Gampo Abbey Summer Programs

All programs hosted at SÖPA CHÖLING
(formally Gampo Abbey’s 3-year retreat centre)
Includes single room accommodation and vegetarian meals

SPACE IS LIMITED REGISTER EARLY

Söpa Chöling (formally Gampo Abbey’s 3-year retreat centre) is one of the hidden jewels of the Shambhala mandala. This beautifully appointed three-story facility located along the Cabot Trail in northwestern Cape Breton, Nova Scotia, is situated high on the red cliffs that overlook the Gulf of St. Lawrence. Surrounded by walking trails, the powerful presence of the natural environment inspires the retreat experience.

[CANCELED]

Getting to the Heart of Non-Violent Communication

July 12 - 17, 2019

LUCY LEU, RON RENZ
AND LEANNE WHITING

An immersion in skills & practices to embody the art of living a more compassionate life. This intensive focuses on skills of understanding and applying Nonviolent Communication (NVC)

Maitri Five Wisdoms Intensive

July 27 - August 2, 2019

ACHARYA RICHARD JOHN
AND LIZ RICHARDSON

Maitri Five Wisdoms is an interactive contemplative practice based on the traditional Buddhist principles of the Five Buddha Families. 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.

Shape of Awake

August 7 - 13, 2019

HOPE MARTIN

Are you uncomfortable or in pain when you meditate? Release unnecessary tension and learn to be upright, supported and relaxed in your practice sessions and in your life. Learn to stop trying to change and instead, make friendly contact with habitual holding patterns and let them unwind.

For further information: scprograms@gampoabbey.org  www.gampoabbey.org  902.224.1517
Maitri Five Wisdoms Intensive

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 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.
Shape of Awake
Discover how being fully present and at ease in your body transforms your practice and your life!

TAUGHT BY HOPE MARTIN

A 5-day intensive meditation practice
Thursday, August 8- Monday, August 12th
(arrive Wed. night & depart Tues. morning)

Are you uncomfortable or in pain when you meditate?
Is it hard to sit for long periods of time?

Release unnecessary tension and learn to be upright,
supported and relaxed in your practice sessions and
in your life.

Being upright is not just an arbitrary shape; it’s a
perfect expression of meditation itself. In this 5-day
intensive meditation practice, Hope, a master teacher
of the Alexander Technique, will help you discover
ease and non-striving in meditation and other activities.

Principles from the practice of Focusing will be intro-
duced to befriend habitual stuck places and to access
the wisdom that resides in the holding pattern. Come
spend five days in this highly experiential program
within a safe, supportive and caring environment.
The incredible and magical setting of Söpa Chöling
will enhance and support your meditation practice.
Open to new and experienced practitioners.

Program Cost: $575 or Patron Cost: $650. 50%
tuition is due as a deposit at the time of registration.
Balance due by July 1, 2019.

Contact: scprograms@gampoabbey.org for informa-
tion or questions about registration

Hope Martin has taught the
Alexander Technique for
32 years and operates the
Hope Martin Studio in New
York City. She is a meditation
instructor and a Focusing
trainer. She is a close student
of Pema Chödrön and has been her cook and
attendant for 26 years.

“Hope Martin is a gentle, wise, and gifted teacher. The
program she has developed for The Shape of Awake af-
ected me deeply. Her layering of Alexander techniques
with meditation teachings is unique and transformative.”
– Barbara L. Fredrickson Ph.D.,
Author of Positivity and Love 2.0

“Hope’s years of experience with meditation and her deep
knowledge of the body/mind connection provided incredi-
bale insights. I learned more about my body that week than
in my whole life. Hope showed me how my body works,
why and how my habits developed, and how to work more
gently with my body and mind during practice.”
– Tim Fischer