



Applications for the 2017 training must be submitted no later by January 15, 2017. The application fee is waived for applications received by December 1, 2016.

You must apply by December 1st to be considered for a Work-Study Position.

Application

Instructions: Please answer the below questions in a separate document and submit with other required materials to kim@theidproject.org, or mail to The Interdependence Project, 302 Bowery, 3rd Floor, NY, NY 10012. Please include your name, address, email, and cellphone information with your application. The \$60 application fee can be paid via cash or check or online at this link: <http://theidproject.org/node/5337>. We must receive payment before your application will be reviewed.

1. Describe your history with meditation practice and the study of Buddhism. How long have you been practicing? Where have you studied or practiced? What retreats have you attended, where and when? Do you have one or more teachers with whom you study regularly, if so, from what lineage or affiliation? Do you consider yourself a committed student of a particular meditation lineage, or are you intentionally not committed to a lineage?
2. Describe your daily meditation practice and study. What techniques do you practice and how many sessions do you practice weekly?
3. Why, and for what purpose and population do you plan to offer meditation instruction?
4. Will you meet the prerequisites of this program by June 30, 2017? If not please explain in detail; you may request more time or alternative credit.
5. In a short essay (maximum 500 words), please explain your personal inspiration for this training.
6. Current IDP Monthly Membership (in any amount) is required to participate in this program. Please indicate the date your Membership began. You may join at www.theidproject.org/membership

7. Please indicate if you'd like to be considered for a Work-Study position. Work-Study is not available for consideration after December 1.

8. Please indicate if you'd like to be considered for a PoC scholarship.

9. What is your experience with diversity in your life generally? What is your experience with diversity within Dharma communities?

10. Please describe any experience you have had in socially engaged Buddhism, as well as any interests for future pursuit in this area.

As part of our ongoing commitment to creating a diverse and vibrant community, we're invested in offering training opportunities for people from diverse backgrounds and life experiences. The following questions are optional.

- What is your gender?
- What gender pronoun do you go by?
- What is your racial and ethnic heritage or background?
- What is your orientation?
- Do you identify as a person with a disability or disabilities?



Completed application and supporting documents must be submitted no later than January 15, 2017. A \$60 non-refundable application fee must be paid for applications submitted after December 1, 2016. You may pay the non-refundable application fee at this [link](#).

The Interdependence Project's Yearlong Meditation Teacher Training is an immersion in the practices and principles of multi-lineage, secular Buddhism. This one-of-a-kind training includes six weekend retreats, one-on-one direction from its teachers, peer study groups and support, and admission to IDP classes for the duration of the program.

Developed and led by IDP founder and teacher Ethan Nichtern, it will include Soto Zen Priest Francisco Genkoji Lugoviña, IDP teacher and Executive Director, Kimberly Brown, and others of the IDP Faculty. This training integrates the philosophical, psychological, and ethical principles of the Buddhist traditions with contemporary Buddhist teachings and therapeutic practices. Participants not only learn specific techniques for effectively leading individual and group meditation, they are also guided on a path of study to clarify the function of contemplative practice in the development of wisdom and compassion. Designed to prepare experienced meditators to offer meditation instruction to their clients, patients, family, and the general public, this training is open to therapists, educators, life coaches, leaders, managers, social workers, yoga teachers, and experienced Buddhist students inspired by their own



practice to encourage others to work with their hearts and minds.

This unique program offers:

- a multi-lineage perspective on Secular Buddhism through texts from many lineages and contemporary teachers
- experiential learning and practice of individual and group meditation techniques in a supportive environment
- individual supervision by a Buddhist teacher, to assist with your personal practice as well as your training skills
- practical and grounded methods for teaching meditation and explaining basic Buddhist principles in a secular way
- a supportive and friendly community (sangha)
- confidence and knowledge to teach the practices in a secular manner that supports a wide range of contemporary fields

Each weekend schedule is Friday 7-9pm, Saturday 10am-6pm, Sunday 10am-4pm, and participants are expected to attend each weekend to qualify for completion of the program. Between weekends, participants commit to a daily meditation practice, the completion of regular homework assignments and readings, weekly and daily check-ins with peer groups, and two scheduled one-on-one meetings with teachers during the course of the program.

Two online tutorials led by IDP teachers are also offered between each training weekend.

Training Schedule

- Weekend 1: February 17-19
- Weekend 2: April 21-23
- Weekend 3: June 9-11
- Weekend 4: August 11-13
- Weekend 5: October 13-15
- Weekend 6: December 8-10

Program Admission Requirements

This training is primarily designed for those with meditation experience who are interested in offering meditation instruction within their profession. Committed Buddhist students who would like to participate in this training to deepen their understanding and knowledge may also be admitted.

1. Completed application form.
2. A regular meditation practice of at least two years, preferably longer
3. Two brief letters of recommendation
 - From a member, teacher, or leader of a Buddhist community (members of yoga or other spiritual traditions will be considered)
 - From a personal mentor or teacher

If the following practice requirements are not fulfilled at the time of application, acceptance to the program is conditional upon their fulfillment by June 30, 2017:

4. Attendance of at least 40 classes of secular Buddhist studies courses at IDP in NYC or via Home Study or the equivalent number of courses taken within recognized lineages, and completion of at least four weekend retreats attended at IDP or elsewhere

5. Completion of at least one week-long, residential meditation retreat within a recognized lineage
6. Participation in a diversity workshop. The date for the 2017 IDP workshop is TBD. Cost for this program is not included in tuition, workshop is offered at a reduced rate for Teacher Trainees.

Alternative credit will be considered for any of the above requirements. Please email kim@theidproject.org with inquiries.

Information for Applicants

Cost: Tuition is offered on a sliding scale and is exclusive of reading materials and a year-end teachers' gift. Please select the highest rate you can reasonably afford. This allows us to better meet the growing number of requests for financial aid and PoC scholarships.

Full Tuition: \$2500

Supporting Tuition: \$2200

Base Tuition: \$2000

Payment and Refund Policies

- A \$300 non-transferable, non-refundable deposit is required to reserve your spot in the program upon acceptance.
- Cancellations more than four weeks before the training start date receive a full tuition refund, less the \$300 non-refundable deposit. Cancellations between two and four weeks before training start receive a 50% tuition refund, less the \$300 non-refundable deposit.
- Tuition is due in full two weeks prior to the training start date unless a payment plan is arranged in writing.
- Payment plans can be arranged for the Full or Supporting Tuition rates only. The Base tuition rate must be paid in full two weeks prior to the training start date.

- After two weeks prior to the start of training, or after training begins, no refunds are available.

Work-Study and Scholarships

Work-Study positions are awarded based upon both financial need and community involvement. These positions require participants to provide assistance with setup and support on Training Weekends in exchange for reduced tuition. Due to the limited number of positions available, you must apply by December 1, 2016 to be considered for a Work-Study position.

To further our commitment to creating a diverse community, we offer scholarships for this program to persons of color. If you identify as a person of color and would like more information, please contact kim@theidproject