



**Karuna Training 2-year Program:
Los Angeles 2020 - 2022
110 total CEPA Learning Objectives possible**

PHASE 1: Personal Process

Seminar	CEU's	Topic and Teacher	Dates Course	Place
KT ½	16 CEU's	Confidence in Intrinsic Health and the Definition of Ego in Contemplative Psychology Melissa Moore	Feb 20 - 23, 2020	Eagle Rock Shambhala Center Note: Seminar started late due to fires and lack of #'s
KT 2/3	12 CEU's	The Development of Ego & Realms Sandra Ladley	May 2 - 3, 2020 + ? follow up courses: May 16, 2020 May 30, 2020 June 13, 2020 June 27, 2020 July 11, 2020 July 25, 2020	Online Note this was the first ramp-up to online during COVID 19 Pandemic
KT 4	6 CEU's	Deepening the Space of Mindfulness Terry Jaworski	Jun 20- 21, 2020	Online

SOFT Pause	NO CEU's	Maitri Self Care and Elemental Magic All Faculty	August 15, 2020 September 19, 2020 October 17, 2020 November 21, 2020 December 19, 2020	Online
	No CEU's	Continuity Groups		Online 20 total hours

PHASE 2: Compassionate Exchange

Seminar	CEU's	Topic and Teacher	Dates Course	Place
KT 5	10 CEU's	Development of Compassionate Presence I Melissa Moore	January 16 - 17, 2021 + 3 follow up classes: Feb 6, 2021 Feb 27, 2021 March 20, 2021	Online
KT 6	10 CEU's	Compassionate Presence 2 Melissa Moore	April 17 - 18, 2021 + 3 follow up classes: May 8, 2021 May 22, 2021 June 5, 2021	Online
KT 7	21 CEU's	Deepening Week' Meeting the Mandala Melissa Moore and Sandra Ladley	June 11 -17, 2021	Ari Bhod Retreat Center Tehachapi, CA

KT 9	10 CEUS	Shining the Jewel Sandra Ladley	July 24 - 25, 2021 + 2 follow up classes: Aug 22, 2021 Sept 9, 2021	Online
	No CEU's	Continuity Groups		

PHASE 3: Engaged Compassion

Seminar	CEU's	Topic and Teacher	Dates Course	Place
KT 10	10 CEU's	Mentoring	October 23, 2021	Online
	Karuna Project Practicum	25 hours of mentored practicum work with someone of the participants' choice practicing compassionate exchange over the course of 5 hours.		Self-arranged
	Individual Mentoring	Met 3 half hours for mentoring		
KT 11	15 CEU's	Graduation weekend/Final All Staff	January 20 - 23, 2022	Pasadena Air BNB