

Karuna Training Schedule—Pacific Northwest 2015–2017

<i>Training</i>	<i>Days</i>	<i>Location</i>	<i>Teachers</i>	<i>Dates</i>	<i>Times</i>
KARUNA TRAINING PHASE 1: Personal Process	<i>116 hours total training</i>			Phase spread over 9 months	
Seminar 1: Confidence in Basic Sanity	4 day Weekend 1 evening and 3 days <i>26 hours</i>	Seattle Shambhala Center	Melissa Moore, Sandra Ladley	November 20 to 23, 2015	Friday 6:30 PM to 9 PM, Saturday 10 AM to 6 PM, Sunday 10 AM to 9 PM, Monday 10 AM to 4 PM
Seminar 2: Ego from the Perspective of Contemplative Psychology	Weekend <i>18 hours</i>	Seattle Shambhala Center	Susan Chapman	February 26 to 28, 2016	Friday 7 PM to 9 PM, Saturday 10 AM to 9 PM, Sunday 10 AM to 4 PM
Seminar 3: Working with Emotions	Weekend <i>18 hours</i>	Seattle Shambhala Center	Sandra Ladley	April 15 to 17, 2016	Friday 7 PM to 9 PM, Saturday 10 AM to 9 PM, Sunday 10 AM to 4 PM
Seminar 4: Exploration of Energy in Contemplative Psychology	Deepening Week Residential Retreat 7 days and 6 nights <i>42 hours</i>	Sahale Retreat Center, Tahuya, WA	Melissa Moore	July 9 to 15, 2016	Saturday afternoon 3 PM check-in Through Friday lunch
12 hours of Continuity Groups* Arranged regionally	<i>12 hours</i>				

Cost for Phase 1 is \$2,700.

Each Phase of Karuna Training can be paid for independently.

(All 3 Phases, paid in advance, will be discounted \$750.)

The fee for food and lodging for the Seminar 4 Deepening Week Retreat will be paid separately.

The current estimate is \$75 to \$175 a night for 5 nights, or \$375 to \$900.

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KARUNA TRAINING PHASE 2: Methods in Working Skillfully with others	<i>90 hours total training</i>			Spread over 6 months	
Seminar 5: Development of Compassionate Presence	Weekend <i>18 hours</i>	Seattle Shambhala Center	Susan Chapman	October 7 to 9, 2016	Friday 7 PM to 9 PM, Saturday 10 AM to 9 PM, Sunday 10 AM to 4 PM
Seminar 6: Exploration of Energy in Communication	Deepening Week Non-Residential Retreat 7 days, 6 nights <i>49 hours</i>	Seattle Shambhala Center	Sandra Ladley	January 13 to 19, 2017	Friday afternoon 3PM check-in Through Thursday lunch
Seminar 7: Therapeutic Process	Weekend <i>18 hours</i>	Seattle Shambhala Center	Melissa Moore	March 24 to 26, 2017	Friday 7 PM to 9 PM, Saturday 10 AM to 9 PM, Sunday 10 AM to 4 PM
12 hours of Continuity Groups* Arranged regionally	<i>12 hours</i>				

Cost for Phase 2 is \$1,575

Each Phase of Karuna Training can be paid for independently.
(All 3 Phases, paid in advance, will be discounted \$750.)

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KARUNA TRAINING PHASE 3: Project with Supervision	<i>95 hours total training</i>			Spread over 5 months	
Seminar 8: Exploration of Energy in Working with Others	Deepening Week Residential Retreat <i>7 days, 6 nights 42 hours</i>	Sahale Retreat Center, Tahuya, WA	Melissa Moore	August 21 to 27, 2017 (tentative)	Monday afternoon 3 PM check-in Through Sunday lunch
Seminar 9: Supervision	One day <i>8 hours</i>	Seattle Shambhala Center	Terry Jaworski plus assistant	September 23, 2017	Saturday 10 AM to 6 PM
Seminar 10: Karuna Project Practicum	5 hours of working with one person <i>5 hours</i>	Self-arranged		On own time	
12 hours of Continuity Groups* Arranged regionally	<i>12 hours</i>	To be arranged	Terry Jaworski plus assistant		
4 Hours Individual Supervision	<i>4 hours</i>				
Seminar 11: Graduation & Certification	4 day weekend <i>26 hours</i>	Seattle Shambhala Center	Melissa Moore, Susan Chapman, Sandra Ladley	November 11 to 13, 2017	Friday 7 PM to 9 PM, Saturday 10 AM to 6 PM, Sunday, 10 AM to 9 PM, Monday 10 AM to 4 PM

Cost for Phase 3 is \$2,175

Total cost for all three phases is \$6,450.

Total cost for all 3 phases paid in advance of Phase One is \$5,700.

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

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The fee for food and lodging for the Seminar 8 Deepening Week Retreat will be paid separately. The

IN SUM Karuna Training Phases 1 through 3	<i>301 total training</i> <i>hours</i>	All weekend seminars will be held at the Seattle Shambhala Center. Deepening Retreats locations to be announced	Lead Faculty Melissa Moore, Susan Chapman, Sandra Ladley	2 year program November 2015 to November 2017
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current estimate is \$75 to \$175 a night for 5 nights, or \$375 to \$900.

The estimated food and lodging expense for all three Deepening Week Retreats is \$1,125 to \$2,700.

***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.