

PASSIONIST

EARTH & SPIRIT CENTER

1924 NEWBURG ROAD • LOUISVILLE, KY 40205 • 502.452.2749 • WWW.EARTHANDSPIRITCENTER.ORG

100 HOURS IN 2019

MINDFULNESS MEDITATION TRAINING PROGRAM

A One-Year Program for
Learning to Facilitate and Guide
Basic Mindfulness and
Compassion Practices

DEEPEN
Your Meditation Practice
EXPAND
Your Impact on the World

Louisville's First
Extensive Mindfulness
Training Program

THE School OF
Meditation



The Mindfulness Meditation Training Program is a one-year, 100 hour learning experience for personal enrichment and professional development. It provides training and experience that equips participants to guide and facilitate basic mindfulness and compassion practices. Through a holistic curriculum of non-credit monthly weekend seminars and small-group formation processes, participants grow in the wisdom and knowledge needed to live an integrated life and are empowered to share the benefits of mindfulness with others.

LEARN the theoretical, psychological and spiritual underpinning of mindfulness and the methodology and pedagogical skills for facilitating and guiding basic mindfulness and compassion practices.

DEVELOP and strengthen an ongoing in-depth mindfulness meditation practice.

INTEGRATE what you are learning and experiencing in meditation into your personal life through a process of reflection in guided mentor groups.

GROW in wisdom as you nurture and deepen your spiritual journey.

APPLY knowledge, experience and skills for bringing mindfulness and compassion practices into areas of professional or personal interest.

Who Should Participate?

The program is open to anyone who is personally committed to mindfulness meditation. It offers guidance, confidence and support to those interested in learning how to share the benefits of mindfulness and compassion skills with others in formal or informal settings. It will be of special benefit to:

- Healthcare workers – medical professionals, physicians, nurses, hospice staff
- Mental health workers – therapists, counselors, social workers
- Somatic practitioners – yoga instructors, massage therapists
- Mentors, spiritual directors, clergy, life coaches
- Human resource, management and other business personnel
- Teachers – elementary, middle school, high school, university
- Parents, grandparents and others concerned about helping children

More Information on Back

WHAT CAN I EXPECT TO GAIN?

- Understand the core principles of mindfulness and how to use this knowledge in a practical way.
- Receive guided instruction in mindfulness meditation and compassion practices.
- Explore the spiritual roots of mindfulness as well as the foundational psychological underpinnings.
- Discover the current approaches, styles and techniques for applying mindfulness in a broad range of settings.
- Practice guiding and facilitating mindfulness practices under supervision and peer feedback
- Develop skills to practice and guide mindfulness practices in a personal, social or professional capacity.

WHAT IS THE STRUCTURE OF THE PROGRAM?

The basic structure of the program is ten monthly weekend sessions over one year: eight monthly seminars (Friday evening and all-day Saturday), one long weekend seminar (Friday evening until Sunday noon), and one long weekend retreat (Thursday evening to Sunday noon).

Each seminar includes (1) presentations in the theory, practice and various areas of applied mindfulness; (2) experiential exercises in facilitating mindfulness practices; (3) reflective learning through discussion of assigned reading/homework; (4) mentor group guidance in a facilitated supportive learning community; and (5) skill-building sessions for learning to guide and facilitate basic mindfulness and compassion practices.

WHAT DO I RECEIVE UPON COMPLETION?

- Upon successful participation in at least 90 hours of the 100-hour program, you will receive a certificate of completion.
- Continuing Education Units (CEUs) for some professions may be available for an additional fee.

AM I QUALIFIED TO PARTICIPATE?

Applicants should have a strong interest in personal development and growth as well as a passion for learning how to use mindfulness in supporting people on their life journey.

You are eligible to apply if you have: (1) completed a basic introduction to mindfulness meditation course; (2) sustained a regular practice of mindfulness meditation for a minimum of six months; (3) deep appreciation for mindfulness and a desire to share it with others.

WHAT IS THE APPLICATION PROCESS?

The online application process opens September 15, 2018. Enrollment is limited. The application process concludes by January 15, 2019, or sooner if the course is full.

- Complete the online application form.
- Submit one letter of recommendation
- Make an application deposit of \$100. If your application is not accepted, your deposit will be refunded in full.
- Participate in a personal interview either in person or by phone after your application form has been processed.

WHAT IS THE COST?

- Tuition fee is \$1950, inclusive of a \$100 application deposit. Receive a FREE \$100 gift certificate toward any other Earth & Spirit Center program if full payment is made before November 15, 2018.
- A payment plan is also available if tuition is not paid in full at time of registration. It consists of a \$100 application deposit and three payments of \$650 due (1) upon acceptance into the program, (2) February 1, 2019, and (3) April 1, 2019.
- Cancellations received before February 1, 2019 – 90% of payment is refundable, less application fee. Cancellations received before March 1, 2019 – 80% of payment is refundable, less application fee. No refunds after March 1, 2019.
- Additional costs include overnight accommodations and meals during the long retreat. Estimated cost for three nights and nine meals is \$250-\$350, depending upon double or single overnight accommodation options.
- CEUs for certain professions may be available at an additional cost.
- Some partial scholarships requiring volunteer service are available through an application process.

WHO ARE THE FACULTY?

The core faculty includes some of the leading teachers in the fields of mindfulness and compassion meditation in the Louisville area: Dr. Pamela Cotton, Glenda Hodges-Cook, Kathleen Kaelin, OSU, Fr. Joe Mitchell, and Dr. Chris Schrodt, MD. Faculty biographies are available on the faculty page on the Earth & Spirit Center website.

The faculty includes guest teachers from around the country who will teach via live interactive video conference sessions.

2019 PROGRAM DATES – 10 WEEKENDS

- February 22/23, 2019 – Seminar Weekend
Friday 7:00 p.m. to Saturday 5:00 p.m.
- March 22/23, 2019 – Seminar Weekend
Friday 7:00 p.m. to Saturday 5:00 p.m.
- April 12/13/14, 2019 – Long Seminar Weekend
Friday 7:00 p.m. to Sunday 12:30 p.m.
- May 10/11, 2019 – Seminar Weekend
Friday 7:00 p.m. to Saturday 5:00 p.m.
- June 7/8, 2019 – Seminar Weekend
Friday 7:00 p.m. to Saturday 5:00 p.m.
- July 12/13, 2019 – Seminar Weekend
Friday 7:00 p.m. to Saturday 5:00 p.m.
- August 30 to September 2, 2019 – Long Weekend Retreat
Friday 6:00 p.m. to Monday 1:00 p.m. (Labor Day)
- October 11/12, 2019 – Seminar Weekend
Friday 7:00 p.m. to Saturday 5:00 p.m.
- November 8/9, 2019 – Seminar Weekend
Friday 7:00 p.m. to Saturday 5:00 p.m.
- December 13/14, 2019 – Seminar Weekend
Friday 7:00 p.m. to Saturday 5:00 p.m.

For more information call 502.452.2749 or go online at www.earthandspiritcenter.org.