



Specific content of each module and important dates

IMPORTANT NOTE : All intensives, mentor sessions and Immersions have the option to attend either in person or online via zoom.

Year 1 - 2021

Module one : Jan 15th - May 15th

Curriculum :

- The science of mindfulness
- Difficulties and hindrances in meditation
- Essential Buddhist teachings, terms and concepts
- Meditation techniques from different buddhist traditions around the world
- Apply your learning to real life

Essential text : This information is emailed to you once your application is accepted

3 hr Spring Equinox Intensive : March 21st 10am - 1pm MST

9 hr Immersion : April 6th, 7th & 8th 10am - 1pm MST

Once a month mentor sessions scheduled individually

Module two : May 15th - Sept 15th

Curriculum :

- The science of emotional intelligence
- The emotional brain
- Emotional intelligence applied
- How to master your emotions and use your emotions to grow
- Learning skills and gaining confidence in applying your skills to life situations with yourself, at work and in relationships.

Essential text : This information is emailed to you once your application is accepted

3 hr Summer Solstice Intensive : June 20th 10am - 1pm MST

9 hr Immersion : August 10th, 11th and 12th 10am - 1pm MST

Once a month mentor sessions scheduled individually

Module three : Sept 15th - Dec15th

Curriculum :

- The importance & science of Self compassion
- Learning to unlock your natural compassion
- How to apply your learning to working with physical pain, relationship difficulties, inter-personal conflict etc
- How to apply your learning to working with trauma, addiction, psychosis

Essential text : This information is emailed to you once your application is accepted

3 hr Autumn Equinox Intensive : Sept 19th 10am - 1pm MST

9 hr Immersion : November 9th, 10th & 11th 10am - 1pm MST

Once a month mentor sessions scheduled individually

Year 2 - 2022

Module one : Jan 15th - May 15th

Curriculum :

- Breaking free of negative habits and patterns
- Mastering emotional skills
- Meditations to cultivate forgiveness & acceptance
- Compassion vs co-dependency
- Steps to maturity on the path
- Learning skills and gaining confidence in applying your skills to life situations with yourself, at work and in relationships.

Essential text : TBA in July 2021

3 hr Spring Equinox Intensive : TBA in July 2021

9 hr Immersion : TBA in July 2021

Once a month mentor sessions scheduled individually

Module two : May 15th - Sept 15th

Curriculum :

- The middle path of self communication
- Practices to transform negative self talk for yourself and your students
- The psychology of fear and self deception
- Learning skills and gaining confidence in applying your skills to life situations with yourself, at work and in relationships.

Essential text : TBA in July 2021

3 hr Summer Solstice Intensive : TBA in July 2021

9 hr Immersion : TBA in July 2021

Once a month mentor sessions scheduled individually

Module three : Sept 15th - Dec15th

Curriculum :

- The varieties of meditative experience
- The essential unity of various meditative paths
- The psychology of meditation
- Learning skills and gaining confidence in applying your skills to life situations with yourself, at work and in relationships.

Essential text : TBA in July 2021

3 hr Autumn Equinox Intensive : TBA in July 2021

9 hr Immersion : TBA in July 2021

Once a month mentor sessions scheduled individually.