

Jennifer L. Erickson, MA LPC NCC

Advanced Mindfulness Coursework

Dates

September (9 weeks) 2020
February (10 weeks) 2021
TBD (5 weeks)

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