

2024 MITT CLASS SCHEDULE:

Special Opening Dedication Meditation:

Friday, March 1 1:30pm–3:30pm PT / 3:30 CT / 4:30pm ET

Graduation:

Saturday, November 2 2:00-5:00 PT / 4:00 CT / 5:00 ET

Class Meets:

Sundays, 7:30 – 10:30am PT / 9:30 CT / 10:30 ET

One Monthly Mini-Retreat:

Saturdays, 7:30 – 10:30am PT / 9:30 CT / 10:30 ET

Required On-Site Retreat:

October 3-6 (Not included in tuition)

IMMERSION PROGRAM:

Our program is designed for real people, living real lives. We know you have families, jobs, obligations and we use your very real life as the vehicle for your meditation practice.

If you show up for Sunday morning classes, your weekly evening group meditation*, and the required retreat*, you will realize meaningful benefits and transformation from the program. Extra homework, journaling, and reading, are required only of those studying for the Meditation Teacher Certification.

TEACHER CERTIFICATION REQUIREMENTS:

- Attend one group meditation* per week at Hamsa Meditation Center during the Spring, Summer, and Fall Series. Total 32 hours.
- Take two workshops* on a Specialty Topic:
 - Prana with Agnieszka: July 20 (2:00 - 4:00pm) or July 21 (11:30 - 1:00pm)
 - Anger Workshop: Saturday Sept 21 8:30 - 3:30pm
- Attend the Fall Teachers Retreat*
- Complete all homework.

* **Please Note:** *The cost of Group Meditations, Workshops, and Retreat are not included in your tuition. However, as a participant in the MITT Program, you receive a substantial discount on all Group Meditations, Classes, and Workshops. Retreats are not discountable.*

2024 MONTHLY CALENDAR/SCHEDULE:

MARCH

Saturday March 9

Sundays March 3, 17, 24

No class: Sunday March 10, Sunday March 31

APRIL

Saturday April 6

Sundays April 7, 14, 21

No class: Sunday April 28

MAY

Saturday May 4

Sundays May 5, 12, 19

No class: Sunday May 26

JUNE

Saturday June 1

Sundays June 2, 9, 16, 23

No class: Sunday June 30

SUMMER BREAK: JUNE 28 - JULY 12

JULY

Saturday July 13

Sundays July 14, 21, 28

No class: Sunday July 7

AUGUST

Saturday August 3

Sundays August 4, 11, 18

No class: Sunday August 25

END OF SUMMER BREAK: AUGUST 26 - SEPTEMBER 6

SEPTEMBER

Saturday September 7

Sundays September 8, 15, 22, 29

No class: Sunday August 1

OCTOBER

Required Retreat October 3-6

Sundays October 13, 20, 27

NOVEMBER

Graduation Saturday November 2

2:00-5:00pm PT / 4:00 CT / 5:00 ET