

Jennifer L. Erickson, MA LPC NCC

Advanced Mindfulness Practice and Study

Dates

2022 to present

Ongoing Regular Practice and Study

Advanced Teachings
Foundational Teachings
Pilgrimage 2023

September (9 weeks) 2020

February (10 weeks) 2021

September (5 weeks) 2021

Tara Mandala: Feeding Your Demons®

Level I

Level II

Capstone

May 2011

July 2011

September 2011

September 2011

March 2012

Shambhala Training: Heart of Warriorship

Level I: Art of Being Human

Level II: Birth of the Warrior

Level III: Warrior in the World

Level IV: Awakened Heart

Level V: Open Sky

May 2012

March 2013

April 2013

August 2013

February 2014

February 2014

July 2016

Sacred Path Series

Great Eastern Sun, Windhorse, Drala

Rigden Weekend

The Four Dignities

Enlightened Society Assembly

Golden Key

Warrior Assembly

Sacred World Assembly

January 2017

July 2017

Vajrayana Practice

Ngondro Retreat

Rigden Abisheka

Spring 2013

Spring 2013

Fall 2013

Fall 2013

April 2014

Way of Shambhala Series

Meditation in Everyday Life

Contentment in Everyday Life

Joy in Everyday Life

Fear in Everyday Life

Wisdom in Everyday Life

July 2013

August 2014

Basic Goodness Series

Basic Goodness I: Who Am I?

Basic Goodness II: How Can I Help?

January 6-21, 2019

January 18-Feb 31, 2013

May 15-23, 2013

March 17-24, 2018

March 9-17, 2018

June 25-July 5, 2014

December, 2015

Retreats

Half Dathun

Half Dathun

Three Pillars Leadership Gathering

Solitary Retreat

Weekthun

Solitary Retreat

Heart of Recovery

January 2013

December 2013

July, 2017

Vows

Refuge

Bodhisattva

Samaya