

# LAMA FOUNDATION

SUMMER 2020

## Retreats

Contemplation, meditation, celebration, mindfulness transmission of wisdom

## Community

Connection, communication, ceremony, group spiritual practice

## Solitude

Hermitage, silence, simplicity, self-care

## Stewardship

Care of land, service to others, natural building

In the mountains  
North of Taos, NM



# RETREAT AND EVENT SCHEDULE

May 18 - September 13, 2020

- MAY 18 - 23** Live Here Now  
An Introduction to Intentional Community Living
- MAY 24** Opening Day  
Visitors Encouraged
- JUNE 11 - 15** Teen Mindfulness  
Land closed to visitors
- JUNE 18 - 21** Lama Annual Gathering
- JUNE 24 - 28** Elemental  
The Women's Gathering on Lama Mountain
- JUNE 30 - JULY 3** Be Here Now  
Practicing the Teachings of Ram Dass
- JULY 25** Practice Day  
Open to the Public
- JULY 28 - AUGUST 2** Women Singing in Circle  
Land closed to visitors
- AUGUST 5 - 11** Contemplative Environmentalism
- AUGUST 15** Practice Day  
Open to the Public
- AUGUST 17 - 21** The Full Deployment Process®  
with Thomas Renault
- AUGUST 23** Turning and Turning
- AUGUST 24 - 28** Ecosystem of the Soul  
With Mariam Baker
- SEPTEMBER 6 - 11** The Mountain is the Teacher  
Advanced yoga studies course with Lex Gillan
- SEPTEMBER 13** Closing Day  
Visitors Encouraged

Lama Foundation, PO Box 240, San Cristobal, NM 87564-0240  
www.lamafoundation.org, 575-586-1269  
info@lamafoundation.org, registrar@lamafoundation.org

# VISITING LAMA

## Public Events

Please call in advance if you plan to attend as schedules may vary.  
Donations welcome



Photo by Spencer Foon

## Overnight Visits

Contact us to make arrangements  
Cost: \$25 - \$50 per day, sliding scale

## Solo Retreats

Contact us to make arrangements.  
Cost: \$45 - \$85 per night

## Living at Lama

A life-changing opportunity

## Visitors Days:

May 24th - Opening Day; September 13th - Closing Day  
11:00 am - 4:00 pm

Join us for a tour, a vegetarian lunch, and a gathering in the Dome for a group celebration and shared practice.

## Practice Days

July 25 & August 15, 11:00 am - 8:00 pm

Join us for group practice, dinner and an evening program. Check website for program details.

\$20 suggested donation

## Zikr

Most Thursdays from May 24th - September 13th  
Dinner and ceremonies begin at 6:00.

Zikr is the Sufi practice of remembrance. Through simple chants and movement, the heart is emptied and filled with love. Everyone is welcome. Call ahead to confirm event.

## Shabbat

Most Fridays from May 24th - September 13th  
Dinner and ceremonies begin at 6:00 pm

Heartfelt and devotional, Lama's Shabbat is a casual and interspiritual celebration of the Jewish Sabbath. This is a great time for children and families. Call ahead to confirm event.

## Be Our Guest

Guest fees includes vegetarian meals, shower facilities, inclusion in community practices like morning "practice and tuning," and a camp site. Private rooms are available by inquiry and for an additional fee.

## Hermitage

Lama offers two hand-built cabins for solo retreats. Both are cozy settings for contemplation and healing, providing a rare opportunity for supported, solitary rest and introspection. To inquire, email us at hermit@lamafoundation.org, or complete the form on our website, www.lamafoundation.org/hermitages,

## Summer Stewardship & Residency

See page 5 for details, to apply visit our website:  
www.lamafoundation.org/stewardship-online-application

*Lama will be closed to visitors during the following dates:  
May 28 - 31, June 11 - 15, July 7 - 12; 15 - 20; July 28 - August 2*



Photo by Tracy Cates

The purpose of the Lama Foundation is to be a sustainable spiritual community and educational center dedicated to the awakening of consciousness, spiritual practice with respect for all traditions, service, and stewardship of the land.

## SUMMER STEWARDSHIP & RESIDENCY

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Steward arrival dates are the following Mondays:

May 11 and 25, June 8 and 22, July 6 and 20, August 3, 17 and 31, 2020

Cost: \$300 - \$500/month\*

Enrollment requires an application process, found on our website [lamafoundation.org/stewardship-online-application](http://lamafoundation.org/stewardship-online-application)

The **Summer Stewardship Program** is a two-week (minimum) to summer-long intensive retreat – an opportunity to take a pause from ordinary life, to create and care for community, and to look at Lama through a variety of lenses. Summer Stewards join with the year-round resident circle to form Lama Foundation's summer community. Summer Stewards include all ages and backgrounds, families and individuals.

The Lama "curriculum" offers opportunities to develop skills in community building, to deepen in self-awareness, to experience teachings from various spiritual traditions, and to apply those skills of awareness and experience to our work, our meetings, and our service.

**Full-Time Residency** at Lama Foundation is a one-year commitment from October through the end of the next year's summer program. Individuals who are considering year-round residency are encouraged to come on Opening Day, or as close to that as possible, and to stay for the duration of summer.

\*This tuition will be applied to Lama Foundation's lifetime tuition of \$2700 for those seeking a longer-term relationship. Once you have paid your lifetime tuition, you are no longer asked to contribute during your time as a steward and you may partake of lengthy visits without paying visitor fees. You must still pay for hermitages and indoor housing, though camping is always free.

## LIVE HERE NOW

### An Introduction to Intentional Community Living

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Monday - Saturday, May 18 - 23, 2020

Facilitated by Lama Residents

Cost: by donation (suggested \$125 - \$375)

Do you want more community in your life? Do you ache for richer and deeper connections with those you love? Have you ever been curious about what it's like to live in community? Or how it might be done practically? Live Here Now is an opportunity to address and explore these questions and more.

Drawing from Lama's 50+ years of experience in fine-tuning the art of community-living, we'll explore and develop skills such as consensus agreement building, non-violent communication, conflict transformation, and mindfulness. We will engage these topics while participating in Lama's tried and true community structures. We'll offer seva (selfless service) together, a core principle of the Lama community-living model, and we'll join each other in spiritual practice from a wide range of traditions.

If you're curious about the possibility of a deeper, more life-affirming, and fulfilling way to live, *Live Here Now* is the perfect introduction. We hope you'll join us!

## TEEN MINDFULNESS

Thursday - Monday, June 11 - 15, 2020

With Greg Weeks, LPCC, and Julie Tato, and Lama Staff

Cost: \$475 (financial aid available)

Mindfulness practice is a life skill, one that benefits us at any age. For teens especially, this form of compassion to oneself and the world around us can make all the difference in a typically challenging stage of development. Mindfulness and meditation relieves anxiety, provides clarity and perspective, gives us a sense of confidence in ourselves, and improves our sense of empathy for others. It is a skill that requires practice to develop, however it takes no special ability.

Join our dedicated teachers, in the breathtaking mountains, at Lama Foundation, for four days of mindfulness cultivation and practice. This is our third annual retreat for teens, focused on developing basic mindfulness techniques through exercises that focus on our whole being. Activities include (but are not limited to) seated and moving meditation, hiking, yoga, tai chi, interactive practices, communication development, and creative processes. We will enjoy evening camp fires, daily community service (seva), time for socializing, and time to rest.

## ANNUAL GATHERING

Thursday - Sunday, June 18 - 21, 2020

Cost: Free (donations appreciated)

Let's gather for a rich weekend of group practice and celebration. During this time our official Lama bodies will present what they've been up to this year, with time for discussion and conversation.

If it's been some time since you joined us for Annual Gathering (formerly Annual Meeting), you are warmly and excitedly encouraged to join us again. In recent years, our Annual Gathering of Lama friends and beloveds, Continuing Members and Trustees, Free Associates and Residents, has become a precious opportunity to be reminded of our deep love and lasting affinity with Lama.

A few changes of note that have been made: we have given ourselves more time to engage in spiritual practice with one another and allowed for more time to connect with those friendly Lama faces you haven't seen or spoken to in a few years. We will still have an opportunity to hear an update on the state of the Foundation and to discuss issues and topics that are currently alive and relevant. If you've been feeling a little estranged from Lama, or in need of some inspiration from the mountain, please join us, and give yourself the opportunity to fall in love with Lama all over again.



Painting by Asha Greer

## ELEMENTAL: THE WOMEN'S GATHERING ON LAMA MOUNTAIN

Wednesday - Sunday, June 24 - 28, 2020

Convened by Asha Greer, Zuleikha, and Tracy Cates

Offerings by Mona Haydar, Devi Lewis, Mirabai Starr, others and YOU\*

Cost: Sliding scale at your discretion \$300 - \$1500 - childcare options available\*\*

*This retreat is a benefit to build a creative gathering space on the site of the "historic kitchen"*

Lama has held extraordinary women's gatherings throughout the years. We invite you to gather again in the spirit of new possibilities. Explore, celebrate, sing, dance, weep, laugh, pray, and contemplate our divine earthly selves. The raw, elemental nature of the terrain and climate, supported by the nurturing embrace of the mountain, with the intention held by our community, create a chemistry of connection, openness, and spontaneity.

It is so important for our feminine-kind to recharge and be nourished. We put a lot of care into our world; we all need time to step away, to focus on care of *self*. This gathering is an opportunity for us to relax into this creative intention in the grand fun of it all, and to offer support to each other in the process. Come join us as we explore loving, playful, thoughtful and deep ways of being together. Please join this gathering of friends, new and old.

\*We each hold an important place in this circle. If you have something you would like to offer or share, let us know. This is OUR time together.

\*\*We are organizing a kids' camp to support the fuller participation of our many moms, and to create a nurturing and fun experience for our children. The fee per child will be determined by the number of kids who join. Financial assistance, as always, will be available, as well as options to volunteer a shift for reduced tuition. Please inquire if you are interested in having your children attend and/or volunteering.

For questions, intentions, or feedback, please email Tracy at [tracy@lamafoundation.org](mailto:tracy@lamafoundation.org)

# BE HERE NOW: PRACTICING THE TEACHINGS OF RAM DASS

Tuesday - Friday, June 30 - July 3, 2020

Cost: Sliding scale at your discretion \$300 - \$1500

Registration is required, no one will be turned away for lack of funds

*Proceeds from this retreat will support Lama's commitment to continue living, educating, and spreading Ram Dass' teachings, and to build a creative gathering space on the site of the "historic kitchen."*

Please join us on the mountain for a joyous celebration of the teachings of Ram Dass, hosted by Lama Trustees and Residents, and led by: Asha Greer, Lama Co-Founder; Mirabai Starr, Author & Teacher; Zuleikha, Storydancer; and other teachers to be announced.

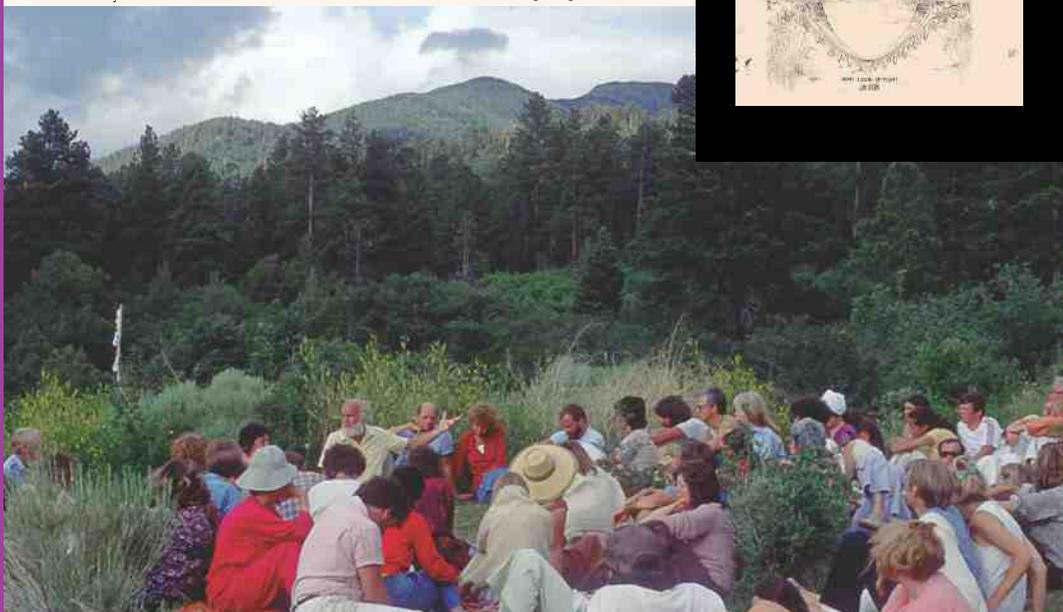
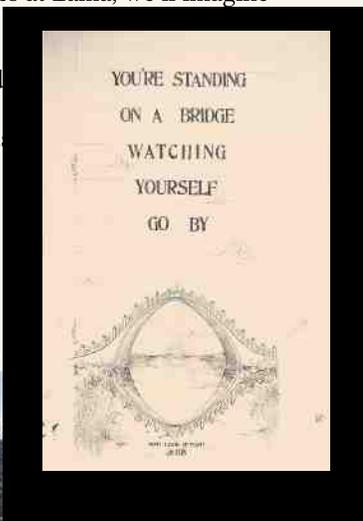
Our days will begin in silent meditation and then build from there, interweaving Ram Dass' teachings on loving awareness and compassion, opportunities for practicing seva in community, and evenings rich with kirtan and spirited devotional singing in the Dome.

Remembering the creation of the original "Be Here Now" pages at Lama, we'll imagine and create together our own "teachings" going forward as we focus on how each of us is living into Ram Dass' immense generosity of spirit and wisdom, and how we can embody and extend those qualities into a world in need. One seva project will be building a stone meditation bench in honor of Ram Dass and his time on the mountain.

Lama's celebration will end mid-day on Friday to allow for those interested to transition to Guru Purnima at the Neem Karoli Baba Ashram in Taos, where Ram Dass' ashes will be buried on Sunday, July 5th.

Photo below by Ahad Cobb

Original panel from *Be Here*



## WOMEN SINGING IN CIRCLE

Tuesday - Sunday, July 28 - August 2, 2020

Cost: Extended Program: \$645 - \$845; Regular Program: \$520 - \$680

Since the inception of the Women's Singing in Circle retreat in 2005, voices have been ringing on the mountain top every year, renewing the women and the land.

Come and share songs of celebration, ceremony, and community, songs in praise of the earth, spirit, and creativity, songs of healing, passage, playfulness, and joy. All voices are welcome. Come sing with us!



Melanie DeMore, Vocal Activist, is one of the most outstanding vocal artists of today, helping to preserve the African American Folk Tradition through song and Gullah stick pounding. She is adjunct faculty at the California Institute for Integral Studies, lead teaching artist for CalPerformances at UC Berkeley, a featured presenter for SpeakOut! the Institute for Social and Cultural Change and the Artistic Conductor of The Oakland Children's Community Choir with Living Jazz. She has shared the stage with Odetta, Richey Havens, Pete Seeger, the Trinity Choir, MUSE Cincinnati Women's Chorus and many others. She believes in the power of voices raised together, "A song can hold you up when there seems to be no ground beneath you." [melaniedemore.com](http://melaniedemore.com)



Kate Munger has devoted herself to creating non-hierarchical, collaborative models for singing, community-building and fellowship for over 40 years. In 2000 she founded the first of now over 230 Threshold Choirs worldwide, singing tribes for those of us who love choral singing and want to offer it in service. Kate wants to share singing in community with those who are called to sing at the bedsides of people who are dying, in coma, newborns, folks who are incarcerated and on the streets with folks singing for justice and equality. [thresholdchoir.org](http://thresholdchoir.org)



Terry Garthwaite is an internationally known performing artist. Terry cooks with rhythm. With a voice both "sassy and touching", she has been "digging the music garden" since the 70's when she co-created the Joy of Cooking Band. She continues to write and teach music that encourages and inspires, that lifts the spirit and tunes the heart. [www.terrygarthwaite.com](http://www.terrygarthwaite.com)



Becky Reardon's jazz-influenced, fun-loving and deeply spiritual rounds and songs are sung by singing circles and choirs all across the US, Canada, and the British Isles. She travels widely to perform and to lead singing-in-circle workshops and was a presenter at the NASA-sponsored Institute for Science Educators at Chaco Canyon in 2008. In 2014, she produced the recording Remember to celebrate the 10th anniversary of Women's Singing in Circle at Lama Foundation. [www.beckyreardonmusic.com](http://www.beckyreardonmusic.com)

(Full bios can be found on our website)

# CONTEMPLATIVE ENVIRONMENTALISM

Wednesday - Tuesday, August 5 - 11, 2020

Cost: \$1085 (includes everything)/\$890 (student)

Need-based scholarships available

These are challenging times. So much of the world seems to be spiraling out of control. Climate change, mass extinction, and environmental injustice are intensifying and tearing at the social and ecological fabric that sustains life.

Contemplative Environmentalism is a 6-day workshop/retreat that explores how we can cultivate insight, courage, and sensitivity to navigate escalating environmental dangers. It focuses on the interface between our inner lives and planetary realities, and offers tools for teaching, mobilizing, and living on behalf of a sustainable future.

Environmental challenges are not simply political, economic, or technological but also existential in that they question what it means to be human at this moment of environmental intensification. Can we respond to environmental threats in ways that allow our full humanity to emerge? Can we hold the depth and heartbreak of environmental issues without falling into despair? Can we channel inner resources in the service of a more just and ecologically sound world?

Contemplative Environmentalism uses meditation, writing, yoga, immersion in nature, and other contemplative practices to infuse our environmental work with greater self-awareness and compassionate commitment. It aims to help us reset priorities, become ethically more alive, and live with greater purpose and personal and professional efficacy. Aimed specifically at educators and activists, the workshop provides techniques for bringing contemplative practices into the classroom and political settings so that our teaching and activism can be worthy of this environmental moment.

No prior experience in meditation or other contemplative practices is necessary.

## Faculty

Paul Wapner, Professor of Global Environmental Politics, American University

Lena Fletcher, Professor of Environmental Conservation, University of Massachusetts, Amherst

Therese Jornlin, Meditation and Qi Gong Instructor and Therapist

For more information: <http://earthlovego.org>

Sponsors: American University's Global Environmental Politics Program, Association for Contemplative Mind in Higher Education, Consciousness Explorers Club, iBme, RE-volv and EarthLoveGo.

# THE FULL DEPLOYMENT PROCESS©

Monday - Friday, August 17 - 21

With Thomas Renault, Peder Loberg, & David Roemmele, Ph.D.

Cost: \$925 (includes materials and support sessions afterwards)

(Continued on next page)

## THE FULL DEPLOYMENT PROCESS© (continued)

The Full Deployment Process© is a workshop geared toward helping business and life coaches expand, build self-awareness, and gain flexibility with their approach to helping others.

Business or Life Coaching requires continuous self-development through experience, to remain effective. The best coaches are actively involved in their own development while coaching others. What development do you need to move up to the next level? How will that level feed your heart and soul? The best coaches are able to elicit all aspects of their mind, heart and spirit in any given moment to be of best service. Our process helps to identify where we are stuck in our being so we can get unstuck and serve better.

Using the Full Deployment Process©, you will explore the next level for yourself, confront what's the obstacles that hold you back, and develop a clear path of action. We will do this through both group work and one-on-one individual sessions. Lama Mountain is a powerful container for this work.

The approach for the 4-day session will be a mixture of: context, modeling, practicing, refining, and one-on-one coaching with one of the facilitators. At the conclusion, participants will be able to:

- Identify their own blocks and have methods for shifting them so they can move forward,
- Have models, methods and approaches for supporting yourself as well as others in gaining momentum with personal changes,
- Use resources provided to enhance your own skills as well as in support of coaching others,
- Create a clear path with actions for yourself to get to the next level important to you.

After the program, each person will have a facilitator available to help them forward their action plan with 3 thirty-minute sessions over a 3-month period using phone or video link.



Peder Loberg

Intuitive, insightful and skilled in transforming a person's perceived limitations to possibility. His abilities inspire reflection and action with clients. Peder distills complex information into direct actionable statements – a rare discernment ability. He brings a strong history from northern Canada gas and oil processing with an appreciation for on-the-ground industrial employees and their challenging environments.



David Roemmele, Ph.D.

Focused on developing and supporting individuals and teams to create innovative contributions to society and be profitable. He is a coach, mediator, business developer as well as a yoga instructor. He lives in Vancouver BC.



Thomas Renault

For over 28 years Thomas has been at the forefront of change in the field of mediation, coaching and organizational development. His ability to create immediate rapport and useful observations with clients and Lama groups (since 1996) helped launch him from a local service to an international consultant. His style is informal, warm, humorous and his commitment to each individual is without compromise. His methodology is considered “transformative.”

## TURNING AND TURNING

Sunday, August 23rd, 2020, 1:00 pm start, 5:00 pm dinner, 6:30 pm Zikr

With Postneshin Mariam Baker and Dervishes

Cost: \$20 suggested donation (No one turned away for lack of funds -- Ya Shakur!)

*Don't try to see through the distance. That's not for you and I.  
Move within, but don't move in fear. A secret turning in us makes the universe turn.  
Let the beauty of what you love be what you dare!  
Everywhere you turn is the face of the Beloved...*  
Rumi

Join us for this one day intensive focus on the practice of *The Turn*, the great whirling dance of the Mevlevi Sufis. Socks and or turning/dance shoes are recommended. Please wear a long skirt or practice tunic (turn garment). Instruction and support will also be offered if you want to turn in place or whilst sitting in a chair. The day's events will conclude with an evening zikr, the sufi practice of remembrance. For the evening zikr, please wear garments for celebration and remembrance of peace.

*If you are quiet and in a state of prayer when you Turn, offering everything of yourself to God, then when your body is spinning there is a completely still place in the center...*

*We do not Turn for ourselves. We turn around the way we do so that the Light of God may descend upon the earth. As you act as a conduit in the Turn, the Light comes through the right hand and the left hand bring s it into this world. We turn for God and for the world, and it is the most beautiful thing you can imagine.*  
-Suleyman Hayati Dede

## ECOSYSTEM OF THE SOUL

An intensive Sufi SoulWork Retreat

Monday - Friday, August 24 - 28, 2020

With Mariam Baker, Raphael Birney, and Friends

Cost: \$395

Bring your Passion for discovery, experience, integration and grace. Focus on Personal and Planetary Healing. Deepen listening to the ever-indwelling Spirit of Guidance, Master, Message, Mystery, Miracle, Mother. Bring celebratory clothing for the final evening Rainbow Sema.

*When your deep fear has found you  
A yellow sunflower grows beside you on the dunghill.  
You will be astonished as it turns to face you.  
It will marvel as fire comes to eat from you hand.*

—Pir Moineddin Jablonski

Mariam Baker is a senior teacher of Sufi Ruhaniat International, a leader in the Dances of Universal Peace since 1974, and a senior teacher of the Mevlevi Order of America, practitioners of the "Turn." Mother of five, including two sets of twins, she is a spiritual midwife and energy weaver dedicated to embodied spirituality, especially through the modality of SoulWork. She leads retreats and workshops around the world. A passionate gardener, a scholar and published author, most recently of *Sacred Voices: Stories from the Caravan of Women*, Mariam, as well, serves as Executive Director of the SoulWork Foundation.



## THE MOUNTAIN IS THE TEACHER

Advanced Yoga Studies Course\*

Sunday - Friday, September 6 - 11, 2020

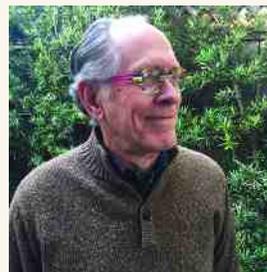
With Lex Gillan, Richard Seager, Farida Morsi, Anyang Anyang

Cost: \$775

My first visit to Lama in 1972 had a profound and everlasting impact on my spiritual journey. It has now been almost 40 years since I taught at Lama as Ram Dass' yoga teacher at his month-long retreats. Once again I am honored and humbled to take the seat of the teacher in the iconic Dome.

The history, the setting, the facilities, the vibes of Lama Mountain offer all that we need. Together we will: Do hatha yoga, pranayama, dharma talks, and chant in the Dome; Meditate in the prayer room; Join the Dances of Universal Peace; Create improvisational music in the Music Room; Hike the trails in the Sangre de Cristo Mountains; Feast; Visit the Hanuman Temple in Taos; Join a discussion group; Be silent . . . ; Hang out in the 3,000 volume library; Participate in the resident community practice of tuning and Zikr (Sufi practice of remembrance); Take a siesta; Drink in the view; Watch a sunset; Star gaze.

\*Advanced Yoga Teacher Training and National Certification approved for 200, 300, and 500 hour level NACYT and YogaAlliance, good for 75 hours.



Lex Gillan has studied with world class teachers including Chogyam Trungpa Rinpoche, Ram Dass, meditation masters Dhiravamsa and Stephen Levine, Father Thomas Keating, Andy Gold and James Ezelle, MD, since the '60s and has been a full time instructor since 1974. He has taught more than 40,000 yoga classes, 200 Yoga Teacher Training and National Certification Courses and 300 meditation workshops and has certified more than 3,000 teachers globally.

He is a co-founder and trustee of Rose Mountain Retreat Center in New Mexico and is on the faculty at the Institute for Spirituality and Health at the Texas Medical Center. Mr. Gillan serves on the board of the Margaret Austin Retreat Center (TX) as well as serving as an Advisory Director of the Hope and Healing Institute (TX). He has also served in an advisory role to the YogaALLIANCE board as well as serving on the YA Compliance Committee and Studio Committee. Mr. Gillan is degreed from Stephen F. Austin University (TX) and splits his time between Houston and Santa Fe.

To right, from top to bottom:  
The Historian: Richard Seager, PhD,  
Teaching "Where the Rubber Meets the Road; Practice in Real Time"

The Yogini: Farida Morsi, Teaching "The Nectar of Embodied Movement;  
An Exploration in Breath, Space and Rhythm"

The Provocateur: Anyang Anyang, teaching "Yoga and the Five Elements;  
Reconnecting to Our Sacred Nature"



For full bios, please visit our website  
staff list subject to changes

# IMPORTANT INFORMATION

To Register for Retreats  
Online at [lamafoundation.org](http://lamafoundation.org), or contact  
our registrar at 575-586-1269,  
[registrar@lamafoundation.org](mailto:registrar@lamafoundation.org)

Retreat fees include  
Tuition, vegetarian meals, and camp site.  
Individual rooms are available, but are  
very limited; please call in advance to  
check availability.

Extra Days  
If you wish to arrive a day early, or leave  
late, we welcome you! Please make  
arrangements with the Registrar in  
advance. Extra days are subject to  
availability and Lama's Visitor Policy at a  
cost of \$25 - \$50 per day.

Facilities  
Lama Foundation is located on 106 acres  
at 8,600 feet elevation, 20 miles north of  
Taos, NM. Bordered by National Forest,  
the quiet location and rustic atmosphere  
are uniquely restorative. Fresh water is  
sourced from a mountain spring, and  
electricity is 100% solar. The Dome and  
the Prayer Room are the primary sacred  
spaces, while the kitchen, library, music  
room, portal (covered patio), and  
community center offer areas for  
meetings, workshops, and casual  
conversation. Greenhouses, gardens, and  
outlying residences dot the landscape.  
There are two hermitages on the  
property, and several guest housing  
buildings. There are many outdoor  
locations for prayer and retreat. Wash  
facilities are shared and outhouses and  
composting toilets are conveniently  
located throughout the property. Meals  
are vegetarian, bountiful, and lovingly  
prepared.

Financial assistance  
Lama offers financial assistance, based  
on need and availability. Contact Kestrel  
at [kestrel@lamafoundation.org](mailto:kestrel@lamafoundation.org) to  
inquire.

Refunds  
There is a \$50 non refundable deposit for  
all retreats. Full refunds, minus the  
deposit, may be given up to 21 days  
before the start date. Within 21 days,  
Lama will retain 50% of tuition.  
Cancellations made within 5 days of the  
start date may not receive a refund.

Children At Lama  
Lama is a wonderful place for children.  
There is a playground, a children's  
library, and, most importantly, the great  
outdoors. Lama does not provide  
childcare, however many events are open  
to children. For parents wishing to attend  
retreats, participate in summer  
stewardship, or considering residency,  
there may be times when it is  
appropriate to find another responsible  
adult to help.

Culture and Policies  
In the practice of community, we ask that  
you respect our policies:

- Morning silence until breakfast
- Drug and alcohol use is not permitted
- Smoking in designated areas only.
- Cell phones, laptops and other  
electronic in designated areas only.
- Contact us if you require the attendance  
of a service dog. Other dogs are not  
permitted on the land.
- Respect Lama's No-Harrasment Policy
- Speak with kindness and from the heart.
- Conflict is a natural part of community,  
which we approach with mindfulness.

# LAMA FOUNDATION COTTAGE INDUSTRIES



Offering hand-made (on the mountain!):

- Silk screened prayer flags and apparel,
- Prayer beads, blessed by the spring,
- Carefully curated treasures

Our products are made with mindfulness, creating minimal impact  
on the earth, so that our items carry our prayerful intention and  
the bountiful blessings of Lama Mountain out into the world.  
Wholesale inquiries welcome!

**Store.LamaFoundation.Org**

[flag@lamafoundation.org](mailto:flag@lamafoundation.org)

## THE HEART CAVE



Photo, left to right by:  
Spencer Foon,  
Lama residents,  
Tim Geurkink



MAY						
SUN	M	TU	W	TH	F	SAT
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31						
JUNE						
SUN	M	TU	W	TH	F	SAT
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28	29	30				
JULY						
SUN	M	TU	W	TH	F	SAT
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AUGUST						
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23	24	25	26	27	28	29
30	31					
SEPTEMBER						
SUN	M	TU	W	TH	F	SAT
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

# LAMA FOUNDATION Summer Schedule May - September 2020

- Live Here Now
- Opening Day, visitors encouraged
- Private retreat, land closed to visitors
- Private retreat (CCH)
- Teen Mindfulness, land closed to visitors
- Annual Gathering
- Elemental: The Women's Gathering on Lama Mountain
- Be Here Now, Practicing the Teachings of Ram Dass
- Privates retreat (GYLI), land closed to visitors
- Practice Day, visitors encouraged
- Women Singing in Circle, land closed to visitors
- Contemplative Environmentalism
- Practice Day, visitors encouraged
- The Full Deployment Process©
- Turning and Turning
- Ecosystem of the Soul
- Private retreat
- The Mountain is the Teacher, Advanced Yoga Studies Course
- Closing Day, all are welcome visitors encouraged



Photo by Geraint Smith

Lama Foundation, PO Box 240  
San Cristobal, NM 87564-0240  
575-586-1269,  
info@lamafoundation.org  
www.lamafoundation.org