



# The Mandala Center

Summer 2016

www.mandalacenter.org

575.278.3002

## Reaching New Heights...

In May we had the opportunity to host a youth group from Duncan, Oklahoma, as part of a three day STEAM Outdoor Leadership program. Our site manager and park rangers from Capulin Volcano National Monument led the high school students and adults up the side of Sierra Grande, the largest extinct volcano in northeastern New Mexico. With permission from the state land office, the hikers climbed from 6,650 feet to 8,100 feet, reaching the upper slopes of the volcano. From there they were able to see the Mandala Center and the surrounding landscape from a totally new perspective.

As I thought about this hike I realized it was a perfect metaphor for what is taking place at the Center...reaching new heights and taking a fresh "look" at the Center. While building on the strong foundation created by dedicated past executive directors and board members, we are climbing higher, looking for more ways to reach out and make a difference. We've created new trails and hiking events to give guests the opportunity to enjoy the natural beauty of our surroundings and to learn how to care for the environment. We've added new programs and partners, like-minded groups that work with us for the benefit of others. We are offering day programs where guests take part in short workshops, walk the labyrinth or visit the outdoor chapel, and enjoy lunch at the Center.



Our Life Transitions workshops are half-day events, free to the public, that give guests the opportunity to experience, on a small scale, what is available at the Center. We welcome those seeking space for self-guided retreats. And we continue to offer a variety of workshops and provide facilities where groups can gather to do the work they do.

In the spring of 2015 we set a goal to have 1,000 guest days at the Center. By the end of 2015 we not only reached, but surpassed, that goal. As of July 1st of this year we've had over 800 guest days. Even with this level of activity we remain true to our mission...to provide a peaceful place to refresh the mind, renew the spirit, and heal the body.

We will continue to climb. With a dedicated board, committed staff, generous donors, and others who share our vision we know the Center will reach new heights. Our guests, workshop leaders, like-minded partners, and our community will help us on our journey. Thank you for your continued support...we'll see you at the top!

*Karen Brown, Executive Director*



Thank you for your generosity...your gift makes a difference.

DONATION AMOUNT: \$10 \$25 \$50 \$100 \$200 OTHER \_\_\_\_\_

\_\_\_\_\_ My check or money order payable to The Mandala Center is enclosed.

\_\_\_\_\_ One time Authorization for credit card gift Please charge my VISA MC

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You may also call 575.278.3002 for credit card gifts, monthly donations, bequests, or other types of donations.

NAME \_\_\_\_\_ TELEPHONE \_\_\_\_\_

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Thank you for helping us save money and resources by providing your own envelope and stamp.

Mail to The Mandala Center PO Box 158 Des Moines NM 88418

You can also donate on our website at [www.mandalacenter.org/mandala-giving.html](http://www.mandalacenter.org/mandala-giving.html)

The Mandala Center is a tax deductible organization under Section 501(c)(3) of the Internal Revenue Code.

## 6th Annual Yoga and Meditation Retreat

Monique Parker

Wednesday, July 27th - Sunday, July 31st

Unplug from familiar surroundings in order to break through accumulated habits of distraction that perpetuate our lives, while affording the space and solitude for the development of a daily yoga practice. Whether you need to gain perspective, embark on a new wellness path, or delve more deeply into your existing practice, this retreat will give you inspiration and practical tools that you can take home and integrate into your life. The retreat includes daily hatha yoga practices, daily chanting, candle light meditations, journal reflections, and inspiring discussions and practices on cultivating greater happiness and peace by reducing “busy mind”.



Private Room \$895 Shared Room \$745

## Reprogramming Your DNA with Qigong /Tai Chi Mindfulness Training

Richard Leirer

Thursday, September 15th - Sunday, September 18th

Everyone who wants to create a happier and healthier body through the use of mindfulness methods of self cultivation should attend this workshop. This workshop is designed for beginners as well as those experienced in Meditation, Qigong, or Tai Chi. Participants will be presented with specific Mindfulness Energy Meditations and Movements designed to increase DNA Cellular Function, DNA Cellular Repair, and enhance qi energy thereby increasing Mind/Body Health. Richard Leirer is one of the most experienced and accomplished Qigong teachers in the US. He has been a serious student and practitioner of the internal mindfulness arts for over 42 years. He is considered by many to be one of the few American Qigong Masters.



Private Room \$595 Shared Room \$480 Commuter Rates Available

## Equanimity & The Quest for Just Right

Gail Gustafson and Jeff Bickford

Thursday, November 10th - Sunday, November 13th

“If only my life were different, then it would be okay.” Most of us are on this unattainable quest to find something other than what we have, something that we think will please us more. What would it be like to experience contentment in your life, just as it is? This retreat uses a fairy tale as reference and teaching story to demonstrate how equanimity can be a way of organizing one’s life. Gail and Jeff have been teaching together for 25 years. This retreat relies on a fluent balance of guided and silent sitting meditation, teaching sessions, movement awareness practices (Tai Chi/Qi Gong, Feldenkrais®, Developmental Movement), creative interaction, and laughter.



Private Room \$695 Shared Room \$575



## Life Transitions Workshops



“The only thing constant in life is change.” ... *Rocheffoucauld*

We face changes every day. Breaking out of our normal routine and thought patterns can be stressful. Even changes that bring happiness into our lives can cause us to be anxious. Join us for a series of Life Transitions Workshops where presenters will share techniques in dealing with change and how to incorporate change into a happier, healthier lifestyle.

These are FREE workshops... everyone is invited! Visit our website for more details.



### **Caring for Caregivers**

**Pamela Harkness and Hilece Rose**

**Sunday, September 11th beginning at 2:00 p.m.**

Join us in a Circle of Sharing where participants can share, or not. We'll enjoy a little wild music and learn about movement as a way to relieve stress. Let's create a list of 10 (or maybe more!) things *I wish Others Knew* about caregiving, and share some in-home care wisdoms learned. Learn about the effects of stress and how to self care. We'll do a "body scan", relax, and enjoy a slide show of effects of thoughts and words on water followed by meditating to the sounds of harp and singing bowls.

### **Putting it all Together...Focusing on Pre and Early Teens**

**Hilece Rose and Gabrielle Herbertson**

**Sunday, November 13th beginning at 2:00 p.m.**

This workshop will focus primarily on early and pre-teens but everyone is invited.

Hilece will lead us in three types of activities to share sense of self and laughter: first a game of music movement to loosen up, next a technique to note what you feel where in your body, then yoga of the voice exercises...truly a riot and very self informative!

Gabrielle will then lead us while we write together, freely and also from seed thoughts, letting the flow of our own knowing come out onto paper. We'll use some special poems for inspiration and share what we wish to share, while listening deeply to each other. Gabrielle is a poet and has taught writing and written with young people for 30 years. In the safe space we create all feelings and truths are honored. Magic will be present.



Some rental groups open their Mandala Center workshops to those seeking a retreat and we are happy to include these events in our listings. Visit their websites for more details and for contact information.

#### **Axis Yoga Fall Retreat**

**Align and Renew!**

Derik Eselius

September 1st - 4th

[axisyoga.net](http://axisyoga.net)

#### **Grounding into Fall Yoga & Meditation Retreat**

Michelle Voeller

October 6th - 9th

[naturalharmonyllc.com](http://naturalharmonyllc.com)

For a complete list of all workshops, day events, and special activities visit our website [mandalacenter.org](http://mandalacenter.org).

### *2016 Wish List*

Thank you for all your generous donations!  
Here are a few items we could still use...

- ◆ A Large Toolbox
- ◆ Cordless Sander
- ◆ Picnic Tables
- ◆ A Small Tractor
- ◆ Double/Full Sized Bed
- ◆ Chair and/or Table Dolly
- ◆ Heavy Duty Lawn Mower

The Mandala Center is a 501 (c)(3) non-profit organization and gratefully accepts donations to fulfill our mission. Your contribution is tax deductible to the extent allowed by law.



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## THE MANDALA CENTER

PO Box 158

Des Moines, New Mexico 88418



### THE MANDALA CENTER

A peaceful place to refresh the mind, renew  
the spirit, and heal the body.

- ◆ Inspiring Workshops
- ◆ Facility Rentals
- ◆ Group Retreats
- ◆ Self-Guided Retreats

### The Mandala Center

Offering rest and renewal for mind,  
spirit, and body through  
hospitality, programming, and a  
peaceful setting.

The Center is a 501 (c) (3)  
not-for-profit organization and has  
a national Board of Directors.

Charitable contributions to the  
Center are tax-exempt as allowed  
by the Internal Revenue Code.

For information please contact:

The Mandala Center

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