



About the Program

This training will be a rigorous cycle of practice, study, and both prepared and on-the-spot practice teaching of several different meditation practices originating from the Buddhist tradition, as well as the body of philosophical, psychological and ethical principles which form the backbone of those practices. The training serves three main functions:

- 1) To greatly deepen participants' personal understanding and practice of Buddhist principles and meditative disciplines, and to give students confidence to frame these teachings in a fully secular manner which exists in conversation with, and in complement to, a wide range of contemporary fields. This training will undoubtedly serve to take participants' own paths and connection with the Buddhist teachings to the next level and establish meditation practice firmly as a lifelong endeavor.
- 2) To give participants the tools, knowledge and confidence to apply contemplative and Buddhist principles to whatever work they do in the world (whether paid or volunteer), especially the work participants do in teaching, mentoring, or addressing the mental health of others.
- 3) To potentially authorize participants to begin the path of teaching within the Interdependence Project community. **Note that while #s 1 and 2 are outcomes for all participants, the authorization to teach/facilitate for IDP and call oneself a Buddhist teacher or meditation instructor is not a guaranteed outcome of this training.** One should enter the training with the point of view that humility is paramount, and that to greatly deepen one's path as a student is reason enough to enter this training. After all, being a great student is the very essence of being a good teacher.

2012 Facilitator / Teacher Training

Program Requirements:

• **Mandatory Attendance at 6 weekend retreats beginning February 2012 and proceeding through December, 2012. Dates for all weekends will be:**

Feb 24-26, Apr 13-15, June 8-10, Aug 3-5, Oct 12-14, Dec 14-16

- Two hour-long one-on-one sessions with Ethan during the training.
- Significant reading and weekly practice requirements.
- A final essay comparing the teaching styles of two Buddhist/mindfulness teachers from a pedagogical and experiential standpoint.

Program Prerequisites:

(these should be fulfilled by June 30, 2012 - alternative credit accepted only under special conditions)

- Membership in the IDP (Global Membership or Above)
- A regular meditation practice of at least two years, preferably longer
- 40 Buddhist Studies classes attended at IDP
- 4 IDP Weekend Retreats attended (Four Mindfulnesses, Metta&Tonglen, Understanding Karma, Experiencing Emptiness)
- 1 day-long Arts retreat
- At least one week-long residential meditation retreat in a recognized practice lineage
- 2 SHORT Letters of Recommendation:
 - One From an IDP Community Member, Teacher or Leader (not Ethan Nichtern)
 - One From a non-IDP mentor or teacher of yours

• \$40 application fee (which counts toward tuition if accepted into program)
Either pay via the website at this address: or send a check payable to : "The Interdependence Project" with memo "facilitator's application" by December 1, 2011

Tuition: \$1400 - (includes \$40 application fee due December 31st, 2011)

Payment Schedule: \$400 due by January 15, 2011, \$300 due by February 11, 2012, and the remaining \$660 due by June 1, 2012

Workstudy and Reduced Payment: Due to the heavy investment of teacher time and space resources, we can only offer very very limited alternative payment options for this training. Please contact lani@theidproject.org with inquiries about this.

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Application Questions

(To be answered by applicant - must be received by December 31, 2011)

Instructions: Please Address in a separate document and either email to ethan@theidproject.org

or mail to:

The Interdependence Project
302 Bowery 3rd Fl.
NY NY 10012

1. Describe your history with meditation practice and the study of Buddhism to this point. How long have you been practicing? Besides IDP, where else have you studied or practiced? What retreats have you attended? Do you have one or more teachers with whom you study regularly (either within IDP, but also outside of IDP). Do you consider yourself a committed student of one meditation lineage, or are you intentionally not committed to a lineage, or still searching?
2. Describe your daily meditation practice and study as they stand now. What techniques do you practice and how many sessions do you practice weekly?
3. What work (either paid or volunteer) do you do that you might think the skill sets of becoming a Buddhist meditation instructor or facilitator would be of service in?
4. Will you be willing and able to facilitate and teach within the IDP program if authorized to do so, or are you interested in this training primarily to utilize these skills and credentials outside IDP?
5. Will you meet the prerequisites of this program by June 1, 2012? If not (either requesting more time or requesting alternative credit) please explain in detail.
6. In a short essay (500 words MAX), please explain your personal inspiration for the facilitator training.