



# The Mandala Center



## InterSpiritual Meditation (ISM)

with **Dr. Ed Bastian**

**August 16th—19th**

Please join us for a wonderful weekend on InterSpiritual Meditation (ISM). ISM is a universal seven-step meditation. It combines **Mindfulness** with other meditative practices leading to health, happiness, gratitude, transformation, compassion, wisdom and service. It celebrates spiritual, ethnic, racial, gender diversity in service to the Earth and All Living Beings.

### The Retreat

The Mandala Center is located on the slopes of the Sierra Grande volcano, with beautiful views across a vast valley where one can see the Sangre de Cristo mountains in the distance – the southernmost tip of the Rockies – and the lovely lines of Capulin Volcano cone nearby. Sunrises and sunsets are stunning, and the stars at night – so far from city lights – are truly amazing as we are bathed in the starlight of the Milky Way. The beauty and energy of this area are transformative.

Our time together will be punctuated by the 7 Steps of InterSpiritual Meditation. Sessions will include meditation, explanations, discussions and breakout sessions led by me and our Certified Mentors. ISM Facilitators-in-training will work personally with mentors and practice partners. In addition to delicious meals and vibrant sessions of the day, you can walk the labyrinth and traverse the 7-Step ISM trail that winds through the spacious grounds and the beauty of the natural environment.



*Dr. Ed Bastian*

New students will begin on Friday night and conclude on Sunday morning with an option to remain until Monday. Mentors and Facilitators-in-training will continue their training on Sunday for an early Monday morning departure. We will help coordinate groups to carpool from Denver and Albuquerque airports.

The all-inclusive retreat costs for two nights are \$390 for single rooms and \$330 for shared rooms. Those staying through Sunday night will cover additional meal costs only.



**To register call the Mandala Center at 575.278.3002.**

Visit [www.mandalacenter.org](http://www.mandalacenter.org) for details.

Private Room: \$390. Shared Room: \$330.

The Mandala Center is located in northeast New Mexico, 35 miles east of Raton on Hwy 64/87.