

We are really happy to announce that Arnaud Maitland will present the Teacher Training Skillful Means Module 2 entitled 'Mindfulness at Work - The Power of Time' in and from our Amsterdam Nyingma Centrum.



If you aspire to be a certified trainer please email [programs@dharmapublishing.com](mailto:programs@dharmapublishing.com) for an overview of total requirements and to register. Participants enrolled in the teacher training can take part in the Amsterdam live retreat at an extra charge of € 50 per day. This includes all drinks and meals and two extra joint practice sessions daily. Please register timely!

If you do not aspire to become a trainer but are interested in this special opportunity to start exploring new ways to tap into to the power of time you are very welcome to attend the retreat in Amsterdam including all webinars. For retreat attendance 'for the love of it' please register with Nyingma Centrum Nederland by email timely, especially if you want to stay overnight in the center.

## 'Power of Time'

**Retreat Dates:** Friday October 20, 15.00 hrs -  
Wednesday October 25, 21.30 hrs  
**Farewell Breakfast** (optional)  
Thursday October 26 8.00-9.00 hrs

**Teacher:** Arnaud Maitland, assisted by Ineke Smits and Skillful Means staff

**Retreat Price:** € 575 including meals (vegetarian), webinars and study materials  
€ 475 NCN students (students currently enrolled in NCN courses or e-courses)  
€ 50 p/day (teacher training participants)

**Location:** Nyingma Centrum Nederland  
Reguliersgracht 25 Amsterdam

**Lodging:** We have a limited number of beds available in very basic shared rooms.

**Enrollment in Teacher Training Program:**  
[programs@dharmapublishing.com](mailto:programs@dharmapublishing.com)

**Registration retreat attendance**  
[nyingmacentrum@nyingma.nl](mailto:nyingmacentrum@nyingma.nl)

### Daily Retreat Schedule:

7.00 - 8.00 early morning practice (optional)  
8.00 -10.00 breakfast and clean-up  
10.00 -13.00 morning practice session  
13.00 -14.30 lunch and clean-up  
14.30 -16.30 private practice/special topics  
16.30 -17.30 light supper and clean-up  
17.30 -21.30 evening practice session

We will work with theory, dialogue, sharing experience, individual exercises, case studies, reading, writing, reflections, guided imagery, relaxation exercises and Kum Nye Tibetan Yoga.

**The quintessence of this retreat is to learn to get time on your side, to thrive on meaningful deadlines and to begin mastering time.**

SKILLFUL MEANS II  
MINDFULNESS AT WORK

# Power of Time



**RETREAT 2017**  
**with Arnaud Maitland**  
**October 20-25**

**Nyingma Centrum Nederland**  
Reguliersgracht 25 Amsterdam 020-6205207  
[nyingmacentrum@nyingma.nl](mailto:nyingmacentrum@nyingma.nl) [www.nyingma.nl](http://www.nyingma.nl)

## MINDFULNESS AT WORK retreat 'POWER OF TIME' - led by Arnaud Maitland

### Discovering Time

As human beings, we can choose our way of being in the world. We have consciousness; we are capable of responding creatively to our surroundings, to every situation. Our lives unfold in time, our time is our energy and our life. All that is knowable is intimately connected to time.

### Awakening to Time

Usually time is an outside force, bearing down on us, always surprising us. In the Skillful Means teachings on time, we are presenting in this training, we begin to thoroughly understand the nature, value, and energy of time. It provides a simple, clear path, transcending being a victim of time, short of time and wasting time. The basic matrix of Power of Time is to awaken to time, to control time and eventually to master time. The result will be a *Timing Mind*, never being too late or too early, but turning opportunities into actual possibilities.

### Cycles of Time

Eventually, without being burdened by the past, or anxiously anticipating the future, there will be a presence of mind in which time is an intricate part of your life. You begin to discover the cycles of time, with its beginnings, middle and endings and the appropriate mindset to get the most out of these stages. Attuning body and mind to time, the future is open and you begin to thrive on meaningful deadlines.

*'With time on our side, everybody can be a hero or a heroine.'*

Tarthang Tulku in *Mastering Successful Work*

### Abundance of Time

The creative interplay of time and awareness will bless us with abundance: vitality, knowledge, intimacy and love for life. Alignment with time will transcend all sense of scarcity or being trapped by limitations. *You* can work joyfully toward your most cherished goals, confident in our ability to achieve your aims. You discover that you have much more time than you ever imagined.

### The Time is Now

Each breath you take, gives you more time to live. When you breathe out for the last time, your life has come to an end. Time is the active force and the substance of life; in fact, time is all you have. This is your life. Your life is the time you have. The time is now! Join us in learning and discovering the union of body & mind with time.

### Retreat topics:

- \* The nature, value, and energy of time.
- \* All actions/projects have a beginning, middle and end, each requiring their own mind set.
- \* Waking up to Time, Controlling Time, and Mastering Time: a more effective, efficient and comprehensive framework than ordinary time management.
- \* Cultivating Timing Mind to recognize opportunities and materialize possibilities.
- \* Appreciating and taking advantage of deadlines.
- \* The result-based management approach.

**Arnaud Maitland** (JD and MA Tibetan Buddhist philosophy and psychology), author of the books *MasterWork* and *Living without Regret*, has been a student of Tarthang Tulku for over thirty-five years. He is a well know international teacher in Kum Nye, Dharma and Skillful Means. At present, he is director of Dharma Publishing and Center for Skillful Means at Ratna Ling, California, U.S.A.



**Ineke Smits** has been a student of Nyingma for many years. Before working full time for Nyingma Centrum Nederland, Ineke worked for over 20 years as a consultant and trainer for a Dutch NGO. At NCN she now coordinates the Skillful Means and the Online Departments. She is also founder and director of MindingWork [www.mindingwork.nl](http://www.mindingwork.nl).

