



Basic Cycle Information and Schedule – DRAFT – Baltimore, Maryland, USA, 2019-2021

PHASES 1-3: April 2019 - April 2021. The training includes ten seminars, three of which are week-long retreats, and a project with mentor and peer support. The seminars are scheduled roughly every other month.

FACULTY: Melissa Moore, Sandra Ladley, Susan Chapman, Yeshe Clarke, Tim Walker, (Assistants: Miriam Hall and Naoko Kojima)

AUDIENCE: Everyone interested in a transformative journey that provides evidence-based, time-tested skills rooted in meditative awareness, compassion & deep listening, and the inherent wisdom in emotions.

309 TOTAL TRAINING HOURS: Phase 1 Personal Process: 122 hours; Phase 2 Compassionate Exchange: 96 hours; Phase 3 Engaged Compassion: 91 hours.

COST: This is an ESTIMATED DRAFT—The full cost for the two-year Karuna Training program is projected to be between \$9,000 and \$10,000. There will be a \$500 discount offered for paying in full before the start of the program, bringing the estimated total to between \$8500 to \$9,500. Alternatively, students may pay at the beginning of each phase, or make monthly payments. There will be additional costs for food and for the two week-long residential retreats, usually between \$75-\$175/night lodging (depending on the accommodations you choose)

CEUs: Karuna Training is a licensed Continuing Education (CEU) Provider through the CAMFT (California Association of Marriage and Family Therapists.) Most states accept California CEU credits.

TUITION ASSISTANCE: Some tuition assistance is available upon request and need. Karuna Training aspires to make it possible for those with a strong desire to do the Training, please email connect@karunatraining.com to inquire.

COHORT CAPACITY AND ATTENDANCE: Karuna Training occurs in an ongoing cohort and the class size is limited to 30 students. Students may not enter the cohort after Seminar 2. We expect you to commit to attending all the seminars—to receive certification, a student may not miss more than two seminars.

APPLICATION AND REGISTRATION: You must apply for Karuna Training and be individually interviewed before being accepted into the program. The simple application process is described on our web site at <http://www.karunatraining.com>. You may apply any time, and Karuna will begin interviews for the Baltimore cycle on January 14. If you have questions, please go to the website or contact Karuna Training at connect@karunatraining.com



Phase 1: Personal Process

Training	Days	Location	Teachers	Dates	Times
Seminar 1 <i>Confidence in Basic Sanity</i>	4 Day Weekend 1 evening + 3 days 26 hours	Baltimore Shambhala Meditation Center	Sandra Ladley, Yeshe Clarke (Miriam & Naoko)	April 11 - 14, 2019	Thursday 6:30 PM to 9:00 PM Friday 10:00 AM to 6:00 PM Saturday 10:00 AM to 9:00 PM Sunday 10:00 AM to 4:00 PM
Seminar 2 <i>Ego from the Perspective of Contemplative Psychology</i>	Weekend 18 hours	Baltimore Shambhala Meditation Center	Melissa Moore (Miriam & Naoko)	July 26 - 28, 2019	Friday 7:00 PM to 9:00 PM Saturday 10:00 AM to 9:00 PM Sunday 10:00 AM to 4:00 PM
Seminar 3 <i>Working with Emotions</i>	Weekend 18 hours	Baltimore Shambhala Meditation Center	Sandra Ladley, Yeshe Clarke (Miriam & Naoko)	<i>(TENTATIVE)</i> October 2019 weekend TBD	Friday 7:00 PM to 9:00 PM Saturday 10:00 AM to 9:00 PM Sunday 10:00 AM to 4:00 PM
Seminar 4 <i>Exploration of Energy in Contemplative Psychology</i>	Deepening Week Residential Retreat 7 days & 6 nights 48 hours	Retreat Center TBD	Melissa Moore, Yeshe Clarke (Miriam & Naoko)	<i>(TENTATIVE)</i> February 1 – 7, 2020	Sunday arrival 3:00 PM to 6:00 PM Saturday departure after lunch
12 hours of Continuity Groups (arranged regionally)	12 hours				
Total Training Hours Phase 1	122 hours				



Phase 2: Methods in Working Skillfully with Others

Training	Days	Location	Teachers	Dates	Times
Seminar 5 <i>Development of Compassionate Presence</i>	Weekend 18 hours	Baltimore Shambhala Meditation Center	Susan Chapman (Miriam & Naoko)	April 24-26, 2020	Friday 7:00 PM to 9:00 PM Saturday 10:00 AM to 9:00 PM Sunday 10:00 AM to 4:00 PM
Seminar 6 <i>Exploration of Energy in Communication</i>	Deepening Week Non-Residential Retreat 7 days and 6 nights 48 hours	Baltimore Shambhala Meditation Center	Sandra Ladley, Tim Walker (Miriam & Naoko)	August 1-7, 2020	Friday arrival 3:00 PM to 6:00 PM Thursday departure after lunch
Seminar 7 <i>Compassionate Presence 2</i>	Weekend 18 hours	Baltimore Shambhala Meditation Center	Melissa Moore, Yeshe Clarke (Miriam & Naoko)	October 23 - 25, 2020	Friday 7:00 PM to 9:00 PM Saturday 10:00 AM to 9:00 PM Sunday 10:00 AM to 4:00 PM
12 hours of Continuity Groups (arranged regionally)	12 hours				
Total Training Hours Phase 2	96 hours				



Phase 3: Compassionate Exchange

Training	Days	Location	Teachers	Dates	Times
Seminar 8 <i>Exploration of Energy in Working with Others</i>	Deepening Week* Residential Retreat 7 days, 6 nights, 48 hours	<i>Retreat Center TBD</i>	Melissa Moore, Tim Walker (Miriam & Naoko)	<i>(TENTATIVE)</i> February 20 – 26, 2021	Saturday arrival 3:00 PM to 6:00 PM Friday departure after lunch
Seminar 9 <i>Project with Supervision</i>	One Day 8 hours	Baltimore Shambhala Meditation Center	Sandra Ladley (Miriam & Naoko)	March 27, 2021	Saturday 10:00AM to 6:00 PM
<i>Karuna Project Practicum</i>	5 hours		Working with someone as a compassionate friend	On Own Time	
Individual Supervision	4 hours				
Seminar 10 <i>Graduation & Certification</i>	4 Day Weekend 1 evening and 3 days, 26 hours	Baltimore Shambhala Meditation Center	All Faculty	April 22 – 26, 2021	Thursday 7:00 PM to 9:00 PM Friday 9:00 AM to 6:00 PM Saturday 10:00 AM to 9:00 PM Sunday 10:00 AM to 4:00 PM
Total Training Hours Phase 3	91 Hours				
Total Training Hours	309 Hours				