



Crystal Mountain - A Society for Eastern and Western Studies
in cooperation with
Namgyal Yangzab Buddhist Community of Canada - NYBCC

21st Annual Summer Retreat of Crystal Mountain Society

Bodies of Awareness: Meditations on Our Vital yet Illusory Bodies

with Lama Yongdu Chokyi Gyaltsen
(Lama Mark Webber)

July 31st to August 29th, 2021

Schedule and Topics

Week 1, July 31 – August 6

a) Introducing the awakening mind and Buddhist Meditation

b) Sensory In-touchment and Enlivening

- Four Noble Truths, Emptiness and Compassion: Study, Reflection and Meditation.
- Progressively deepening awareness of our bodies is a vital part of liberation. Gradually bringing in-touchment and enlivening to our body of sensory experience is a major focus of this summer's retreat.
- The art of progressively deepening mindfulness and easefulness of body, speech and mind
- Many sessions each day of yoga, sensory-awareness explorations by Lama Mark. (Led by Laurel Jacobson, Lama Mark and others)

Week 2, August 7 – 13

The meditation of Amitayus from the Drikung Dzogchen tradition.

- Group and individual practice.
 - Integrating sound, speech, mantra and breath into all our practices (led by Michael Gohl via Zoom).
 - Learning vajra recitation.
 - Many sessions each day of yoga, sensory-awareness explorations by Lama Mark. (Led by Laurel Jacobson, Lama Mark and others)
 - The empowerment of *Amitayus* longevity and deathlessness meditation. Date to be announced (empowerment is not live streamed; however permission to practice will be given to those signed up online).
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Week 3, August 14 – 20

Instructions and teachings on appearances and the Illusory Body, through the progressive stages of emptiness

- The meditation of *Amitayus* continued with emphasis on inner yoga and very subtle sensation. Group and individual practice.
- Integrating sound, speech, mantra and breath into all our practices continued (led by Michael Gohl via Zoom).
- Vajra recitation continued.
- Many sessions each day of yoga, sensory-awareness explorations by Lama Mark. (led by Laurel Jacobson, Lama Mark and others)

Week 4, August 21 – 29

Instructions and teachings on Illusory Body, through the progressive stages of emptiness: interdependence and totality.

- The meditation of *Amitayus* continued. Group and individual practice.
- Continuing sessions each day of sound, yoga, sensory-awareness and explorations sensory awareness. (led by Laurel Jacobson and others)