



*Karuna  
Training*

## Basic Cycle Information and Schedule — Los Angeles, California, USA, 2020-2021

PHASES 1-3: February 2020 - October 2021. The training includes ten seminars, three of which are week-long retreats, and a personal project with mentor and peer support. The seminars are scheduled roughly every other month.

PLACE: All weekend seminars will be at the Shambhala Center Los Angeles located at Eagle Rock. Two of the week-long deepening week retreats will be residential at a retreat center in Tehachapi, California.

FACULTY: Melissa Moore, Sandra Ladley, Susan Chapman, Terry Jaworski, (Rotating Continuity Faculty: Carolyn Sykes, Jay Jaworski, Emily Earlenbaugh)

AUDIENCE: Everyone who engages and cares about relationships.

351 TOTAL TRAINING HOURS: Phase 1 Personal Process: 112 hours; Phase 2 Methods in Working Skillfully with Others: 122 hours; Phase 3 Engaged Compassion Project with Mentoring: 117 hours.

COST: The **new reduced** cost for the two-year Karuna Training program is \$8,000. There will be a \$500 discount offered for paying in full before the start of the program, bringing the total to \$7,500. Alternatively, students may pay at the beginning of each phase, or make monthly payments. There will be additional costs for food and lodging for the two week-long residential retreats, usually between \$85-\$175/night (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: 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 contact Sandra Ladley to discuss further at [Connect@Karunatraining.com](mailto:Connect@Karunatraining.com)

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 2/3. 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 at any time, and Karuna will be conducting



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interviews until the start of the program on February 20, 2020. If you have questions, please go to the website or contact Sandra Ladley or Melissa Moore at: [connect@karunatraining.com](mailto:connect@karunatraining.com)

## Phase 1: Personal Process

<b>Training</b>	<b>Days</b>	<b>Location</b>	<b>Teachers</b>	<b>Dates</b>	<b>Times</b>
<b>Seminar 1/2</b> <i>Confidence in Basic Sanity and Ego in Contemplative Psychology</i>	<b>4 Day Weekend</b> 1 evening + 3 days 26 hours	Eagle Rock Shambhala Center	Melissa Moore	Feb 20 – 23, 2020	Thursday 6:30 PM - 9 PM Friday 10 AM – 6 PM Saturday 10 AM – 9 PM Sunday 9 AM – 3 PM
<b>Seminar 2/3</b> <i>Working with Ego and the Energy of Emotions</i>	<b>Weekend</b> 18 hours	Eagle Rock Shambhala Center	Sandra Ladley	May 1 - 3, 2020	Friday 7 PM - 9 PM Saturday 10 AM - 9 PM Sunday 9 AM - 3 PM
<b>Seminar 4</b> <i>Deepening Week 1: Exploration of Energy in Contemplative Psychology</i>	<b>Deepening Week Residential Retreat</b> 7 days & 6 nights 56 hours	Tehachapi Mountain Retreat Center	Melissa Moore	June 20-26, 2020	Saturday arrival  3:00 PM to 6:00 PM  Friday departure after lunch
<b>Continuity Groups</b> <i>(arranged regionally)</i>	12 hours				
<b>Total Training Hours Phase 1</b>	<b>112 hours</b>				



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Phase 2: Methods in Working Skillfully with Others

<b>Training</b>	<b>Days</b>	<b>Location</b>	<b>Teachers</b>	<b>Dates</b>	<b>Times</b>
<b>Seminar 5</b> <i>Deepening the Space of Mindfulness</i>	<b>Weekend</b> 18 hours	Eagle Rock Shambhala Center	Terry Jaworski	September 4 -6, 2020	Friday 7:00 PM to 9:00 PM Saturday 10:00 AM to 9:00 PM Sunday 9:00 AM to 3:00 PM
<b>Seminar 6</b> <i>Development of Compassionate Presence</i>	<b>Weekend</b> 18 hours	Eagle Rock Shambhala Center	Susan Chapman	November 6 – 8, 2020	Friday 7:00 PM to 9:00 PM Saturday 10:00 AM to 9:00 PM Sunday 9:00 AM to 3:00 PM
<b>Seminar 7</b> <i>Deepening Week 2: Exploration of Energy in Communication</i>	<b>Deepening Week</b> Non-Residential Retreat 7 days and 6 nights 56 hours	Eagle Rock Shambhala Center	Sandra Ladley	January 30 – Feb 5, 2021	Friday arrival 3:00 PM to 6:00 PM  Thursday departure after lunch
<b>Seminar 8</b> <i>Compassionate Presence 2</i>	<b>Weekend</b> 18 hours	Eagle Rock Shambhala Center	Melissa Moore	March 5 – 7, 2021	Friday 7:00 PM to 9:00 PM Saturday 10:00 AM to 9:00 PM Sunday 9:00 AM to 3:00 PM
<b>Continuity Groups</b> <i>(arranged regionally)</i>	12 hours				
<b>Total Training Hours Phase 2</b>	<b>122 hours</b>				



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Phase 3: Engaged Compassion Project with Mentoring

<b>Training</b>	<b>Days</b>	<b>Location</b>	<b>Teachers</b>	<b>Dates</b>	<b>Times</b>
<b>Seminar 9</b> <i>Exploration of Energy in Working with Others</i>	<b>Deepening Week*</b> Residential Retreat 7 days, 6 nights, 56 hours	Tehachapi Mountain Retreat Center	Melissa Moore	June 19-25, 2021	Saturday arrival  3:00 PM to 6:00 PM  Friday departure  after lunch
<b>Seminar 10</b> <i>Mentoring Day</i>	<b>One Day</b> 8 hours	Eagle Rock Shambhala Center	Sandra Ladley	July 17, 2021	Saturday 10:00AM to 6:00 PM
<b>Karuna Project</b> <i>Includes 4 hours mentoring</i>	15 hours	On your own time	Supported by faculty mentors	On Own Time	
<b>Continuity Groups</b> <i>(arranged regionally)</i>	12 hours	Online			



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<b>Seminar 11</b> <i>Graduation &amp; Certification</i>	<b>4 Day Weekend</b> 1 evening and 3 days, 26 hours	Eagle Rock Shambhala Center	All Faculty	Oct 7 – 10, 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 9:00 AM to 3:00 PM
<b>Total Training Hours Phase 3</b>	<b>117 Hours</b>				
<b>TOTAL - ALL PHASES</b>	<b>351 Hours</b>				