

# Jennifer L. Erickson, MA LPC NCC

## Advanced Mindfulness Coursework

### Dates

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