



Dear warriors in the leadership of Shambhala,

30 September 2015

On behalf of His Majesty, the Kongma Sakyong, we invite you to attend a Monarch Retreat next year. His Majesty is delighted with the growing number of leaders who have engaged with this practice and next year will see further developments. We would love for you to add one of these retreats to your calendar of deep practice next year.

In addition to the Monarch Retreat that will take place at Karmê Chöling this December, there will be six, possibly seven, more in 2016. The schedule and links for registration are listed below. To attend you need to be a recipient of this letter, which is your invitation to the retreat from His Majesty, as well as be a practitioner of *The Roar of the Werma* (the Werma Sadhana).

The Sakyong says the Monarch Retreat is based on “the most honoured path of warriorship within the Shambhala tradition: that of the leader.” He would like all of us to attend at least one a year, making this a regular feature of our practice life.

In 2016 we will be further developing these retreats by offering different teachings from His Majesty. Some will include His Majesty’s *Sacred Governance* teachings and some, his teachings on *Unconditional Leadership*. All will include his *Guided Shambhala Meditation for Leaders*. In accordance with the Sakyong’s plan to make more of these retreats available, there will be four additional senior warrior-leaders serving as the Retreat Hosts. By broadening our team, we aim to increase the total number of retreats offered to you in future years.

### **The retreat container**

The Monarch Retreat is a seven-day retreat (plus arrival and departure days). It is a sealed retreat -- all participants live, eat, sleep and practice in the confines of the retreat, except for exercise periods out of doors. The retreat days take place from very early in the morning through to late evening. The days of the retreat are structured according to a practice text that His Majesty has written especially for us. We engage in individual study and contemplation as well as group practice, contemplation, exercise and discussion. Participants receive the text of the Monarch Retreat practice and other retreat materials, including a notebook designed and produced for these retreats.

Daily practice includes the Werma Sadhana in a form that accommodates Rigden Abhisheka graduates and different levels of Scorpion Seal transmission for the sadhana.

## **Monarch Retreats in December 2015 and in 2016**

We are planning to hold Monarch Retreats at each of our major land centres from the end of 2015 through 2016.

### **2015**

The December 2015 retreat will be held at **Karmê Chöling** from **Friday 4 to Saturday 12 December 2015**. It will include His Majesty's teachings on "Sacred Governance". Myra Woodruff, Director of Karmê Chöling, will be the Retreat Host. There are still places available. You are more than welcome to register: <http://www.karmecholing.org/program.php?id=5528>

### **2016**

The first Monarch Retreat of 2016 will be held at **Dechen Chöling in January 2016**. Arrival day will be Saturday 16 January. Departure day will be Sunday 24 January. It will include His Majesty's teachings on "Sacred Governance". Shastri Simon LaHaye will be the Retreat Host. You are more than welcome to register: <http://www.dechencholing.org/calendar/monarch-retreat-16-01-2016>

The second one in the year will be at **Shambhala Mountain Center in April 2016**. Arrival day will be Friday 1 April. Departure day will be Saturday 9 April. It will include His Majesty's teachings on "Unconditional Leadership". Kalapa Envoy Jane Arthur will be the Retreat Host. You are more than welcome to register: <http://www.shambhalamountain.org/program/mr416-monarch-retreat/>

The third one in the year will be at **Karmê Chöling in April 2016**. Arrival day will be Monday 4 April. Departure day will be Tuesday 12 April. It will include His Majesty's teachings on "Sacred Governance." Steve Seely, Deputy Director of Shambhala Mountain Center, will be the Retreat Host. You are more than welcome to register: <http://www.karmecholing.org/program.php?id=5586>

The fourth one in the year will be **Dorje Denma Ling in November 2016**. Arrival day will be Friday 4 November. Departure day will be Saturday 12 November. It will include His Majesty's teachings on "Unconditional Leadership". Shastri Simon La Haye will be the Retreat Host. You are more than welcome to register: <http://www.dorjedenmaling.org/program-details/?id=238896>

The fifth one in the year will be at **Dechen Chöling in November 2016**. Arrival day will be Saturday 5 November. Departure day will be Sunday 13 November. It will include His Majesty's teachings on "Unconditional Leadership". Kalapa Envoy Jane Arthur will be the Retreat Host. You are more than welcome to register: <http://www.dechencholing.org/calendar/monarch-retreat-05-11-2016>

The sixth one in the year will be at **Karmê Chöling in December 2016**. Arrival day will be Friday 2 December. Departure day will be Saturday 10 December. It will include His Majesty's teachings on "Unconditional Leadership." Myra Woodruff, Director of Karmê Chöling, will be the Retreat Host. You are more than welcome to register: <http://www.karmecholing.org/program.php?id=5596>

If you have any registration related questions related to the Monarch Retreats, please email David Brown, Executive Secretary to the Sakyong  
<[dbrown@shambhala.org](mailto:dbrown@shambhala.org)>

**Further information**

Closer to the time of the retreat, if you have registered, we will send you detailed information about:

The retreat schedule

The retreat materials

Texts for study, contemplation and practice

Clothing

Materials fee and Tangra offering

We very much look forward to your being part of the mandala of these Monarch Retreats in December 2015 and throughout 2016.

Richard Reoch, Personal Envoy of the Sakyong

David Brown, Executive Secretary to the Sakyong

Jane Arthur, Retreat Host

Steve Seely, Retreat Host

Simon La Haye, Retreat Host

Myra Woodruff, Retreat Host