



Albuquerque Karuna Graduate Training Overview
2021 - 2022

1 year Advanced Karuna Training Hybrid Online and In-Person Retreat

The Karuna Graduate Training is a year-long certificate program which offers tools from Karuna Training that participants can integrate into their life and work with others. This includes Compassionate Exchange, Facilitation of Experiential Exercises, Body, Speech and Mind Group Facilitation, Mindfulness Awareness Training, Speaking from the Heart Group Facilitation and Concentrated Self-Care and Self-Compassion. The prerequisite is the 2-year Karuna Basic Training.

The program consists of two in person seminars, three online seminars (weekend and ongoing), a 75 hour practicum (25 hours of direct service) and continuity groups. The in person seminars are currently planned as retreats at Ghost Ranch; one as a 4-day residential retreat and the other as a 7 day Deepening Week retreat. The online seminars will include both weekends and ongoing classes.

The program cost is \$3750 or \$3250 if paid in full in advance, a \$500 discount, or participants can arrange to make payments over time. We are committed to making this financially workable for those who have a strong desire to do the program. Some tuition assistance is available. We require a minimum of 13 participants for this program. Please note that the food and lodging costs for the residential retreats will be paid separately. The costs are estimated at \$100- \$200 a night for food and lodging including discount, standard and patron rates.

In the graduate training we maintain the personal process component; process and regional continuity groups continue and every seminar is created for further self transformation and deeper personal inquiry. The training is designed to support us in the numerous opportunities we have to live our compassionate exchange and apply Karuna skills in the world whether that be in our relationships, service or professional life.

Melissa Moore, Sandra Ladley and Terry Jaworski will serve as faculty. Miriam Hall will continue on as continuity faculty and be at every program, Kathryn Rile will assist with the Deepening Week and be a mentor for projects.

To enroll please go online at <http://www.karunatraining.com> and apply - if you have financial considerations; please write Mairead Jacobs Dougherty at karuna.assist@gmail.com, and she will connect you with the right person to discuss this.

KTG1 Mindfulness Awareness and Contemplative Education

January 23 - 24, 2021 weekend and 3 continuing classes ONLINE, dates TBD

Sandra Ladley and Terry Jaworski

Saturday and Sunday, Saturday 10:00 AM - 5:30 PM and Sunday 10:00 AM to 1:30 PM

Three 1.5 hour Sessions Dates TBD 2021

In this seminar, participants learn how to guide and seat meditation practice and to facilitate contemplative experiential work. We will look deeply into the mirror of our own relationship to meditation practice and how we understand and communicate it to others. We will work on developing skills in the dynamics of contemplative facilitation and the ability to create a contemplative container for experiential work.

Ongoing online cohort meetings will be arranged, as well as continuity groups. The classes will include further teachings and will provide opportunities to guide mindfulness awareness practice, introduce experiential exercises, and to study and discuss together in community.

KTG2 The Body, Speech and Mind of Experiential Environments

April 10 - 11, 2021 weekend and 3 continuing classes ONLINE, dates TBD

Sandra Ladley

Saturday and Sunday, Saturday 10:00 AM - 5:30 PM and Sunday 10:00 AM to 1:30 PM

Three 1.5 hour Sessions Dates TBD

This workshop unlocks the container magic of Body, Speech and Mind group practice and methodology in a variety of applications. Participants learn how to introduce Body, Speech and Mind Group practice and to work with the dynamics of BSM group facilitation. Students receive a BSM training manual and will present a BSM of an environment; an organization or situation you know well. There will be opportunities to guide BSM in creative ways and to develop and try out experiential exercises. BSM vignettes will be practiced in small groups over the course of the seminar.

KTG3 Deepening Week – Speaking from the Heart Group Facilitation

August 6 - 12, 2021 at Ghost Ranch Retreat Center

Melissa Moore

Friday arrival 3-5 pm - Thursday departure after lunch

Participants will learn how to facilitate Speaking from the Heart contemplative groups and they will engage in intensive Maitri Space Awareness work in a retreat setting. They will also present contemplative experiential exercises in small groups. The Maitri emphasis of this deepening week is the 'wisdom of no escape' in that we stay in and intensify one or two colors the entire deepening week. This is the fruition of Maitri practice and where the potential transmission of a buddha family can occur in relationship to the rest of the buddha family mandala.

KTG4 Compassionate Exchange and Self Care

September 25 - 26, 2021 weekend and three continuing classes ONLINE, dates TBD

Terry Jaworski

Saturday and Sunday, Saturday 10:00 AM - 5:30 PM and Sunday 10:00 AM to 1:30 PM

Three 1.5 hour Sessions, Dates TBD

This course is specifically dedicated to the art of Self Care when working with others. Each participant will be doing a self-care plan and have the opportunity to implement self care over a period of time with report-outs to their continuity group and as part of their practicum. We could call this learning to live Karuna in everyday life.

The Practicum: On your own time, working with a Mentor (Mentors: Sandra, Terry, Miriam, Kathryn)

The heart of the training is the 75-hour practicum which includes 20 – 25 hours of direct work with others in a practicum of your design and choice. It includes as many as 50 hours preparing for, evaluating, and writing and recording a journal of your practicum along the way, and meeting in regional groups and with your faculty mentor. The idea of the practicum is to stretch you, to make it very personal and challenging in a way that you never dared to manifest. The practicum begins with a written plan and approval from your faculty mentor. The point of the practicum is to live your compassion and to apply it very directly in an area of your life that will challenge you deeply in personal growth.

Ongoing online weekly cohort meetings with Karuna Educators will be implemented for additional hours between October - January 2021 - dates and times TBD between mentors and mentees.

KTG5: Graduation

January 27 - 30, 2022 at Ghost Ranch Retreat Center

Thursday arrival 3-5 pm, Sunday departure after lunch

Participants give a half hour presentation on their practicum to the whole group. The emphasis is on living Karuna in the world and on the practicums and lessons learned are the main aspect of the presentation at this graduation.

Completion of the Program

It will be acceptable to miss one seminar and receive certification, recordings for everything will be provided

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<u>Title</u>	<u>Type of program</u>	<u>Hours</u>	<u>Dates</u>	<u>Teachers</u>	<u>Location</u>
KTG1: Mindfulness Awareness and Contemplative Education	Weekend + 3 cohort classes	14	January 23 - 24, 2021 10:00- 5:30, 10:00 - 1:30, February 20, 1:00 - 4:00 March 13, 1:00 - 4:00	Terry Jaworski Sandra Ladley Miriam Hall	Online
KTG2: The Body, Speech and Mind of Experiential Environments	Weekend + 3 cohort classes	14	April 10 - 11, 2021 10:00 - 5:30, 10:00 - 1:30 3 additional 1.5 hour classes, dates TBD	Sandra Ladley Miriam Hall	Online
KTG3: Deepening Week: Speaking from the Heart Group Facilitation	7 days, 6 nights residential retreat	45	August 6 - 12, 2021 Friday 3-5 pm arrival, Thursday departure after lunch	Melissa Moore Miriam Hall Kathryn Rile	Ghost Ranch
KTG4: Compassionate Exchange and Self-Care	Weekend + 3 cohort classes	14	September 25-26, 2021 10:00 - 5:30, 10:00 - 1:30 3 additional 1.5 hour classes, dates TBD	Terry Jaworski Miriam Hall	Online
Practicum; on own time	75 hours with mentoring	75	Including 20-25 hours direct service	Karuna Faculty	
Online Mentoring Group support	8 group sessions of 1.5 hours	(included above)	Available to anyone wanting ongoing mentoring in addition to 3 hours of private mentoring with a Karuna Faculty	Karuna Faculty	Online
KTG5: Graduation	4 day, 3 night program	23	January 27 - 30, 2022 Thursday arrival Sunday to 1 PM after lunch	Melissa Moore, Sandra Ladley Miriam Hall Terry Jawoski	Ghost Ranch
Continuity Groups	Meet 3 hours monthly	30			
Total Hours		215			