



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

Online participation
at the
**21st Annual Summer Retreat of Crystal Mountain
Society**

**Bodies of Awareness: Meditations on Our Vital
yet Illusory Bodies**

with Lama Yongdu Chokyi Gyaltzen (Lama Mark
Webber)

July 31st to August 29th, 2021

Crystal Mountain Society and NYBCC are very pleased to announce that Lama Mark Webber will offer parts of this Summer Retreat for online participants.

See schedule and topics below. Go [here](#) for Registration/Application.

For more information contact Eva Gohl, eva.gohl@bluewin.ch

Schedule and Topics

Week 1, July 31 – August 6

Open to all by registration.

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)

Exact teaching times to be announced soon

Week 2, August 7 – 13

Open to practitioners by registration and application.

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).

Exact teaching times to be announced soon

Week 3, August 14 – 20

Open to practitioners by registration and application.

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)

Exact teaching times to be announced soon

Week 4, August 21 – 29

Open to practitioners by registration and application.

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)

Exact teaching times to be announced soon