



# Wisdom *for* Difficult Times

## WHAT THE BUDDHISTS TEACH

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A SHAMBHALA SUN URBAN RETREAT, SAN FRANCISCO, OCTOBER 2-4



**Sylvia Boorstein** is known for her engaging, down-to-earth, and humorous teaching style. She is a co-founding teacher of Spirit Rock Meditation Center

and a senior teacher in the Insight Meditation Society. She is the author of *Happiness is an Inside Job*.



**Tsoknyi Rinpoche** teaches about the nature of mind in a lighthearted yet illuminating style that appeals to both beginners and advanced

practitioners. He is a meditation master of the Drukpa Kagyu and Nyingma traditions, and is the author of *Fearless Simplicity*.



**Zoketsu Norman Fischer** presents everyday Zen with openness and warmth to poets and lawyers, as well as at synagogues, businesses, and

the US Army. He is a senior dharma teacher of the San Francisco Zen Center, and founder of the Everyday Zen Foundation. His latest book is *Sailing Home: Using Homer's Odyssey to Navigate Life's Perils and Pitfalls*.

We can't always control what happens to us in life, but we can change how we react. For 2500 years, the Buddha's teachings have helped people work with their thoughts and emotions during times of groundlessness, fear, or loss.

Join Sylvia Boorstein, Tsoknyi Rinpoche, and Zoketsu Norman Fischer—three great teachers from the three major Buddhist traditions teaching together for the first time—for a weekend of Buddhist wisdom and practical advice specially aimed at all the challenges of life today.

The Shambhala Sun Urban Retreat is a gateway program—it's equally helpful if you're new to Buddhism or a seasoned practitioner. Through talks, meditation practice, and question and answer sessions, these leading Buddhist teachers will offer help to anyone seeking insight and practical techniques to help them get through even the most difficult times.

**October 2-4**

Hotel Kabuki, San Francisco

\$275 / \$250 by September 1

[www.shambhalasun.com/urbanretreat](http://www.shambhalasun.com/urbanretreat)

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