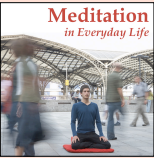


The Way of Shambhala at a Glance

“The path of Shambhala is here to awaken us to the potential of our lives.” — SAKYONG MIPHAM RINPOCHE

THE EVERYDAY LIFE SERIES

Five Five-Class Courses



Meditation in Everyday Life
Open to the public



Contentment in Everyday Life
Open to the public



Joy in Everyday Life
Prerequisite: Contentment in Everyday Life



Fearlessness in Everyday Life
Prerequisite: Joy in Everyday Life



Wisdom in Everyday Life
Prerequisite: Fearlessness in Everyday Life

THE SHAMBHALA TRAINING SERIES

Five Weekend Retreats

Shambhala Training Level I
Open to the public



Shambhala Training Level II
Prerequisite: Shambhala Training Level I



Shambhala Training Level III
Prerequisite: Shambhala Training Level II



Shambhala Training Level IV
Prerequisite: Shambhala Training Level III



Shambhala Training Level V
Prerequisite: Shambhala Training Level IV



THE BASIC GOODNESS SERIES

Three Six-Class Courses



Who Am I? The Basic Goodness of Being Human
Open to the public



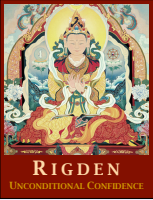
How Can I Help? The Basic Goodness of Society
Prerequisite: The Basic Goodness of Being Human



What Is Real? The Basic Goodness of Reality
Prerequisite: The Basic Goodness of Society

Rigden: Unconditional Confidence
Weekend Retreat

Prerequisite: Wisdom in Everyday Life, Shambhala Training Level V, and, if possible, The Basic Goodness of Reality



The Way of Shambhala also encompasses some one- to two-week retreats and advanced assemblies. Learn more at www.shambhala.org.

*NOTE: The Sacred Path series is not prerequisite for Enlightened Society Assembly (ESA); however, both the Sacred Path series and ESA are prerequisite for Warrior Assembly.

THE SACRED PATH SERIES*

Six Weekend Retreats

Great Eastern Sun
Prerequisite: Rigden: Unconditional Confidence



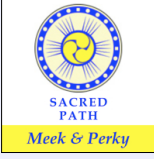
Windhorse
Prerequisite: Great Eastern Sun



Drala
Prerequisite: Windhorse



Meek and Perky
Prerequisite: Drala



Outrageous and Inscrutable
Prerequisite: Meek and Perky



Golden Key
Prerequisite: Outrageous and Inscrutable



For a full description of the Way of Shambhala, visit your local Shambhala community or

www.shambhala.org