PROGRAM**

The rise of the Vajrayana was marked by key social developments including the rise of the feminine, social diversity and the ideal of the siddha or householder vogin. With its emphasis on sacred world and sacred view, the Tantric spiritual path includes and integrates all aspects of life, including the full range of sensory and sensual experience.

This retreat offers a historical and philosophical overview of the Vajrayana and explores the lives and teachings of some of the great Tantric practitioners and mahasiddhas, such as Naropa, Tilopa, Lakshminkara, Saraha, Niguma, Kukkuripa, among others. Our practice sessions will include: integration with the elements practices that allow us to embody the five elemental wisdoms; and focused contemplations on dohas (poems) and songs of realization, composed by the mahasiddhas, which point to the ultimate nature of reality. We'll also have the opportunity to write our own songs and poems as we bring these teachings to life on our path.



Magyu Lopön **Charlotte Rotterdam** Please refer to page 20 for bio.



Magyu Lopön

FEEDING YOUR DEMONS®: Kapala Training Level II

With Magyu Löpon Charlotte Rotterdam and Pieter Oosthuizen

June 16 - 21, 2020

WITH PREREQUISITES | MAGYU

This retreat consists of a deepening of the Prajña Paramita practice, an introduction to Jamgön Kongtrül's text "Transmitting the Meaning of the Mother," and Machig Labdrön's method for cutting through discursive thoughts with sound. Feeding Your Demons® (FYD) work will expand through mapping of family lineage demons, physical body demons, and hydra demons. For licensed therapists or counselors, completion of this Level II retreat and the required 108 FYD Tracking Forms allows one to apply for certification to use the five steps of Feeding Your Demons® professionally. Please visit our website for full list of prerequisites that must be completed to attend this retreat.



Pieter Oosthuizen is a teacher, entrepreneur, and long-time student of Tibetan Buddhism. He has been teaching various practices and retreats in Lama

Tsultrim's lineage in the US and abroad since 2006, and co-leads the Boulder Tara Mandala Sangha. Pieter has brought innovative leadership to institutions such as Naropa University and Tara Mandala, where he served as executive co-director and trustee. He is co-founder and the current CEO of Celsus Bio-Intelligence, a skin care company. Pieter received his law degree in his native South Africa. www. skymind.us.



Charlotte Rotterdam Please refer to page 20

FEEDING YOUR DEMONS®:

Kapala Training Level I

With Polly Ryan and Karla Jackson June 25 - 30, 2020

OPEN TO ALL | MAGYU

Inspired by the ancient practice of Chöd, Feeding Your Demons® is a five-step process created by Lama Tsultrim Allione that allows us to offer compassion and understanding to our own inner demons rather than engaging in battle and struggling with them. This process is of great benefit when working with a wide variety of personal demons and other dilemmas of modern life. The demon work will be balanced by the deep practice of Prajña Paramita, a "nature of mind" meditation practice. This training is the first step for licensed healing professionals who want to become certified to use this process professionally.



Polly Ryan, MA, MFT, has been a student of Lama Tsultrim Allione since 1992. She has also studied with B. Alan Wallace for over two decades. Polly is a

certified Feeding Your Demons® therapist and utilizes this process as a therapeutic life tool to assist clients in feeding rather than fighting their inner blocks to healing, growth, and transformation. Polly opened her psychotherapy practice in 1986 in Truckee, CA, and Reno, NV. She leads the Tara Mandala Northern Sierra Sangha in downtown Truckee.



Karla Jackson-Brewer Please refer to page 22 for bio.

DESCENT AND EMERGENCE: A Mythic Journey for Challenging Times

With Michael Meade and Lama Tsultrim Allione

June 25 - 30, 2020

OPEN TO ALL

We are witnessing a unique period of radical climate change as well as world-wide social turmoil. Despite and because of the chaos in the world, we long for the type of deep descent provided by initiation in order to be reborn into greater wisdom and clarity.

This retreat is about tuning in to the exact calling of our deepest being to envision the changes that our souls would have us undertake. In order to transform, we must meet our inner demons and convert them into allies in self-revelation as we find creative ways to become agents of healing and change in a world gone wrong.



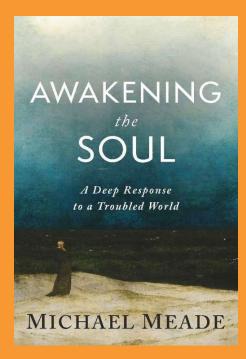


Michael Meade, D.H.L., is a renowned storyteller, author, and scholar of mythology, anthropology, and psychology. He is the author of Awakening

the Soul: A Deep Response to a Troubled World, The Genius Myth, Fate and Destiny: The Two Agreements of The Soul, Why the World Doesn't End, The Water of Life: Initiation and the Tempering of the Soul, and editor, with James Hillman and Robert Bly, of Rag and Bone Shop of the Heart. He is also the creator of the Living Myth podcast.



Lama Tsultrim AllionePlease refer to page 6
for bio



DAKINI NGÖNDRO: The Excellent Path of Great Bliss

With Lama Tsultrim Allione and Tulku Ösel Dorje

July 4 - 9, 2020

WITH PREREQUISITES

In this retreat we will enter the Dakini world of Yeshe Tsogyal, the spiritual mother of Tibetan Buddhism. This is not an ordinary Ngöndro. This practice directly transmits the Dzogchen state and is a fresh revelation that is infused with "the warm breath of the Dakinis." This Dakini Ngöndro, known as the The Excellent Path of Great Bliss, is a newly revealed mind treasure from A.dzom Paylo Rinpoche. These teachings on the Luminous Great Perfection that come from the Ösel Nyingtig, are the very enlightened intent of the Buddhas of the three times and carry incredible blessings for swiftly traversing the path to enlightenment. Ngöndro, which means "preliminaries," refers to a collection of practices that include meditations on the Four Thoughts that Turn the Mind to the Dharma, the uncommon preliminaries of Refuge, Bodhicitta, Vajrasattva, Mandala Offerings, a short Chöd, and receiving the blessings of the lineage in a unique Guru Yoga that centers around the enlightened feminine.



Lama Tsultrim AllionePlease refer to page 6
for bio.



Tulku Ösel Dorje has spent a total of four years in solitary retreat, completed five ngöndros and the traditional 108 charnel ground Chöd

pilgrimage, as well as spent time as a wandering yogi meditating in sacred caves throughout the Himalayas. He has been guided by his root teachers A.dzom Paylo Rinpoche and Sang-ngag Rinpoche, and by his mother, Lama Tsultrim Allione. He holds a master's degree in Buddhist Studies from Kathmandu University and is currently working on a PhD.

GATEWAY: Tröma Sadhana (By Invitation Only - Tigers)

With Löpon Beth-Lee Herbert

July 13 - 19, 2020

GATEWAY | BY INVITATION

This retreat is required for all Complete Transmission (Tigers) participants who have met their samaya requirements for the White Dakini Sadhana. These are closed teachings open only to those who are part of the Tigers Complete Transmission Program.

GATEWAY:
Inner Rushen
(By Invitation Only - Garudas)

With Lama Tsultrim Allione

July 13 - 19, 2020

GATEWAY | BY INVITATION

This retreat is required for all Complete Transmission (Garudas) participants who have completed their samaya for the Outer Rushen practices. These are closed teachings open only to those who are part of the Garudas Complete Transmission Program.

LONGCHENPA'S
TREASURY OF THE
NATURAL STATE:
A Dzogchen Retreat

A Dzogchen Retreat

With H.E. Chung Tulku Rinpoche July 13 - 19, 2020

WITH PREREQUISITES | GATEWAY PROGRAM

H.E. Chung Tulku Rinpoche will provide teachings on one of the *Seven Treasures*, *The Treasury of the Natural State* (Tib. *Nelug Dzö*) by Longchenpa, also known as Longchen Rabjam or Drimé Özer (1308-1364).

This retreat is open to anyone who has completed a Ngöndro (any Ngöndro). We extend a special invitation to Complete Transmission (Completes) participants who have completed the Gateway Program.



Lopön Beth Lee-Herbert, MA, LMHC, began practicing Tibetan Buddhism under Lama Tsultrim Allione at 22 and completed the Dzinpa

Rangdröl during a three-year retreat at Tara Mandala. In 2013 Tulku Sang-ngag Rinpoche made her the Tsalung Lopön, teacher of the esoteric practices of the channels and winds. Since then, she has taught Dharma nationally and internationally.



Lama Tsultrim Allione Please refer to page 6 for bio.



H.E. Chung Tulku
Rinpoche comes from
an unusual yak-herding
family with seven
sons, five of whom
have been recognized
as tulkus. He is the

third son, and second tulku of the family. He was ordained as a monk by Dilgo Khyentse Rinpoche and studied at Shechen monastery. He was enthroned as the 3rd mind reincarnation of Trulzhik Do Ngak Lingpa by H.H. Penor Rinpoche and studied at Namdroling Institute where he received his Geshe degree. He was the chief abbot of Tharpaling monastery in Bumthang, Bhutan, and is the founder of Dhyana, a non-profit organization which aims to bring the practice of meditation to people from all walks of life in order to relieve depression, anxiety, and other modern day afflictions. www.dhyanazhitshok.org.



24 2020 RETREATS | Register at www.taramandala.org

WHITE DAKINI DRUBCHÖ:

With H.E. Chung Tulku Rinpoche and Lama Tsultrim Allione

July 22 - 28, 2020

OPEN TO ALL | GATEWAY

Drubchö means Accomplishment Ritual. It is an intensive practice retreat focused around the activation of a central mandala that contains objects and substances that are empowered during the ritual. It is similar to the Drubchen that we have offered the last ten years, but without the night sessions. Historically, many cultures created ceremonies around a collective mandala. Today, it is rare to be able to participate in an intensive ceremony surrounding a collective mandala.

During this retreat, the annual Drubchö of the White Dakini practice from Do Khyentse's, Dzinpa Rangdröl (Self-Liberation of Clinging) treasure cycle, will be performed. We will experience a traditional empowerment and be led through an in-depth process of learning and practicing the White Dakini mandala. This year we are shifting from Drubchen to Drubchö but we will follow the same text from the White Dakini (*Tsogyal Karmo*), from the exalted lineage of the great mahasiddha Do Khyentse Yeshe Dorje, passed down to Dilgo Khyentse and from him to Tulku Sang-ngag Rinpoche who gave it to Lama Tsultrim. At the beginning you will experience the empowerment (*Wang*) for the practice and at the end receive the blessings of the substances and other objects inside the mandala. This practice is the union of Machig Labdrön and Yeshe Tsogyel, surrounded by the dakinis of the five families.





H.E. Chung Tulku Rinpoche Please refer to page 25 for bio.



Lama Tsultrim Allione
Please refer to page 6



Photo Credit: Elaine Hadding

TRÖMA NAGMO: The Path of Secret Primordial Wisdom

With Lama Tsultrim Allione and Tulku Ösel Dorje

August 11 - 15, 2020

WITH PREREQUISITES

The powerful practice for accomplishing Tröma Nagmo takes unsurpassed primordial wisdom as the very path itself, and belongs to the Ösel Nyingtig cycle of teachings from A.dzom Paylo Rinpoche. Although it is a sadhana practice, the essence of nondual Dzogchen permeates every line.

This amazing practice was the first of many Ösel Nyingtig termas to be revealed at Tara Mandala by A.dzom Paylo Rinpoche. It has been practiced in secrecy by the original recipients since its revelation and now that the time period of the seal of secrecy has been lifted, A.dzom Rinpoche has requested that Lama Tsultrim Allione and her son Tulku Ösel Dorje share this profound terma in his stead.

This retreat is open to all those who have completed a Ngöndro or have attended past teachings by A.dzom Paylo Rinpoche on this practice for accomplishing Tröma. Before you register for this retreat, you must apply to the Ösel Nyingtig cycle and be accepted. Please see listing online for more details on how to apply.



Tulku Ösel Dorje
Please refer to page 24
for bio.

SKY MIND: Machig Labdrön and Open Awareness

With Magyu Löpon Charlotte Rotterdam and Pieter Oosthuizen

August 20 - 24, 2020

OPEN TO ALL

In one of her brilliant teachings, Machig Labdrön – the great 11th century Tibetan yogini – suggests "don't search, don't practice; rest in your nature." This powerful invitation reminds us to turn towards the innate wholeness of our being, the natural space/expanse of primordial awareness.

In this retreat, we will have the opportunity to support our recognition and remembrance of our basic nature through Open Awareness meditation, Integration with the Elements, and contemplation of some of Machig Labdrön's key teachings. We will practice Chöd in the evenings; those unfamiliar with the practice may receive it as a traditional form of healing.



With Adzom Gyalse Tulku Rinpoche August 20 - 24, 2020

OPEN TO ALL | MAGYU

The ability to transfer consciousness into an exalted state at the moment of death allows us to live without the fear of dying. Through P'howa, death becomes an opportunity for liberation instead of a mere severance from what we have known and loved in life. It assures us that we won't die in a state of spiritual uncertainty and drift helplessly after death. This P'howa is from the Longchen Nyingthig terma cycle, and is a practice that is done for ourselves and others at the time of death. Come join us for this rare opportunity to learn this sadhana with Adzom Gyalse Tulku Rinpoche.



Magyu Lopön Charlotte Rotterdam Please refer to page 20 for bio.



Pieter Oosthuizen Please see page 23 for bio.



Adzom Gyalse Tulku Rinpoche is a Master of the Old Tradition (Tib. *Nyingma*) of Tibetan Buddhism. He is the reincarnation of Adzom Gyalse Gyurme

Dorje, who was the son of Adzom Drukpa Pawo Dorje. He resides mainly at Shechen Monastery in Nepal, working alongside his main teachers, H.H. Dilgo Khyentse Yangsi Rinpoche and H.E. Shechen Rabjam Rinpoche, as a guide for the different activities of the Sangha, as well as a teacher in the philosophical college (Tib. *Shedra*) of the monastery and around the world.

FAMILY RETREAT: The Open Heart

With Dorje Lopön Chandra Easton, Magyu Lopön Charlotte Rotterdam, Pieter Oosthuizen, Scott Blossom, Jennifer Warren, Alexis Slutzky, Andy Spall, Nikita Gayle Romanzov, and Stacy Zumbroegel

August 1 - 7, 2020

OPEN TO ALL (AGES 4 AND UP)

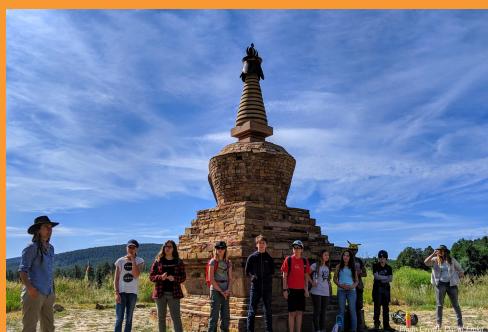
The annual Family Retreat includes family activities, young people's groups, a parent program, and free time. Dharma activities include songs, stories, skits, yoga, games, art, time on the land, campfires, council practice, wilderness experience for teens, parent discussions, meditation for all, and dharma talks. This year's retreat focuses on compassion and the open heart.

Open to ages four and up. Parents may bring children younger than four years old, but they must be accompanied by a parent or caregiver at all times.

We encourage you to see the full retreat listing at our website for more information about this offering and the wonderful faculty that will lead it.







LIBERATION IS NOW: Engaging the Mind to Discover it Moment by Moment

With Jetsunma Tenzin Palmo August 27 - 29, 2020

OPEN TO ALL

Join us for a special retreat with one of the most beloved and influential female Buddhist teachers in the West today. Jetsunma Tenzin Palmo will give teachings on a text by Jamgön Kongtrul Lodrö Thaye titled, *Advice Given To Lhawang Tashi*, which speaks of cultivating and turning the mind towards the Dharma, and embracing liberation beyond return. This retreat will include an afternoon event to benefit Dongyu Gatsal Ling and Tara Mandala (see page 17 for details).



Jetsunma Tenzin Palmo was one of the first Westerners to ordain as a Tibetan Buddhist nun. She has lived in India since 1964, including 12 years in secluded

solitary retreat, and founded a nunnery for Himalayan women, Dongyu Gatsal Ling (DGL). Besides being the Founding Director of DGL, Jetsunma is President of Sakyadhita International Association of Buddhist Women, Founding Director of the Alliance of Non-Himalayan Nuns, Honorary Advisor to the International Network of Engaged Buddhists, and Founding Member of the Committee for Bhiksuni Ordination.



With Lama Tsultrim Allione, Pieter Oosthuizen and Karla Jackson-Brewer

September 2 - 8, 2020

OPEN TO ALL | MAGYU

The Mandala of the Five Buddhas is for all of us who long to integrate the awakened, sacred, and wise masculine within ourselves. Buddhism sees the enlightened masculine as the capacity to act skillfully and with wise compassion. These are capacities that must be nurtured by all of us, regardless of our gender identity.

During this retreat you will experience transformation through the power of the mandala—a universal map of inner wholeness and embodiment. The practice of the Mandala of the Five Buddhas, developed by Lama Tsultrim Allione, offers a practical method of finding strength and clarity within, while empowering us to bring into balance the mutually supportive inner feminine-masculine unity so that we may become 'in-powered' and effective change agents in the world.



Lama Tsultrim Allione Please refer to page 6 for bio.



Pieter Oosthuizen Please see page 23 for bio.



Karla Jackson-Brewer Please refer to page 22 for bio.

FEEDING YOUR DEMONS®:

Kapala Training Level III

With Pieter Oosthuizen
September 14 - 19, 2020

WITH PREREQUISITES | MAGYU

In Kapala Training Level III we will go further into Machig Labdrön's lineage, learning specific new practices and deepening our understanding of the roots and branches of her lineage tree. Students will receive the Machig empowerment and Feeding Your Demons® advanced associated practices during this retreat. Please visit our website for full list of prerequisites that must be completed to attend this retreat.



Kapala Training Level IV

With Lama Tsultrim Allione
September 14 - 19, 2020

WITH PREREQUISITES | MAGYU

In Kapala Training Level IV, you will receive Machig's Ultimate Meaning from Lama Tsultrim, as well as the Crystal and the Rainbow Rays Movement Practice. Please visit our website for full list of prerequisites that must be completed to attend this retreat.



Pieter Oosthuizen Please see page 23 for



Lama Tsultrim Allione
Please refer to page 6
for high



DANCE IN THE MANDALA OF THE 21 PRAISES OF TARA: Praise Her, Embody Her, Discover Your Own Perfection

With Prema Dasara

September 23 - 28, 2020

OPEN TO ALL

During this retreat participants will learn and join in practices, meditation, movement, and dance that will guide them into the depths of their relationship with Tara; the Tara before us, the Tara we are. This dance offering is based on a mind treasure of the great Terton Chokgyur Lingpa. Arranged and choreographed by Prema Dasara, it has been offered to some of our most revered Tibetan masters for the past thirty-three years.



With Lama Tsultrim Allione and Debra Quayle

September 26 - 28, 2020

OPEN TO ALL | MAGYU

Lama Tsultrim will teach Zhitro (Peaceful and Wrathful), which is a practice used during the forty-nine days after death to help those who have died. It is a terma (treasure) from Namkha Mingyur Dorje. This practice has a very simple, direct, and visionary quality, making it a much simpler practice than other Zhitro practices. This Zhitro practice is also used as preparation for the Dzogchen of dark retreat.

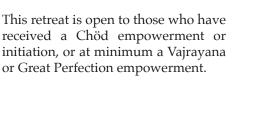
TRÖMA NAGMO CHÖD **INTENSIVE**

With Sangye Khandro October 2 - 5, 2020

WITH PREREQUISITES

Tröma Nagmo, the Black Wrathful Mother, represents the trikaya feminine embodiment of wisdom (Tib. prajña) and is the secret aspect of the dakini practice in the Dudjom Tersar lineage. This Chöd practice provides an extremely powerful means to sever the root of suffering, self-grasping, and fixation, thus revealing the inherent wisdom nature.

received a Chöd empowerment or initiation, or at minimum a Vajrayana or Great Perfection empowerment.





Prema Dasara is an international teacher of sacred dance and dharma. She is the creator of the Mandala Dance of the 21 Praises of Tara. This profound

practice is a vehicle of empowerment, calling forth from dancers and audience the highest expression of wisdom and compassion. Her dances have been offered to some of the greatest Tibetan masters with their blessing and encouragement: His Holiness the Dalai Lama, His Holiness the 17th Karmapa, and His Eminence Tai Situ Rinpoche. Prema is the Spiritual and Creative Director of Tara Dhatu, www. taradhatu.org.



Lama Tsultrim Allione Please refer to page 6 for bio.



Debra Ouavle is an Authorized Teacher for Tara Mandala and a Licensed Psychotherapist. On the Buddhist path since 1982, she has had the

good fortune to receive many teachings from Buddhist teachers and lamas in the United States as well as in Asia. She began her practice in the Theravadan tradition and after following that path for over two decades, she began studying and practicing Vairavana Buddhism in 2005. Lama Tsultrim Allione has been her main teacher since 2007.



Sangye Khandro has studied Buddhist philosophy and Tibetan language with masters in India and Nepal. She has studied and translated many

important Tibetan Buddhist texts. Sangye is the spiritual companion of the Venerable Gyatrul Rinpoche and has continued to serve the centers established by her root teacher, Kyabje Dudjom Rinpoche. She is a disciple of Dungsei Thinley Norbu Rinpoche and is a co-founder of the Light of Berotsana Translation Group. She has been the personal translator for the principal teachings delivered by Khenchen Namdrol Rinpoche for the past twenty years. She is fully authorized to transmit teachings from the lineage received directly from Kyabje Dudjom Rinpoche.

ONLINE PROGRAMS

"Over the time the course unfolded, I found myself opening up more and more to the practice. Ilive in an area that unfortunately offers nothing like what Tara Mandala offers and it's such an honour and privilege to be able to learn and grow spiritually in the comfort of home anywhere in the world." - Online Student

If you cannot come to Tara Mandala, we will come to you! The mission of our online programs is to offer greater access to Dharma teachings to people around the world, whether you are new to practice or have been practicing for decades. Our online courses provide teachings and practice support throughout the year. We invite you to take a peek at the offerings that will be available in 2020.



30 2020 RETREATS | Register at www.taramandala.org

ONLINE PROGRAMS

In 2019, Tara Mandala launched two live video programs: Wisdom Rising and a new Green Tara course. The reception was overwhelmingly positive with over 500 participants joining from 22 countries. In 2020, our online programs will be expanding further with new offerings that will enable our global sangha to stay engaged with the precious teachings, our teachers, and their fellow practitioners across the world.

Tara Mandala will offer two types of live programs:

• Video programs with live webcasts

These courses are in the format of Wisdom Rising and Green Tara that have video modules each week, as well as live, interactive elements (forum and webcasts).

• Live webcast programs

These are fully live programs via webcasts, with no filmed video content, that will enable each participant to engage with the teacher in real-time. We're excited to be offering this as a new type of course!

In 2020, Tara Mandala will release new programs such as Feeding Your Demons® Level I and Level II, as well as Sutrayana & Mahayana — retreats that our international sangha has requested to be made available in this format. While the names of the latter programs might change, the content will continue to fulfill the prerequisites for Tara Mandala's training paths, Gateway and Magyu.

We also offer six 'self-paced' online programs that can be accessed and used at any time, as well as interviews and digital downloads of practices and special talks by Lama Tsultrim.

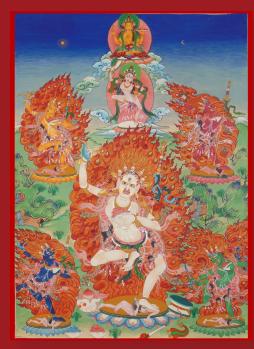
We encourage you to stay tuned for other brand new additions to our online offerings over the course of the year!

For more information, visit www.taramandala.org/online-programs-shop/

HERE'S THE IMPACT THAT OUR ONLINE

PROGRAMS ARE HAVING ON THE PARTICIPANTS:

WISDOM RISING

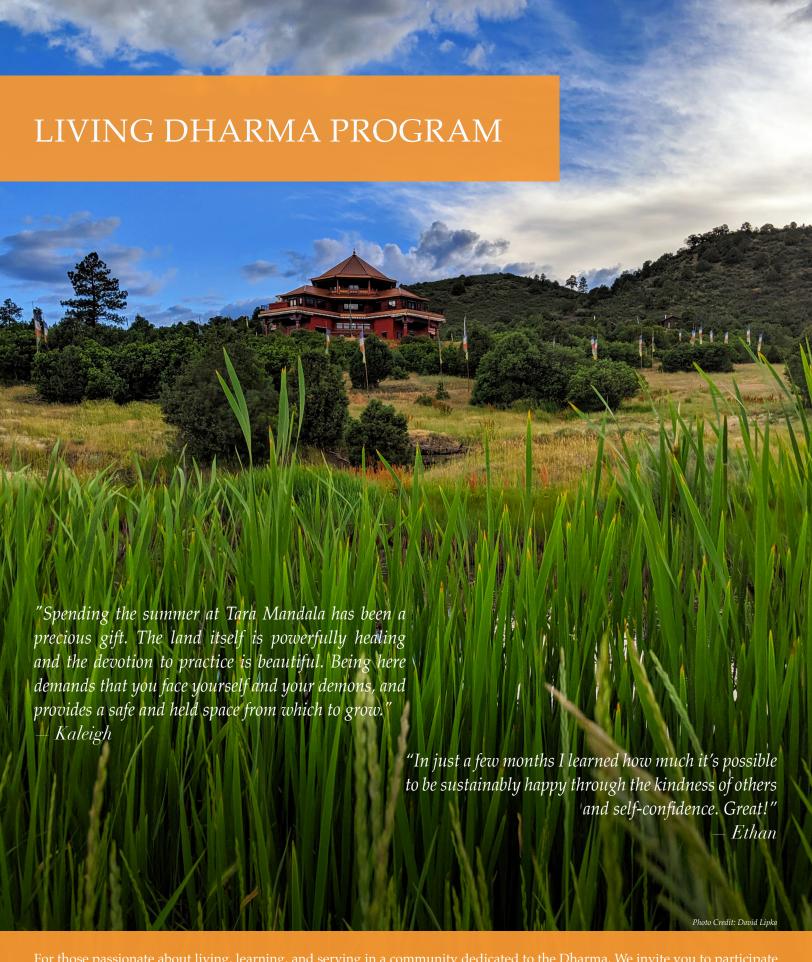


"I am so grateful for this practice. It is shifting so much old stuck energy and things have started to happen since I started practicing it. I have much more insight into how I am blocking and disabling myself and a safe space to work towards the solution."

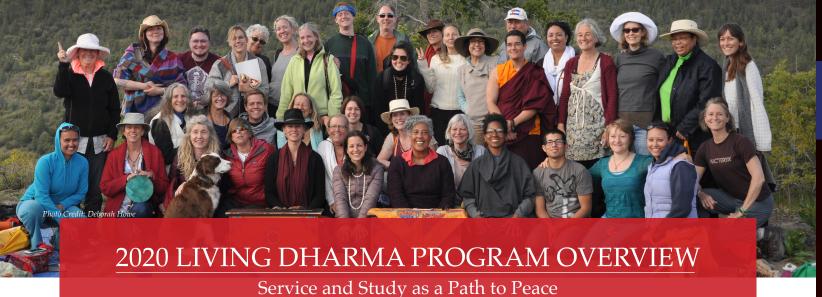
GREEN TARA



"I am very pleased with the way the course is set up as well as the explanation of every facet of it. Most importantly, it is given within a safe space of a genuine lineage."



For those passionate about living, learning, and serving in a community dedicated to the Dharma. We invite you to participate in the Living Dharma Program (LDP) – an unparalleled opportunity to immerse in Buddhist history, philosophy, and practice while living at Tara Mandala Retreat Center in the beautiful San Juan Mountains of Southwest Colorado



More than just a work study program, Living Dharma Program (LDP) participants authentically experience a Dharmic lifestyle and pursue personal growth in a vibrant and inclusive living community. With a supportive group of people, you develop flexibility, responsiveness, adaptability to new situations, communication skills, and long lasting, meaningful relationships.

Weekly study and classes are focused on Buddhist philosophy, history, and meditation, with a concentration on Tibetan Buddhism and the balance of the sacred feminine and masculine within ourselves and in the world. There is also free time for rest, study, recreation, and exploration of the natural beauty of Colorado, including the nearby hot springs of Pagosa Springs.

This program is open to all levels of practitioners who have a sincere interest in studying Dharma.

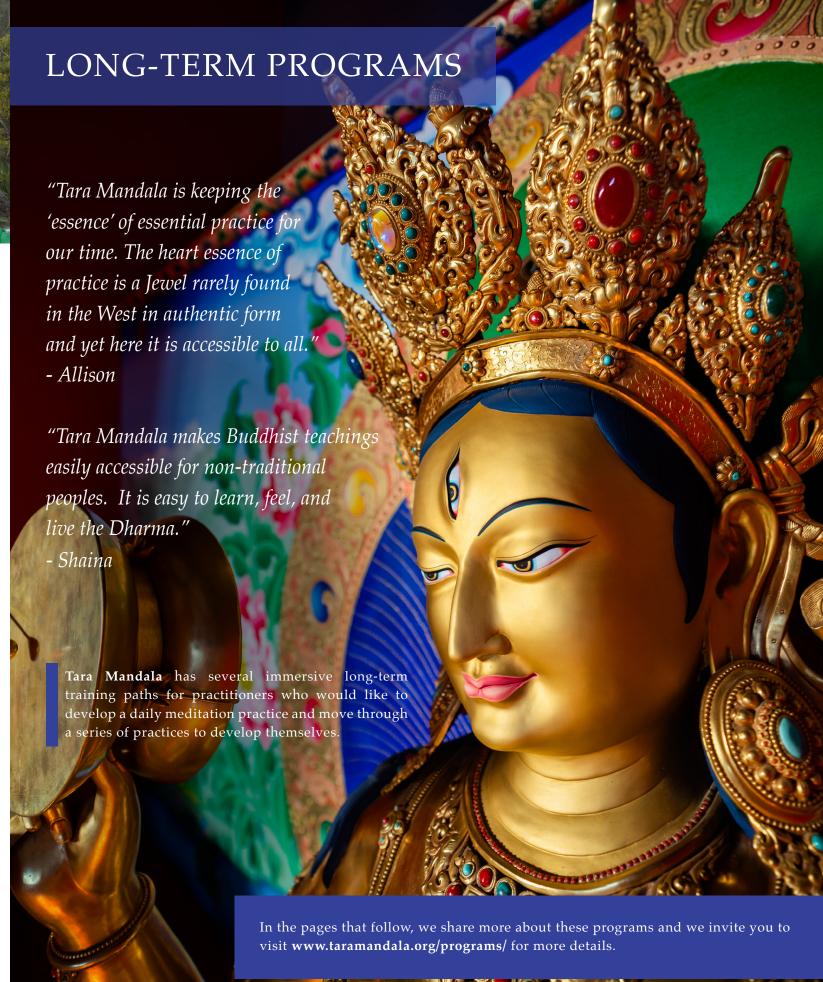
The key program components include:

- Immersion in a daily schedule dedicated to personal growth, while being part of a larger community of practitioners dedicated to living a life imbued with Dharma.
- Teachings with resident teachers on key aspects of Buddhist practice, history, and meditation.
- Cultivation of a daily meditation practice.
- Study and practice in solitude and in LDP groups, including book study groups.
- Attendance at morning and evening practices in our Tara Temple with the Tara Mandala community.

- Access to our Tibetan Buddhist Library with over 2,400 books and other resources.
- The practice of service alongside our staff in the kitchen, temple, housekeeping and land/grounds of Tara Mandala.

The program is divided into three 6 to 8 week sessions with progressive themes of teachings and trainings. Program participants can apply for all or one of the three sessions, scheduled from May to September. Each session is designed to be self-contained and individuals may apply for the session that best fits their schedule. We also offer suggested readings and online courses for those who do not take the sessions in sequence.

In 2020, LDP will benefit from a special and unique 4th session focused on *Sacred Art Restoration Training* with Tibetan artist and teacher, Lama Gyurme Rabgye. The purpose of this session will be to train LDP participants in restoration and repair of temple and sacred art located in our Trikaya Temple as well as in our Community Building, and Prajna Hall. The session will be divided into an initial 1-2 weeks of teachings and trainings, followed by weeks of hands-on development of skills while working directly on our temple and buildings. We expect this session to be open only to 10 participants, so we encourage you to visit our website and sign up early if interested. This session is not open to beginners. Some artistic training in painting is encouraged. Most of all, the desire to follow traditional Tibetan techniques is required.



To learn more, visit www.taramandala.org/the-center/living-dharma-program/



INTRODUCTION TO THE ÖSEL NYINGTIG CYCLE

Journey into the Heart Essence of Luminosity

was a great yogi from the secret land of Oddiyana, the supreme 8th century master who was key in establishing Buddhism in Tibet. One of the unique methods he used at that time was the hiding of teachings called treasures, or termas, to be discovered in future times. The termas are of three main kinds: earth treasures (*sater*) pure vision treasures (*dagnang*) and mind treasures (gongter). An earth terma may be hidden in the earth or water and is a physical object such as a text or ritual instrument. A pure vision treasure appears as words in space and is written down. A mind treasure appears directly within the mind of the treasure discoverer. The tertons, those who reveal termas, are generally reincarnations of the twentyfive disciples of Padmasambhava, and are prophesied to appear during times of strife to offer practices appropriate for that time. The terma tradition ensured that teachings remain fresh and appropriate in order to address the needs of each time period.

Earth treasures include not only texts, but also sacred images, ritual instruments, and medicinal substances. They are found according to prophecies given to the tertön in dreams or visions and always require a series of interdependent circumstances in order to be revealed. Earth termas might be found in temples, statues, rock cliffs, rivers or lakes. In the case of written earth termas, they are not always full books, and often consist of only a few words encoded in symbolic script, or Dakini language, and written on yellow scrolls. The earth termas are material supports that act as a trigger for the tertön to reach the subtle level of mind where the terma teaching has been concealed. A few syllables on yellow scrolls could lead to volumes of texts.

The Dagnang or pure vision termas appear in space and the tertön reads them as his (or her) scribe writes them down. The third kind of terma, mind treasures, appear in the mind

Padmasambhava, known in Tibet as Guru Rinpoche, stream of the tertön and the tertön or the chosen scribe writes was a great vogi from the secret land of Oddivana, them down.

Yeshe Tsogyal, Tibetan princess of Karchen, is considered the mother of Tibetan Buddhism. She was instrumental in helping to conceal the termas with her extraordinary teacher and consort Padmasambhava, Guru Rinpoche. She lived in the 8th century and was reincarnated in the 11th century as Machig Labdrön.

A.dzom Paylo Rinpoche is a tertön who revealed an extensive terma cycle called Ösel Nyingtig, the Heart Essence of Luminosity, by means of gongter. This extraordinary cycle connects us not only with the luminous presence of Guru Rinpoche, but also with Yeshe Tsogyal. It is a mind terma which began to be revealed at Tara Mandala in 2002, it has continued to be revealed and now contains many volumes. Often termas are revealed, but kept secret for a certain period of time as was the case with this sublime treasure.

Now, as the period of secrecy has been lifted, A.dzom Rinpoche has requested some close disciples, including Lama Tsultrim Allione and her son Tulku Ösel Dorje, to begin to transmit it.

We are excited to begin this cycle because there are many extraordinary predictions in this terma about the fortunate ones who will practice it, reach realization, and achieve the rainbow body. With unwavering devotion to the Lama, this profound wish fulfilling dharma treasure, Ösel Nyingtig, will be taught at Tara Mandala and in Germany starting in 2020. In following years, other practices connected to Ösel Nyingtig will be taught annually according to A.dzom Rinpoche's request. As A.dzom Rinpoche said, "The blessings of these treasures are so fresh that the warm breath of the Dakini is still upon them!"

MAGYU: THE MOTHER LINEAGE

The 11th century teacher Machig Labdrön developed several lineages during her lifetime, including one called Magyu, the Mother Lineage. This lineage was unique to her as many of the practices came through her meditation experiences with direct transmissions from deities. Both men and women held these lineages. Machig's second son, Tönyöm Samdrub, was the main lineage holder of her Mother Lineage. At Tara Mandala, Lama Tsultrim Allione has been inspired to follow this model by introducing Magyu: the Mother Lineage Program.

Magyu has an open structure; students work their way through the retreats and practice commitments according to their own timing. This allows flexibility for having a baby, an illness, or some other life-changing situation. This open,



flexible structure also allows those with available time to move ahead more quickly. You may join the Magyu path at anytime, once you have completed the application process and have been accepted. Magyu offers a living connection with a supportive Magyu sangha of practitioners which has its own

Facebook page, regular video conference calls and webcasts, and a personal spiritual mentor (Kalyanamitra) to guide the path of practice.

To learn more, please visit www. taramandala.org/programs/magyu-the mother-lineage/.

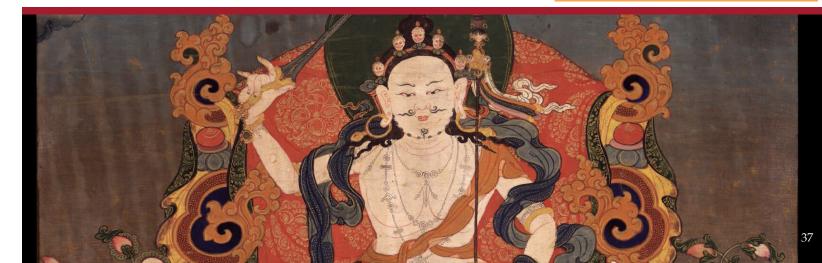
GATEWAY PROGRAM

Established at Tara Mandala by Tulku Sang-ngag Rinpoche and Lama Tsultrim in 2013, the focus of the Gateway program is the Dzinpa Rangdröl (Self Liberation of Clinging) terma cycle of teachings that Machig Labdrön and Padampa Sangye revealed to Do Khyentse Yeshe Dorje (1800-1866). It is an extremely unique lineage as it combines the teachings of Machig Labdrön with Dzogchen

(Great Perfection) teachings. Among the many precious practices this cycle contains are the Preliminaries (*Ngöndro*), three Chöd practices, the White Dakini (*Tsogyel Karmo*) and Tröma (two deities, or yidams, connected to Chöd), Tsalung, Rushen, and the Trekchö and Tögal teachings that are unique to Dzogchen. At present, the three Gateway cohorts (Completes, Garudas, and Tigers) are progressing along their path of practice.

We are focusing on these three cohorts and will not begin another next year. However, if someone wants to start the Dzinpa Rangdröl Ngöndro and go at their own pace, they may do this. In either case they should contact the Tara Mandala Registrar at registrar@ taramandala.org to set up an interview with Dorje Lopön Chandra Easton.

To learn more, please visit www. taramandala.org/programs/gateway-program/.





PEOPLE OF COLOR (POC) MEDITATION GROUP

With Karla Jackson-Brewer



The Tara Mandala People of Color **I** meditation group started in the Spring of 2019, meeting every month since then. This group's intention is to create a consistent and safe space for People of Color to practice meditation and engage in fellowship, under the leadership of Karla Jackson-Brewer, Mandala Sangha calendar, the NY Tara longtime Tara Mandala Authorized Teacher and educator in the field of Women's and Africana studies.

Once monthly, on a Wednesday evening, this group meets from 7:00 - 9:00 pm Eastern Standard Time (EST). The group has explored Shamatha meditation, the development of Bodhicitta, the Four Immeasurables, and other Buddhist meditation practices. There is always time for people to share their knowledge as well as questions that help everyone in the group see how to readily incorporate Buddhism into their lives, and into their communities. The group is enriched by experience is required.

the many levels of practitioners who attend and have the opportunity to learn from each other.

This group will continue to meet monthly through 2020. Scheduled sessions are posted on the Tara Mandala Facebook page, and email announcements. The format consists of a range of activities, and will evolve to meet the needs of the participants. It will engage in meditation practice, dharma study, group discussion, and dharma teaching. This group provides an opportunity to explore how dharma can positively impact the lives and communities of people of color.

This group is open to anyone who self-identifies as a person of color, and individuals from all spiritual traditions are welcomed. No prior meditation

Karla Jackson-Brewer, refer to page 22 for bio.

FIND AN AUTHORIZED TEACHER

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Karla Jackson-Brewer New York, New York

Magyu Lopön Charlotte Rotterdam Boulder, Colorado charlotte@skymind.us

GERMANY

Barbara Staemmler

EVERYDAY WAYS TO GIVE

FACEBOOK FUNDRAISER

Creating your own Facebook fundraiser is a simple and fun way to contribute to Tara Mandala. The festive season is a perfect time to launch a fundraiser! It's an opportunity to be creative and strengthen community, and to offer your gifts in service to the Dharma.

AMAZON SMILE

You can donate to Tara Mandala with every purchase when you shop on Amazon.com through Amazon Smile! If you set up Tara Mandala as your beneficiary charitable organization, Tara Mandala will receive 0.5% of all eligible AmazonSmile purchases.

To learn more, please visit: www.taramandala.org/the-center/equity-inclusion-diversity-council.

Visit www.taramandala.org/giving/ways-to-give/ if you need a tutorial on how to set up any of these fundraising options.

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Photo Credit: Iosh Brownlee



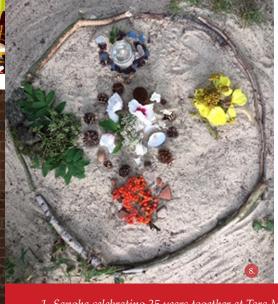














- 1. Sangha celebrating 25 years together at Tara Mandala Retreat Center in Colorado, July 2019.
- 2. Key West Padma Dakini Mandala Altar.
- 3. Wisdom Rising Retreat in Key West, Florida.
- 4. Chattanooga Tara Mandala Sangha, Green Tara Retreat.
- 5. Marathon Tara Mandala Sangha, Florida Keys.
- 6. Chattanooga Tara Mandala Sangha, Tsog.
- 7. Florida Keys Tara Mandala Sangha participating in the Peace March.
- 8. Mandala made by children in Berlin, Satellite Sangha in Germany.
- 9. German-speaking sangha visiting the Kamalashila Institut. This group photo includes members from Germany, Austria, and Switzerland.



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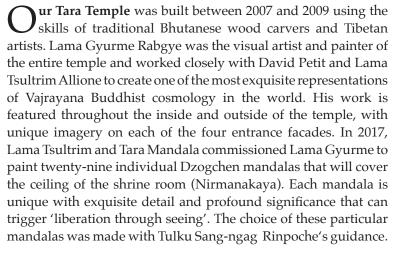




Vajrasattva Yab-Yum Mandala



Vajrasattva Mandala



This past year, we had the joyous opportunity to install the first four mandalas. Each of these mandalas has been painted by hand on canvas. These mandalas were sponsored by members of our sangha. We welcome your sponsorship and dedication in order to complete this important project. We have 14 of the total 29 mandalas sponsored to date. This is a multi-year project with each mandala taking from 3 to 6 months to complete.

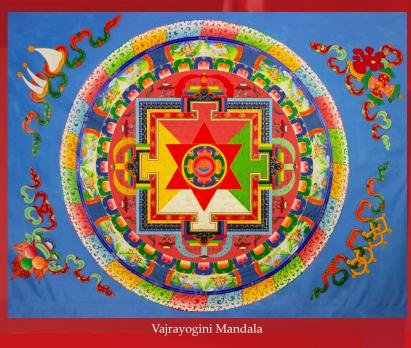
Sponsors have dedicated their sponsorship to a special individual, a cause or an aspiration near to their heart. If you would like to know more about how to sponsor a ceiling mandala, please contact christine@taramandala.org



The Artist, Lama Gyurme Rabgye



To Sponsor a Mandala, Please Visit, www.taramandala.org/giving/

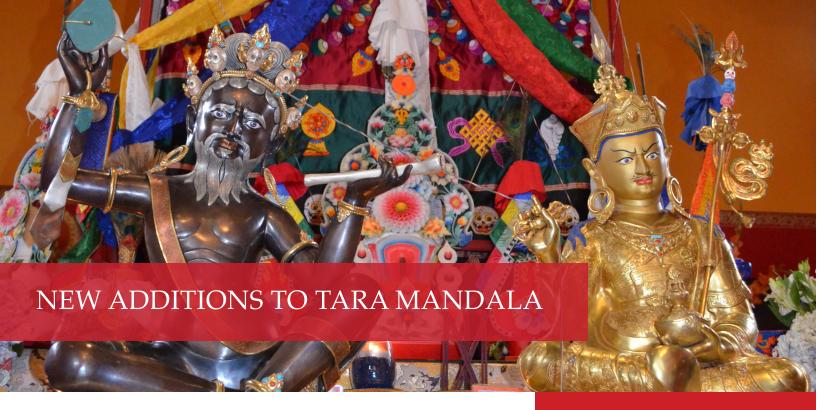




Magyu Mandala



White Tara Mandala



In 2019 Tara Mandala had the opportunity to complete several important and special projects with the support of our generous sangha and donors.

During White Dakini Drubchen, we consecrated two new statues for the main shrine: one beautiful golden Guru Rinpoche and an amazing Phadampa Sangye statue, both commissioned and made in Nepal.

Also for this year's Drubchen, we were able to purchase new goddess costumes and two new gyaling instruments. In September 2019, a new staff cabin was completed. Our Operations Director, Clifton Carmody, and his wife were able to move into that cabin by the end of that month. We are grateful to be able to support their presence and stay at the center.

Finally, we are having new brass engraved plaques prepared for each of our 21 Tara statues that provide information about them to all our visitors. We hope you have the opportunity to stop by to see them and learn their mantras!

Thank you for your continued support which keeps Tara Mandala growing and thriving in so many small and big ways!



Statue filling substances.



New Guru Rinpoche and Phadampa Sangye Statues being installed.



Guru Rinpoche Statue



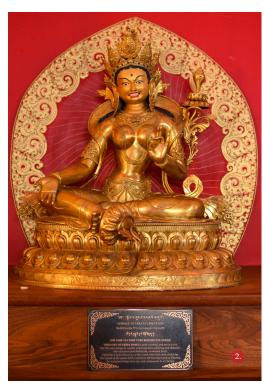
Phadampa Sangye Statue















- 1. & 2. New Engraved 21 Tara Plaques
- 3. New Drubchen Mask
- 4. New Gyaling Instruments
- 5. New Goddess Costumes
- 6. New Operations Director Cabi

Consider giving to our Annual Fund to sponsor special projects www.taramandala.org/giving/



SPECIAL THANK YOU TO OUR HELP TARA MANDALA® **DONORS AND MEMBERS**

On behalf of Lama Tsultrim Allione, Tara Mandala's board of trustees, staff, and residents, we thank all who have contributed to the ongoing vibrancy of Tara Mandala through their donations and work. Since 2016, the number of donors has increased by an amazing 150%!

We hold deep gratitude in particular to all the generous Maha Benefactors, Tara Thangka donors, Sustaining Sangha donors, Scholarship Fund donors, and Annual Fund donors who stepped forward to help us in 2019. Thank you all and let's continue to help Tara Mandala thrive for more years to come!

BECOME A SUSTAINING SANGHA MEMBER

Sustaining Sangha is the financial life-blood of our organization, as it provides reliable income for Tara Mandala's operations. Become a Sustaining Sangha member by giving to Tara Mandala on a monthly basis with a gift of just \$10 a month! To learn more about our membership and its benefits, visit www.taramandala.org/giving/ways-to-give/.

THRIVE

Tara Mandala is a tax-exempt charitable corporation. Through the generosity of our global Sangha, it has grown since its birth in 1993 into a vibrant international community of practitioners and a beacon of the empowered feminine in our world.

Each year, donations support the vital work of Tara Mandala to bring insights and awareness of Buddhist practice and the sacred feminine to a growing and global community. With approximately 50% of the Tara Mandala Operating Budget and 100% of the Capital Budget funded through donations, we rely on the generosity of our Sangha to bring Lama Tsultrim's vision to life.

Charitable gifts support our mission in numerous ways: by providing access to retreats, offering sustainable wages to our permanent staff, maintaining the temple, retreat cabins, and other facilities, developing new programs, offering scholarships, and expanding online offerings, among other strategic and long-term projects—all of which support Tara Mandala's role as a leading light for Buddhism and the empowered feminine in the world.



Go to www.taramandala.org/giving/ways-to-give/ to learn more and to make your tax-deductible gift today.

Prefer to talk to a person?

Call or email our Finance Director, Christine Flemming, at (970) 731-3711, ext 106, or at

accounts@taramandala.org to discuss ways to help fulfill Tara Mandala's mission, as well as your personal mission.



Our Tara Mandala® Kitchen is supported by Chef Bernie Bernier and his wonderful team. Here are some of the Kitchen's delightful recipes. Enjoy!

VEGAN DELIGHT SALAD

Serves 4

INGREDIENTS:

Mixed greens (4 plates)

1 cup quinoa

1 large butternut squash

1 cup dried cherries

1 cup candied walnuts (see recipe below)

2 cups citrus thyme dressing (see recipe below)

Optional: Add organic, pan-fried salmon for more protein.

INSTRUCTIONS:

Preheat oven to 325 degrees. Peel and clean squash. Cut into 1" cubes, and toss in olive oil, salt, and pepper to taste. Bake at 325 degrees until al dente. Assemble all ingredients in a large bowl.

CITRUS THYME DRESSING

INGREDIENTS:

¼ cup lemon juice ³/₄ cup olive oil ¼ cup maple syrup 34 cup white wine vinegar 2 pinches thyme

INSTRUCTIONS:

Combine all ingredients. Shake. Chef Bernie recommends using organic or local ingredients for taste and health.



INGREDIENTS:

2 cups walnuts 1/3 cup packed brown sugar ¼ cup water

INSTRUCTIONS:

Preheat oven to 325 degrees. Line a cookie sheet with parchment paper. Combine water and brown sugar in 9" frying pan. Cook on high heat until water and sugar look like they are dissolving into a syruplike texture. Reduce to medium heat. Add walnuts and stir until fully coated and water has dissipated. Spread walnuts on prepared cookie sheet. Place in oven, stirring walnuts with a spatula every 3-4 minutes until they appear dry. Prepare earlier in day for best results. Candied walnuts can be stored in a sealed container for up to three weeks.

P.O. Box 3040 Pagosa Springs, CO 81147 taramandala.org



TARA MANDALA® RETREAT CENTER | COLORADO

Find refuge and renewal at Tara Mandala Retreat Center, a vibrant international Buddhist Community centered on 700-acres in the San Juan Mountains near Pagosa Springs, Colorado. Under the spiritual direction of Lama Tsultrim Allione, Tara Mandala is home to numerous solo retreat cabins and a three-level Tara Temple which celebrates the sacred feminine.



2020 Retreat Schedule Highlights

MICHAEL MEADE & LAMA TSULTRIM ALLIONE: DESCENT AND EMERGENCE: A MYTHIC JOURNEY FOR CHALLENGING TIMES - JUNE 25 - 30

SANGYE KHANDRO: TRÖMA NAGMO CHÖD INTENSIVE - OCTOBER 2 - 5

JETSUNMA TENZIN PALMO: LIBERATION IS NOW: ENGAGING THE MIND TO DISCOVER IT MOMENT BY MOMENT - AUGUST 27 - 29

H.E. CHUNG TULKU RINPOCHE: LONGCHENPA'S TREASURY OF THE NATURAL STATE: A DZOGCHEN RETREAT - JULY 13 - 19

 $\textbf{LAMA TSULTRIM ALLIONE \& TULKU \"{O}SEL DORJE: } DAKINI NG\"{O}NDRO: \texttt{THE EXCELLENT PATH OF GREAT BLISS - JULY 4-9} \\$

LAMA ROD OWENS: UNDOING PATRIARCHY & EMBODYING SACRED MASCULINITY - MAY 13 - 16

H.E. CHUNG TULKU RINPOCHE & LAMA TSULTRIM ALLIONE: WHITE DAKINI DRUBCHÖ - JULY 22 - 28

CONTACT INFO:

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000 USFS RD. #649

