

The Medicine and Compassion Retreat in Jackson Hole

September 30th to October 4th 2020



The fourth annual Medicine and Compassion Retreat will take place in Jackson Hole, Wyoming this year from September 30th to October 4th 2020.

The retreat is limited to twenty-five people and will focus on the virtues of compassion and the possibility of increasing one's capacity for compassion. We would all like to have compassion that is more stable, inclusive, and effortless, but methods for accomplishing this are not commonly taught. This retreat will explore, in an in-depth way, methods that can help expand one's own compassion and to teach others about compassion.

This year the retreat will be led by Lama Oser and David R Shlim MD. Lama Oser received his training in Chokyi Nyima Rinpoche's monastery, and now spends most of the year teaching in Europe. He is a remarkable teacher and is able to teach in English. This year's retreat will have a special focus on developing one's own meditation practice, including one-one tutoring with Lama Oser. This is a rare and unique opportunity to develop confidence in one's own practice, and to raise the level of your practice if you already have one.

The retreat is based on the book, *Medicine and Compassion*, by Chokyi Nyima Rinpoche and David R Shlim MD. Dr. Shlim hosted the world's first conference on Medicine and Compassion in 2000 and created the book from Chokyi Nyima Rinpoche's teachings. He has been lecturing and

writing about medicine and compassion for the past nineteen years. This retreat is the only one in the world, to our knowledge, in which a Tibetan lama teaches directly and exclusively to medical professionals about compassion.



The Medicine and Compassion Retreat in 2017

The setting for the retreat is an ideally relaxing luxury dude ranch located between Grand Teton National Park and Yellowstone National Park. Early October in the Tetons is often extremely beautiful, with the aspens turning a gold color, the air crisp and clear, and the crowds long gone. However, it is also possible to encounter snow. We will take over the entire ranch, which has a large and comfortable main room for teaching, and gourmet food which is included with the tuition. To see the ranch, please go to: <http://www.turpinmeadowranch.com>

The retreat will combine lectures, discussion, problem-solving, and an introduction to meditation practice. The small group size will be ideal for asking questions and helping to design approaches that the attendees could bring back to their respective institutions. Topics to be covered include:

1. Definition and basis of compassion
2. Understanding impermanence
3. Six ways to train directly to improve compassion
4. The relationship between a relaxed mind and a compassionate attitude
5. Meditation training
6. Helping patients with the end of life

Participants are encouraged to read *Medicine and Compassion* before they arrive, and to take advantage of the free *Study Guide to Medicine and Compassion* that can be downloaded from Dr. Shlim's website: www.davidshlim.com

Further Information:

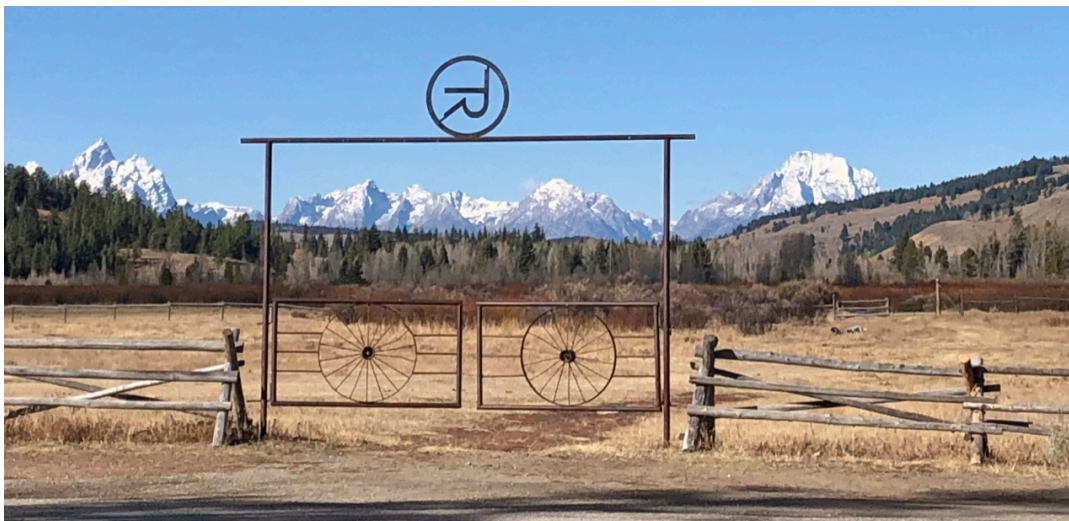
Please e-mail Dr. Shlim for further information about the retreat. All retreatants need to be invited by Dr. Shlim because the space is so limited. Applicants with experience designing and teaching compassion to health professionals will be given priority, but we will consider any sincere application.

The tuition for the retreat is \$2,000, which includes teaching, lodging and all food for four days and nights at the ranch. Due to the limitation of beds on the ranch, non-participant partners of attendees will not be able to be accommodated. Most attendees will need to share a cabin.

E-mail Dr. Shlim: drshlim108@gmail.com

Logistics:

The airport at Jackson Hole is located approximately an hour's drive from the ranch. Transportation to and from the ranch is not easy to arrange. Most participants have rented cars. Attendees should plan to arrive at the ranch on Wednesday, October 2nd, 2019. An evening orientation will begin the retreat. The retreat will finish after lunch on Sunday, October 6th. Early October can be an ideal time to explore Grand Teton National Park and Yellowstone, although of course the weather can be unpredictable. If you have time, we can help arrange sightseeing and local activities before or after the retreat.



View of the Tetons from Turpin Meadow Ranch