

Karuna Basic Training Northern California Schedule 2014–2016

Training	Days	Location	Teachers	Dates
Karuna Training Phase 1 Personal Process	<i>116 total training hours</i>			Phase Spread Over 10 Months
Seminar 1 Confidence in Basic Sanity	4 Day Weekend (1 evening and 3 days) <i>26 hours</i>	Berkeley Shambhala Center	Melissa Moore & Sakti Rose	November 6– 9, 2014 Thurs. 6:30 PM to 9 PM Fri. 10 AM to 6 PM Sat. 10 AM to 9 PM Sun. 10 AM to 4 PM
Seminar 2 Ego from the Perspective of Contemplative Psychology	Weekend <i>18 hours</i>	Berkeley Shambhala Center	Susan Chapman	February 13– 15, 2015 Fri. 7 PM to 9 PM Sat. 10 AM to 9 PM Sun. 10 AM to 4 PM
Seminar 3 Working with Emotions	Weekend <i>18 hours</i>	Berkeley Shambhala Center	Paul Cashman	April 17–19, 2015 Fri. 7 PM to 9 PM Sat. 10 AM to 9 PM Sun. 10 AM to 4 PM
Seminar 4 Exploration of Energy in Contemplative Psychology	Deepening Week Residential Retreat (6 days and 5 nights) <i>42 hours</i>	Walker Creek Ranch, Petaluma CA	Melissa Moore & Sakti Rose	August 10– 15, 2015 Mon. Arrival 3 to 6 PM Sat. Departure After Lunch
12 hours of continuity groups—arranged regionally	<i>12 hours</i>		Sandra Ladley & Terry Jaworski	
<p>Cost for Phase 1 is \$2,500. Each Phase of Karuna Training can be paid for independently. (All 3 Phases, paid in advance, will be discounted \$800.) The fee for food and lodging for the Seminar 4 Deepening Week Retreat will be paid separately. The current estimate is \$90 to \$120 a night for 5 nights, or \$450 to \$600.</p>				

Karuna Basic Training Northern California Schedule 2014–2016

Karuna Training Phase 2 Methods in Working Skillfully with others	<i>74 total training hours</i>			Phase Spread Over 10 Months
Seminar 5 Development of Compassionate Presence	<i>Weekend 18 hours</i>	Berkeley Shambhala Center	Susan Chapman	October 9– 11, 2015 Fri. 7 PM to 9 PM Sat. 10 AM to 9 PM Sun. 10 AM to 4 PM
Seminar 6 Exploration of Energy in Communication	<i>2 Saturdays and 5 Tuesday Evenings 26 hours</i>	Berkeley Shambhala Center	Melissa Moore	Saturdays, January 9 and February 20 10 AM to 6 PM Tuesdays, January 12, 19, 26, February 2 and 16 7 PM to 9 PM
Seminar 7 Therapeutic Process	<i>Weekend 18 hours</i>	Berkeley Shambhala Center	Melissa Moore	March 18–20, 2016 Fri. 7 PM to 9 PM Sat. 10 AM to 9 PM Sun. 10 AM to 4 PM
12 Hours Continuity Groups	<i>12 hours</i>			
<p>Cost for Phase 2 is \$1,500 Each Phase of Karuna Training can be paid for independently. (All 3 Phases, paid in advance, will be discounted \$800.)</p>				

Karuna Basic Training Northern California Schedule 2014–2016

Karuna Training Phase 3 Project with Supervision	<i>97 total training hours</i>			Phase Spread over 6 Months
Seminar 8 Exploration of Energy in Working with Others	Deepening Week Residential Retreat (6 days and 5 nights) <i>42 hours</i>	Walker Creek Ranch Petaluma, CA	Melissa Moore and Sakti Rose	June 25 to July 1, 2016 Saturday Arrival 3 PM to 6 PM Friday Departure After Lunch
Seminar 9 Supervision	1 day <i>8 hours</i>	Berkeley Shambhala Center	Sandra Ladley & Terry Jaworski	September 17, 2016 Saturday, 10 AM to 6 PM
Seminar 10 Karuna Project Practicum	5 hours of working with someone as a compassionate friend <i>5 hours</i>		On own time	
12 Hours Continuity Groups	<i>12 hours</i>			
4 Hours Individual Supervision	<i>4 hours</i>	To be arranged	Sandra Ladley & Terry Jaworski	
Seminar 11 Graduation/Certification	4 Day Weekend <i>26 hours</i>	Berkeley Shambhala Center	Melissa Moore	November 3-6, 2016 Thurs. 7 PM to 9 PM Fri. 9 AM to 6 PM Sat. 10 AM to 9 PM Sun. 10 AM to 4 PM
4 Hours Individual Supervision	<i>4 hours</i>	To be arranged	Sandra Ladley & Terry Jaworski	
<p>Cost for Phase 3 is \$2,000. Total cost for all three phases is \$6,000. Total cost for all 3 phases paid in advance of Phase One is \$5,200.</p> <p>The fee for food and lodging for the Seminar 8 Deepening Week Retreat will be paid separately. The</p>				

Karuna Basic Training Northern California Schedule 2014–2016

current estimate is \$90 to \$120 a night for 5 nights, or \$450 to \$600. The estimated food and lodging expense for both Deepening Week Retreats is \$900 to \$1,200.

Karuna Basic Training Northern California Schedule 2014–2016

<p>In Sum Karuna Training Phases 1 through 3</p>	<p><i>287 total training hours</i></p>	<p>All weekend seminars will be held at the Berkeley Shambhala Center. Deepening Retreats will be held at Walker Creek Ranch in Petaluma, CA.</p>	<p>Lead Faculty: Melissa Moore Paul Cashman Susan Chapman Sakti Rose</p>	<p>2 year program November 2014- November 2016</p>
---	--	---	--	--

Payment plans are available. Each applicant will have a private interview with faculty. At that time payment plans will be negotiated.

Continuity Groups are an important aspect of Karuna Training, they are regional groups that meet throughout the three phases of training and provide a forum for participants to practice the skills and deepen competency in a small group setting. In the beginning they are initiated with the help of assistants, but after some time they are self-run.