

2010 SHAMBHALA PROGRAMS FOR FAMILIES AND CHILDREN

SHAMBHALA FAMILY CAMP

Family Camp is offered at several land centers this summer. This is a magical week for parents and children. This Shambhala program mixes meditation practice, family life, contemplative arts, fun and outdoor activities. It is very powerful to have family fun in a practice container. This program allows parents to bring practice into everyday life within a supportive family oriented environment. Shambhala families share experiences and wisdom about raising children on the Shambhala path, how to balance family and practice, working with the teachings in parenting situations, etc...



Family Camp opportunities for 2010:

- July 31-August 7, 2010 at Dechen Choling in France
<http://www.shambhala.org/programs/index.php?action=d&id=30042>
- July 31-August 7, 2010 at Dorje Denma Ling, Nova Scotia, Canada
http://dorjedenmaling.org/details_program.php?id=30042
- July 3 - 11, 2010 Karme Choling in Vermont, USA
http://www.karmecholing.org/registration.php?program_id=4184&action=view-program-details

About Family Camp:

For parents, morning is a time for meditation practice and talks from Senior teachers with a focus on mindful parenting. New practitioners are welcome and there is also space dedicated for practitioners to do their personal practice in a group setting as needed.

For children, each morning includes activities grouped by age: Tigers (3-5), Lions (6-7), Garudas (8-10), Dragons (11-12), and Explorers of the Phenomenal World (13-18). Activities are varied and often include crafts projects, time outdoors, hikes in the woods, group games, songs and music.




Family Camp also includes the Rites of Passage program-the heart of family camp. Rites of Passage is a very special program for 8 to 10 year-olds, marking the transition all children make from being solely family centered to becoming an important member of the community as well. In this program children are first introduced to contemplative arts such as Kyudo (Zen archery) and calligraphy, as well as to the possibility of regular meditation practice. Perhaps for the first time in their lives, children experience belonging to a spiritual community of their own, separate from family members. They begin to explore who they uniquely are and what kind of adults they aspire to become. This special week culminates in a ceremony marking the passage from early childhood into the greater independence of late childhood. All morning programs are taught by dedicated adult staff and teen counselors.




Afternoons at Family Camp are dedicated to family time, with both structured and spontaneous activities. Evenings include a relaxed dinner together, laughter and play. Songs and stories by the campfire are part of the tradition. You'll find days are both spacious and quite full.


Here's a video of Family Camp at Karme Choling: http://www.youtube.com/watch?v=n0_iSuK_QqI



Shambhala programs for families and children: Spring/Summer 2010

Ages	Program	Details
For Families	<p>FAMILY CAMP</p> <p>Family Camp is a magical week for parents and children. Family Camp mixes meditation practice, Shambhala teachings, family life, free time, fun and outdoor activities.</p> 	<p>Offered this summer at:</p> <ul style="list-style-type: none"> July 31-August 7, 2010 Dechen Choling in France http://www.shambhala.org/programs/index.php?action=d&id=30042 July 3 - 11, 2010 Karne Choling in Vermont http://www.karmecholing.org/registration.php?program_id=4184&action=view-program-details July 31-August 7, 2010 Dorje Denma Ling, Nova Scotia http://dorjedenmaling.org/details_program.php?id=30042
AGES 8-10	<p>rites of passage</p> <p>This special week program culminates in a ceremony marking the passage from early childhood into the greater independence of late childhood. In this program children are introduced to contemplative arts such as Kyudo (Zen archery) and calligraphy, as well as meditation.</p> 	<p>Offered this summer at:</p> <ul style="list-style-type: none"> July 31-August 7, 2010 Dechen Choling in France http://www.shambhala.org/programs/index.php?action=d&id=30042 July 3 - 11, 2010 Karne Choling in Vermont http://www.karmecholing.org/registration.php?program_id=4184&action=view-program-details July 31-August 7, 2010 Dorje Denma Ling, Nova Scotia http://dorjedenmaling.org/details_program.php?id=30042
AGES 10-16	<p>SUN CAMP:</p> <p>Sun Camp is a one week long outdoor program open to any participant age 10 - 16 years. Sun Camp is a place to have fun, make friends and learn to take responsibility for oneself and one's world in a gentle and playful environment. Simplicity is the ground for experiencing daily life as open space. Campers discover themselves, their world and each other in a fresh and genuine way.</p> <p>The philosophy of Sun Camp is simple and profound, based on the teachings of <i>Shambhala</i> and the practices of <i>Dorje Kasung</i>. These ancient traditions are rooted in the belief that everyone is inherently good. If young people discover who they truly are, they can grow into confident compassionate and wise adults. Imagine our children trusting their basic goodness completely.</p> <p>Most unique to Sun Camp is the experience of daily life as open space. The campers wake up with the sun and go about a simple daily schedule that is less fraught with everyday complications. In this environment food tastes better, meals and celebrations are more appreciated, and small events take on a greater significance. This allows campers to discover themselves, their world and each other in a unique and genuine way. As any student of Shambhala will attest, such discoveries can be both exhilarating and frightening, leading to a spectrum of emotions, from joy to upheaval. A major concern of the Leadership Group is to provide a safe container in which this can occur and be understood by the campers.</p> <p>Some of the ways that the principals of warriorship are presented are:</p> <ul style="list-style-type: none"> By employing certain traditions unique to the <i>Dorje Kasung</i>, notably the daily raising and lowering of the flags to the sound of the cannon, in an atmosphere informed by sense of humor. The presence of living examples of Shambhala warriorship at camp, especially that of Sakyong Mipham Rinpoche, who has taken a special interest in the camp are very powerful. In 1995, the Sakyong presented the Sawang standard to the camp for safe keeping and presentation to the future Sawang. Other visiting warriors have included Shibata Sensei, Fleet Maul and Pema Chodron. 	<p>Offered this summer at:</p> <ul style="list-style-type: none"> Dorje Denma Ling-Nova Scotia August 8 - 15, 2010 http://dorjedenmaling.org/details_program.php?id=42285 Shambhala Mountain Center-Colorado, USA July 4 - 11 http://www.shambhalamountain.org/programs/1385 Dechen Coling-France July 28 - August 4, 2010 http://programmes.dechencholing.org/english/673

	<ul style="list-style-type: none"> Special events, such as birthday night, skit night, and a final celebration featuring fireworks. Activities also include a traditional skirmish, a capture-the-flag adventure requiring training, discipline, teamwork and strategy. <p>Meditation and talks::</p> <p>Sun Campers are also introduced to the traditional practice of sitting meditation. Meditation is a simple method of working with one's mind, body, and breath to develop awareness of the present moment. Talks are also given on the principles of meditation and being a warrior- one who has the bravery and gentleness to be awake and kind with oneself and others.</p> <p>Shambhala Sun Summer Camp is comprised of 3 programs:</p> <ul style="list-style-type: none"> Cadet Command Workshop (CCW) Sun Camp, this is the main program Rights of Warriorship (ROW) <p>The campers live in tents, assist in the preparation of food and the maintenance of camp, and closely associate with each other. The practices used to present good head-and-shoulders, a fundamental Shambhala discipline, are drill and meditation practice. Hiking and other traditional camp activities are also part of the program. Sun Camp also usually includes traditional summer camp activities like campfire songs, marshmallow roasting, birthday night, and talent night.</p> <p>Living and practicing together in this way, cooking, eating, and cleaning together, learning to synchronize body and mind together on the parade ground, sharing the direct realities of fire, water, wind, and earth gives rise to a definite sense of clan, a genuine camaraderie. Out of that comes unpredictable spontaneous humor and energy.</p>  	<p>Offered this summer at:</p> <ul style="list-style-type: none"> Dorje Denma Ling-Nova Scotia August 8 - 15, 2010 http://dorjedenmaling.org/details_program.php?id=42285 Shambhala Mountain Center-Colorado, USA July 4 - 11 http://www.shambhalamountain.org/programs/1385 Dechen Coling-France July 28 - August 4, 2010 http://programmes.dechencholing.org/english/673 <p>For more info:</p> <ul style="list-style-type: none"> Shambhala Mountain Center Contact: Michael Rich - ricci.michael@gmail.com Dorje Denma Ling Contact: Cecily Hardin - cecilyhardin@gmail.com Dechen Choling Contact: Sasha Ladendorff - pawodharma@gmail.com
<p>AGES 14-16</p>	<p>CADET COMMAND WORKSHOP:</p> <p>The Cadet Command Workshop is a three day program for 14 to 16 year olds who have previously attended Sun Camp. The program focuses on the leadership skills participants will need to help prepare and take care of, the container and environment in which Sun Camp will take place. CCW is a way of opening and taming the ground before the main body of the Camp arrives.</p> <p>For more info:</p> <ul style="list-style-type: none"> Shambhala Mountain Center Contact: Michael Rich - ricci.michael@gmail.com Dorje Denma Ling Contact: Cecily Hardin - cecilyhardin@gmail.com Dechen Choling Contact: Sasha Ladendorff - pawodharma@gmail.com 	<p>Offered this summer at:</p> <ul style="list-style-type: none"> Dorje Denma Ling-Nova Scotia http://dorjedenmaling.org/details_program.php?id=42285 Shambhala Mountain Center-Colorado, USA http://www.shambhalamountain.org/program Dechen Coling-France http://programmes.dechencholing.org/english/673

<p>AGE 16</p>	<p>Rites of Warriorship:</p> <p>The Rites of Warriorship for 16 year olds occurs after Sun Camp and, although related, is a separate program. According to Shambhala tradition, 16 is the age marking the end of childhood and the beginning of adulthood. The Rites of Warriorship is an opportunity for 16 year olds to step directly through this transition. Like the coming-of-age rituals of many societies, the proceedings of the Rites of Warriorship are mostly secret.</p> <p>The program officially begins the day Sun Camp ends, but Rites of Warriorship participants who are eligible are strongly encouraged to attend the week long Sun Camp immediately before ROW. During the camp, you will be expected to look at yourselves honestly and be compassionate with the younger participants. These activities are an integral part of becoming a genuine warrior in the Shambhala Lineage.</p> <p>The requirements for participation in the Rites of Warriorship are:</p> <ol style="list-style-type: none"> 1. Sixteenth birthday before September 30, in the year of participation. 2. The completion of a least one level of Shambhala training or attendance at one Sun Camp or Magyal Pomra Encampment. 3. Interest in further Shambhala or Buddhist study and practice. 	<p>Offered this summer at:</p> <ul style="list-style-type: none"> • Dorje Denma Ling-Nova Scotia http://dorjedenmaling.org/details_program.php?id=42285 • Shambhala Mountain Center-Colorado, USA http://www.shambhalamountain.org/program • Dechen Coling-France http://programmes.dechencholing.org/english/673 <p>For more info:</p> <ul style="list-style-type: none"> • Shambhala Mountain Center Contact: Michael Rich - ricci.michael@gmail.com • Dorje Denma Ling Contact: Cecily Hardin - cecilyhardin@gmail.com • Dechen Choling Contact: Sasha Ladendorff - pawodharma@gmail.com
<p>AGES 12-17</p>	<p>Drill & Chill Weekend for Teens with Coleman Zeigen</p> <p>http://www.karmecholing.org/registration.php?src=3&program_id=4257&action=view-program-details</p> <p>As teens and young adults, we lead full and busy lives- juggling school, sports, friends, and family- often leaving us feeling overwhelmed and scattered. During this weekend, we will explore how to live our lives without losing our minds.</p> <p>In addition to practicing sitting meditation, we will engage in drill practice as a way of synchronizing body and mind and rousing our energy and confidence. Drill is an aspect of Dorje Kasung practice, a Shambhala warrior discipline. Moving together in formation, drill is a practice of form and precision, which we infuse with gentleness, humor, and joy.</p> <p>This program, designed for 12-17 year olds, will also include talks, discussion and time outdoors. Please join us as we explore the principles of warriorship in the company of peers. Newcomers are most welcome!</p>	<p>At Karme Choling in Vermont</p> <p>May 14 - 16, 2010</p>

Ages 16-30

Buddhist Youth Project Summer Retreat
July 17-August 7, 2010 in France

The Summer Retreat is an opportunity for young people, ages 16-30s, to spend part of the summer at a meditation retreat center with their peers. We will begin or deepen our meditation practice and understanding of Buddhist teachings, make new friends from around the world, help out the local community, relax, de-stress, and explore the many riches of the Shambhala Buddhist Path, Dechen Choling(DCL) and the surrounding French countryside.

For a few hours a day we will help out the local community on a special project to enrich Dechen Chöling. This light and fun opportunity helps to keep the program cost to a minimum (around 15-25 Euro per day for food, accommodation, and the program!). The rest of the day will be spent meditating (instruction provided for beginners), practicing contemplative art, studying Buddhism and Meditation in everyday life (specific topics chosen by participants), and engaging with yoga, leadership training, field trips to explore the local culture and history of the Limosin region, with lots of time to have fun and deepen friendships.

As with all Buddhist Youth Project Programs, the content of this retreat is determined largely by participant interest and focuses on practical teachings and practices which can be applied to our daily lives. From the requests so far this year, we will include:

- Shambhala Training 1, 2, and 3 (suitable for beginners and those who have already participated)
- Working with emotions, Karma, Love and Relationships, Leadership, Art, Buddhist Psychology, and much more

If you have further topic requests please contact the director, Sophie Maclaren at Sophie_maclaren@shambhala-europe.org

During the last 10 days, we will teach and mentor the children at Family Camp by leading the 3 hour morning children's program, while the parents meditate. This is an opportunity to put our practice into action and create an enriching experience for the children by applying the various techniques and teachings we have learned - compassion, leadership, mindfulness, playfulness, and working with different energies and emotions.

This is a special year for the children's program, as it will include a Rites of Passage program for the 8-9 yr old children in which they are empowered in the practices of meditation, Kyudo and contemplative arts. The program culminates in a big ceremony and celebration in which the children take a warrior's vow to be kind to themselves and others and receive gifts representing compassion, fearlessness, and their own basic goodness.

Workshops will be led by senior teachers and Acharyas. You will be part of a close group who lives, works, practices, and celebrates together.

It is also optional to come early/stay later and be part of the DCL Summer Volunteer Program.

Offered this summer at:

Dechen Choling in France, July 17-August 7, 2010

