



SHAMBHALA DECHEN CHÖLING

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CALENDAR 2020

▶ Scorpion Seal 10 Dathün – First Two Weeks	26 Feb. - 12 March
▶ Scorpion Seal 10 Dathün	26 Feb. - 26 March
▶ The Natural World as Teacher	28-29 March
▶ The Wudangshan Five Animals Long Form	29 March - 4 April
▶ Strategies For Health	4-5 April
▶ Traditional Chinese Qigong Retreat – Level 3	5-7 April
▶ Traditional Chinese Qigong Retreat – Level 4	7-9 April
▶ Traditional Chinese Qigong Retreat – Level 5	9-11 April
▶ Why Vajrayana?	18-25 April
▶ Meditation and Running	20-25 April
▶ Silent Mindfulness Retreat	25 April - 3 May
▶ Writing and Meditation Retreat	3-9 May
▶ Chöd Lung Weekend	8-10 May
▶ Chöd Intensive	10-15 May
▶ Tara Dance	15-17 May
▶ Shambhala Training Level 3 - Warrior in the World	23-24 May
▶ Find Your Balance – Mindfulness Training	28-31 May
▶ Creating Solutions in Times of Collapse	29 May - 1 June
▶ The Work That Reconnects®	1-6 June
▶ The Four Dignities: Tiger, Lion, Garuda, Dragon	1-6 June
▶ Rigden Abhisheka	20-27 June
▶ Scorpion Seal Assembly 5	30 June - 11 July



MEDITATION



CULTURE



SOCIETY

Reflecting the essential aim of Shambhala which is to unify personal and societal enlightenment, the programmes offered at the Dechen Chöling centre are structured around three complementary pillars: meditation, culture and society.

▶ Scorpion Seal Assembly 8	30 June - 11 July
▶ Kyudo – The Way of the Bow – Advanced	18-25 July
▶ Kyudo – The Way of the Bow – Combined	18-29 July
▶ Family Camp and Rites of Passage	18-29 July
▶ Cadet Command Workshop	18-21 July
▶ Shambhala Sun Camp	21-28 July
▶ Kyudo – The Way of the Bow – Public	22-29 July
▶ Rites of Warriorship	28-30 July
▶ Summer Dathün – First Two Weeks	2-16 August
▶ Summer Dathün – Intensive Meditation Retreat	2-30 August
▶ Summer Youth Retreat	8-16 August
▶ The Yoga of Creativity – Finding Flow	17-23 August
▶ Dreams of Awakening – Lucid Dreaming Immersive Retreat	7-12 September
▶ Mudra Space Awareness – Celebration	24-30 September
▶ Shambhala Training Level 4 – Awakened Heart	26-27 September
▶ Warrior Assembly	3-14 October
▶ Kado Instructor Training	24-31 October
▶ Scorpion Seal Assembly 3	1-12 November
▶ Singing From Our Open Hearts – Bodhichitta and Voice Practice	20-22 November
▶ Silent Meditation Retreat	22-29 November
▶ Winter Meditation Retreat	27 Dec. - 3 Jan.