

Class Dates and Times



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.

Those wanting the Teacher Certification are required to:

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 of your choice at Hamsa Meditation Center.

Complete all homework.

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

MONTHLY CALENDAR/SCHEDULE

MARCH

Saturday March 9

Sundays March 3, 17, 24

No class: Sunday March 10, Daylight Savings Time begins

Sunday March 31, Easter

APRIL

Saturday April 6

Sunday April 7, 14, 21

No class: Sunday April 28

MAY

Saturday May 4

Sundays May 5, 12, 19

No class: Sunday May 26 Memorial Day

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, 25

No class: Sunday July 7

END OF SUMMER BREAK: AUGUST 26 - SEPTEMBER 6

SEPTEMBER

Saturday September 7

Sundays September 8, 15, 22, 29

OCTOBER

Required Retreat October 3-6

Sundays October 13, 20, 27

NOVEMBER

Graduation Saturday November 2

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