

## **Karuna Graduate Training Overview**

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

The program consists of five seminars: 3 weekends, one 4-day residential program, one residential Deepening Week retreat, a 75 hour practicum (25 hours of direct service) and continuity groups.

The program cost is \$4500 or \$3900 if paid in full in advance, a \$600 discount, or participants can arrange to make payments over time. We have not raised the price since 2017 and we are committed to making this financially workable for those who have a strong desire to do the program. Some tuition assistance is available. Please note that the food and lodging costs for the residential retreats will be paid separately averaging \$75-\$175 nightly depending on the lodging (camping, dorm, single, double) that is selected. We require a minimum of 15 participants for this program.

In the graduate training we maintain the personal process component; process and regional continuity groups continue and every weekend and deepening week is created for further self transformation and personal inquiry deeper into the topics with an emphasis on how to bring the work into one's life more deeply. 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 more skillfully whether that be in our relationships, service or professional life.

### **Seminar 1: Introducing Mindfulness into our Work with Others with Sakti Rose and Anie Boudreau Friday February 15, 2019 - Monday February 18, 2019, Residential at Walker Creek Ranch**

Friday 3-6 pm arrival through Monday 4 pm departure

A four day retreat focused on mindfulness. Participants learn how to seat mindfulness awareness practice and introduce contemplative discipline into their work with others. Introductory meditation instruction is the take home of this program.

In this course we are taking the opportunity to look deeply into the mirror at our own relationship to practice, how we understand it and communicate about it to others in a way that empowers their relationship to meditation.

**Seminar 2: Introducing Body Speech and Mind Practice into our Work with Others with Sandra Ladley**

**Friday April 19 - Sunday April 21, 2019 Berkeley Shambhala Center**

Friday 7 pm through Sunday 4 pm

Participants learn how to teach and seat the Body, Speech and Mind group practice, and to understand the dynamics of facilitation --- when it works and when it doesn't work. The end result is a better ability to apply the BSM form to multiple situations. There will be an opportunity to present a BSM of a workplace; an organization you know well or even your home and to practice introducing BSM to others. These BSM vignettes will be practiced in small groups during the weekend.

**Seminar 3: Deepening Week – Speaking from the Heart Group Facilitation with Melissa Moore and Anie Boudreau**

**Saturday August 10 - Friday August 16, 2019 Residential at Walker Creek Ranch**

Saturday 3PM arrival - Friday after lunch

Participants learn how to facilitate Speaking from the Heart contemplative groups while they are doing intensive Maitri Space Awareness work in a retreat setting. The Maitri emphasis 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.

**Seminar 4: Compassionate Exchange and Self Care with and Melissa Moore and Sakti Rose**

**Friday November 15 – Sunday November 17, 2019 Berkeley Shambhala Center**

Friday 7 pm through Sunday 4 pm

This weekend 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**

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.

**Seminar 5: Graduation -- All available Faculty**

**Thursday February 13 – Sunday Feb 16, 2020 Berkeley Shambhala Center**

Thursday 7 pm through Sunday 4 pm, Berkeley Shambhala Center

Participants give a half hour presentation on their practicum to the whole group. The emphasis is on living Karuna in the world, and 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.

Please contact Sandra Ladley soon if you are interested in the program.

| <u>Title</u>  | <u>Type of program</u>               | <u>Hours</u> | <u>Dates</u>   | <u>Teachers</u>                                 | <u>Location</u>           |
|---|--------------------------------------|--------------|--|---|---------------------------|
| <b>Seminar 1: Introducing Mindfulness into Our Work with Others</b>                 | 4 days, 3 nights residential         | 26           | <b>February 15 - February 18, 2019</b><br>Friday 3 – 6 pm arrival,<br>Monday 4 PM departure                                | Sakti Rose & Anie Boudreau<br>Terry Jaworski    | Walker Creek Ranch        |
| <b>Seminar 2: Introducing Body Speech and Mind Groups into Our Work with Others</b> | Weekend                              | 18           | <b>April 19 - 21, 2019</b><br>Friday 7 - 9 pm<br>Saturday 10 am – 9 pm<br>Sunday 10 am - 4 pm                              | Sandra Ladley<br>Terry Jaworski                 | Berkeley Shambhala Center |
| <b>Seminar 3: Deepening Week: Speaking from the Heart Group Facilitation</b>        | 7 days, 6 nights residential retreat | 48           | <b>August 10 - 16, 2019</b><br>Saturday 3PM arrival -<br>Friday departure after lunch                                      | Melissa Moore & Anie Boudreau<br>Terry Jaworski | Walker Creek Ranch        |
| <b>Seminar 4: Compassionate Exchange and Self-Care</b>                              | Weekend                              | 18           | <b>November 15-17, 2019</b><br>Friday 7 - 9 pm<br>Saturday 10 am – 9 pm<br>Sunday 10 am - 4 pm                             | Melissa Moore & Sakti Rose<br>Terry Jaworski    | Berkeley Shambhala Center |
| <b>Practicum; on ow Time</b>  | 75 hours with mentoring              | 75           | Includes a minimum of 25 hours direct service  | All Teachers are mentors                        |                           |
| <b>Seminar 5: Graduation</b>  | 4 day program                        | 26           | <b>February 13 - 16, 2020</b><br>Thursday 7pm - 9pm<br>Friday 10 am – 6 pm<br>Saturday 10 am – 9 pm<br>Sunday 10 am - 4 pm | All Teachers                                    | Berkeley Shambhala Center |
| <b>Continuity Groups</b>  | Meet 3 hours monthly                 | 30           |  |   |                           |
| <b>Total Hours</b>  |                                      | 241          |  |   |                           |