



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 - 2023

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
- The Brahma Viharas : Lovingkindness, compassion, altruistic joy & equanimity
- Learning to write and give a Dharma talk
- Essential skills for one-on-one mindfulness based mentoring or life skill coaching
- Meditation practices as counterproductive defenses
- Spiritual bypassing : Lurching Prematurely toward Absolute Truth
- Mindfulness and Therapeutic Presence - The teacher-student relationship
- Eight Ways to Maintain a Mindfulness Practice
- What to do when you're feeling discouraged
- Personal meditation practices

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

3 hr Spring Mindfulness Intensive : April 2nd 10am - 1pm MST

9 hr Immersion : Sat May 6th 3-6pm MST and Sun May 7th 10am - 1pm MST and 3-6pm 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 giving talks, conducting individual and small group sessions with students, and responding to questions
- Learning skills and gaining confidence in applying teachings to your life as well as your students daily lives
- Personal meditation practices
- Deepening your own presence as a teacher/mentor
- Finding your professional shadow
- Making mindful concentration practice accessible to students/clients

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

3 hr Summer Solstice Intensive : June 18th 10am - 1pm MST

9 hr Immersion : Sat August 19th 3-6pm MST and Sun August 20th 10am - 1pm MST and 3-6pm MST

Once a month mentor sessions scheduled individually

Module three : Sept 15th - Dec15th

Curriculum :

- The importance & science of Self compassion
- Learning to unlock a client's natural compassion
- How to apply your learning to working with physical pain, relationship difficulties, inter-personal conflict etc
- Using compassion to heal and transform suffering in the past and present
- Working with stubborn self criticism and self sabotage
- Mindfulness of thoughts - techniques for building cognitive flexibility
- Mindfulness of emotions - techniques for Building Affect Tolerance and Regulation
- How to apply your learning to working with trauma, addiction, psychosis
- Learning skills and gaining confidence in giving talks, conducting individual and small group sessions with students, and responding to questions
- Learning skills and gaining confidence in applying teachings to your life as well as your students daily lives
- Personal meditation practices
- Open monitoring mindfulness techniques
- Mindful Compassion meditation scripts

Essential text : handouts for reading

3 hr Autumn Equinox Intensive : Sept 24th 10am - 1pm MST

9 hr Immersion : Sat December 2nd 3-6pm MST and Sun December 3rd 10am - 1pm MST and 3-6pm MST

Once a month mentor sessions scheduled individually

Year 2 - 2024

Module one : Jan 15th - May 15th

Curriculum :

- Breaking free of negative habits and patterns
- Mastering emotional skills : approaching difficulties with mindfulness
- Meditations to cultivate forgiveness & acceptance
- Compassion vs co-dependency
- Steps to maturity on the path
- The middle path of self communication
- Practices to transform negative self talk for yourself and your students
- Mindfulness for stress & anxiety
- Learning skills and gaining confidence in giving talks, conducting individual and small group sessions with students, and responding to questions related to topics learnt
- Learning skills and gaining confidence in applying teachings to your life as well as your students daily lives
- Personal meditation practices
- Teaching a group meditation class (Practicum 1)
- Equanimity meditation scripts
- Making mindfulness accessible to wherever and whoever you are teaching

Essential text : Handouts for reading

3 hr Spring Equinox Intensive : TBA in July 2023

9 hr Immersion : TBA in July 2023

Once a month mentor sessions scheduled individually

Module two : May 15th - Sept 15th (TSM module)

Curriculum :

- Defining trauma
- Four R's of Trauma Informed Mindfulness Teaching
- The neuroscience of trauma
- Exploring the window of tolerance and why it matters
- Understanding the double edged sword of mindful attention
- Mindful gauges, cultivating & holding safety, trauma & resilience
- Trauma sensitive body scans
- Applying mindfulness to the the relationship between trauma & shame
- Trauma & Embodied Social Justice
- Social justice basics- what is it and how does it impact all of us?
- Mindfulness as an agent for change : Potential for Prevention and Systemic Change
- Guiding principles for teaching more inclusively
- Awakening together: refuge in a multicultural world
- Manifesting diversity in your classes/wkshps/retreats & spiritual leadership
- Trauma sensitive meditations scripts
- Personal & professional reflections, group discussions & further resources

Essential text : handouts for reading

3 hr Summer Solstice Intensive : TBA in July 2023

9 hr Immersion : TBA in July 2023

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
- Teaching a group meditation class (Practicum 2)
- Learning to sequence your classes, wkshps, retreats for specific populations
- Learning to select mindfulness practices for different populations and different needs
- Exploring your insight and depth of learning through koans

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

3 hr Autumn Equinox Intensive : TBA in July 2023

9 hr Immersion : TBA in July 2023

Once a month mentor sessions scheduled individually.