

## TAUGHT BY ACHARYA RICHARD JOHN AND LIZ RICHARDSON

**Maitri Five Wisdoms** is an interactive contemplative practice created by Chögyam Trungpa Rinpoche, based on the traditional Buddhist principles of the Five Buddha Families. Maitri, which means “kindness to oneself and others,” is a practice of self-acceptance, awareness, and openness to our ways of perceiving the world. The practice is available to practitioners at all levels and has been used for many years at Naropa University in Colorado for in-depth training in Buddhist psychology and creative expression.

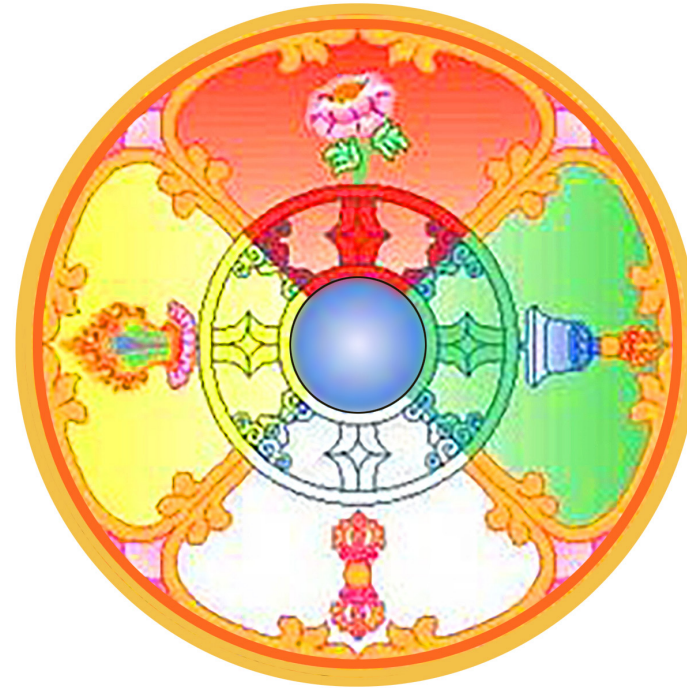
In this one-week program, we will use the specific postures and colored glasses developed to invoke the wisdom energies, focusing on one per day. We will investigate these energies in a direct and personal way combining meditation, solitary exploration and conversation.

This intensive is open to experienced and new meditators.

Vegetarian meals and single room accommodation included.

**Program Cost:** \$575 or Patron Cost: \$650

50% tuition is due as a deposit at the time of registration. Balance due by June 15, 2019. Contact [scprograms@gampoabbey.org](mailto:scprograms@gampoabbey.org) for information or questions about registration.



### Acharya Richard John

Acharya John was an early student of Chogyam Trungpa Rinpoche and was appointed as an acharya by Sakyong Mipham Rinpoche. He teaches Maitri and other Shambhala Buddhist programs throughout the US, Canada and Mexico. He completed the first three-year group meditation retreat at Gampo Abbey in Nova Scotia. Richard and his wife Liz reside in Halifax, Canada.



### Liz Richardson

A graduate of the London Academy of Music and Dramatic Arts, Liz is a lifelong actor and playwright, working on stage and in film primarily in England and Canada. She is a student of Trungpa Rinpoche and Sakyong Mipham and has completed the three-year meditation retreat at Gampo Abbey. Liz has developed contemplative workshops combining the Five Wisdoms and performance training, and has taught and performed in North America, Chile, New Zealand and Mexico.

