



## **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
- Learning to write and give a Dharma talk

**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 :** Sat April 10th 3-6pm MST and Sun April 11th 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

**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 :** Sat August 14th 3-6pm MST and Sun August 15th 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

- How to apply your learning to working with trauma, addiction, psychosis
- The student - teacher relationship

**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** : Sat November 13th 3-6pm MST and Sun November 14th 10am - 1pm MST and 3-6pm 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 giving talks, conducting individual and small group sessions with students, and responding to questions related to topics learnt

**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 giving talks, conducting individual and small group sessions with students, and responding to questions**

**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 giving talks, conducting individual and small group sessions with students, and responding to questions**

**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.**