



*Karuna
Training*

DRAFT Basic Cycle Information and Schedule — Los Angeles, California, USA, 2019-2021

PHASES 1-3: November 2019 - October 2021. The training includes eleven 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 Southern California TBD.

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

AUDIENCE: Everyone who engages and cares about relationships.

369 TOTAL TRAINING HOURS: Phase 1 Personal Process: 130 hours; Phase 2 Methods in Working Skillfully with Others: 122 hours; Phase 3 Engaged Compassion Project with Mentoring: 117 hours.

COST: The full cost for the two-year Karuna Training program is projected to be between \$9000 and \$10000. There will be a \$700 discount offered for paying in full before the start of the program, bringing the total to \$8300 - \$9300. Students may also 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 \$75-\$175 a 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

COHORT CAPACITY AND ATTENDANCE: Karuna Training occurs in an ongoing cohort and the class size is limited to 35 students. Students may not enter the cohort after Seminar 2. We expect you to commit to attending all the seminars. To receive certification, a student may not miss more than two seminars.



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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 begin interviews for the Los Angeles cycle on July 15, 2019. If you have questions, please go to the website or contact Sandra Ladley or Melissa Moore at: connect@karunatraining.com

Phase 1: Personal Process

| Training | Days | Location | Teachers | Dates | Times |
|--|--|--------------------------------------|--|--|--|
| Seminar 1 <i>Confidence in Basic Sanity</i> | 4 Day Weekend 1 evening + 3 days 26 hours | Eagle Rock Shambhala Center | Melissa Moore | Nov 21 - 24, 2019 | Thursday 6:30 PM - 9 PM Friday 10 AM – 6 PM Saturday 10 AM – 9 PM Sunday 10 AM – 4 PM |
| Seminar 2 <i>Ego from the Perspective of Contemplative Psychology</i> | Weekend 18 hours | Eagle Rock Shambhala Center | Sandra Ladley | Feb 21 – 23, 2020 | Friday 7 PM – 9 PM Saturday 10 AM – 9 PM Sunday 10 AM - 4 PM |
| Seminar 3 <i>Working with Emotions</i> | Weekend 18 hours | Eagle Rock Shambhala Center | Terry Jaworski | May 1 - 3, 2020 | Friday 7 PM - 9 PM Saturday 10 AM - 9 PM Sunday 10 AM - 4 PM |
| Seminar 4 <i>Deepening Week 1: Exploration of Energy in Contemplative Psychology</i> | Deepening Week Residential Retreat 7 days & 6 nights 56 hours | Retreat Center Residential TBD | Melissa Moore and Sandra Ladley | June 13 – 19, 2020 or June 20– 26, 2020 based on Retreat Center availability, TBD | Saturday arrival 3 PM – 6 PM and Friday departure after lunch |
| Continuity Groups (arranged regionally) | 12 hours | | | | |



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| Total Training Hours Phase 1 | 130 hours | | | | |
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Phase 2: Methods in Working Skillfully with Others

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



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Phase 3: Engaged Compassion Project with Mentoring

| Training | Days | Location | Teachers | Dates | Times |
|---|---|--------------------------------------|------------------------------|---|--|
| Seminar 9 <i>Exploration of Energy in Working with Others</i> | Deepening Week* Residential Retreat 7 days, 6 nights, 56 hours | Retreat Center Residential TBD | Melissa Moore | April, May or June 2021 based on retreat center availability, TBD | TBD Friday arrival 3:00 PM to 6:00 PM Thursday departure after lunch |
| Seminar 10 <i>Mentoring Day</i> | One Day 8 hours | Eagle Rock Shambhala Center | Sandra Ladley | July 17, 2021 | Saturday 10:00AM to 6:00 PM |
| Karuna Project Includes 4 hours mentoring | 15 hours | On own time | Supported by faculty mentors | On Own Time | |
| Continuity Groups <i>(arranged regionally)</i> | 12 hours | Online | | | |
| Seminar 11 <i>Graduation & Certification</i> | 4 Day Weekend 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 10:00 AM to 4:00 PM |
| Total Training Hours Phase 3 | 117 Hours | | | | |
| TOTAL - ALL PHASES | 369 Hours | | | | |