

March 2022—October 2022  
8 month / 200 Hour Meditation Immersion

## Hours

- 94 Classroom
  - Sunday Mornings 7:30-10:30am PT / 9:30 CT / 10:30 ET
  - Saturday Mini-Retreats 7:30-10:30am PT / 9:30 CT / 10:30
- 30 Group Meditations
- 30 Off-Site Retreat August 4—7 *Not included in tuition*
- 4 Meditating with other teachers
- 12 Online Program
- 30 Assignments and Reading

## Term Schedules

Special Opening Meditation: Thursday, March 3 9:00-10:30am PT /11 CT/ 12 ET

### Spring Term 16 weeks: March 3—June 26

- Sunday Class 7:30-10:30 March 6,13,20,27  
April 10,24  
May 1,8,15,22  
June 5,12,19,26
- Saturday Retreats 7:30-10:30 March 12, April 9, May 14, June 11

### Summer Term 5 weeks: July 9—August 14

- Sunday Class 7:30-10:30 July 10,17,24,31  
August 14
- Saturday Retreat 7:30-10:30 July 9

### Fall Term 5 weeks: September 10—October 9

- Sunday Class 7:30-10:30 September 11,8,25  
October 2,9
- Saturday Retreats 7:30-10:30 September 10