

Way of Shambhala at a Glance

THE EVERYDAY LIFE SERIES

Five Five-Class Courses

Meditation in Everyday Life (MIEL)
Open to all

Contentment in Everyday Life (CIEL)
Open to all

Joy in Everyday Life (JIEL)
Open to all (recommended preparation: CIEL)

Fearlessness in Everyday Life (FIEL)
Prerequisite: JIEL

Wisdom in Everyday Life (WIEL)
Prerequisite: FIEL

THE SHAMBHALA TRAINING SERIES

Five Weekend Retreats

Shambhala Training Level I (ST1)
Open to all

Shambhala Training Level II (ST2)
Prerequisite: ST1

Shambhala Training Level III (ST3)
Prerequisite: ST2

Shambhala Training Level IV (ST4)
Prerequisite: ST3

Shambhala Training Level V (ST5)
Prerequisite: ST4

RIGDEN: UNCONDITIONAL CONFIDENCE

Weekend Retreat
Prerequisites: WIEL and ST5

THE BASIC GOODNESS SERIES

Three Six-Class Courses

Who Am I? The Basic Goodness of Being Human (BG1) | Open to all (recommended preparation: MIEL or ST1)

How Can I Help? The Basic Goodness of Society (BG2) | Open to all (strongly recommended preparation: BG1; and MIEL, or CIEL, or ST1)

What Is Real? The Basic Goodness of Reality (BG3) | Open to all (strongly recommended preparation: BG1, BG2, and at least ST1)

THE SACRED PATH SERIES

Six Weekend Retreats

Great Eastern Sun
Prerequisites: WIEL and ST5 (strongly recommended additional preparation: Rigden and BG series)

Windhorse
Prerequisite: Great Eastern Sun

Drala
Prerequisite: Windhorse

Meek and Perky
Prerequisite: Drala

Outrageous and Inscrutable
Prerequisite: Meek and Perky

Golden Key
Prerequisite: Outrageous and Inscrutable

ADVANCED ASSEMBLIES

- **Enlightened Society Assembly (ESA)**
Prerequisites include: WIEL, ST5, Rigden, and weekthun (recommended additional preparation: BG series)
- **Warrior Assembly (WA)** | Prerequisites include: ESA, Sacred Path series, and 2nd weekthun
- **Sacred World Assembly** | Prerequisites include: WA, refuge & bodhisattva vows, 3- to 5-day solitary meditation retreat, and 3rd & 4th weekthuns

For the most current and complete information, please visit:

shambhala.org