



ABIDING HEART
EDUCATION

Experiential Buddhist learning

Online Teacher Training Diploma in Abiding Heart Education™

Academic Calendar 2022

Semester 1: Winter / Spring 2022				Semester 1: Winter / Spring 2022			
Modules				Ongoing classes			
8 Feb	-	9 Feb	Induction	8 Feb	-	15 Apr	Shamatha Meditation
10 Feb	-	11 Feb	Introduction to Buddhism				
14 Feb	-	11 Mar	Foundational Vehicle	14 Feb	-	3 Jun	Himalayan Buddhist Arts
14 Mar	-	18 Mar	Reading Week	14 Feb	-	3 Jun	Handwork and Mindfulness
21 Mar	-	15 Apr	Mahayana	14 Feb	-	3 Jun	Experiential Arts: Buddhist Philosophy
18 Apr	-	22 Apr	Karma	14 Feb	-	3 Jun	Personal Development Group
25 Apr	-	29 Apr	Reading Week				
2 May	-	27 May	Vajrayana + Vipassana and preliminary Vajrayana				
30 May	-	3 Jun	Karma and Biography				
6 Jun	-	10 Jun	Reading Week (assignments due 10 June 2022)				



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Semester 2: Winter / Spring 2022				Semester 2: Winter / Spring 2022			
Modules				Ongoing classes			
21 Jun	-	21 Jun	Induction				
22 Jun	-	24 Jun	Green Tara in View, Meditation and Pedagogical Application				
27 Jun	-	1 Jul	Introduction to Observation and Awareness Meditation	27 Jun	-	12 Aug	Green Tara Meditation Practice
4 Jul	-	15 Jul	Child Development Module 1	27 Jun	-	9 Dec	Himalayan Buddhist Arts
18 Jul	-	29 Jul	Child Development Module 2	27 Jun	-	9 Dec	Experiential Art
1 Aug	-	5 Aug	Child Development Module 3	27 Jun	-	9 Dec	Handwork and Mindfulness
8 Aug		12 Aug	Child Observation and Awareness Meditation	27 Jun	-	9 Dec	Music and Singing
15 Aug	-	26 Aug	Break	27 Jun	-	9 Dec	Weekly Discussion
29 Aug	-	2 Sep	Reading week (assignments due 2 Sep 2022)				
5 Sep	-	16 Sep	Break				
19 Sep	-	30 Sep	Child Observation Practicum				
3 Oct	-	7 Oct	Reading week (assignments due 7 Oct 2022)				
10 Oct	-	10 Oct	Learning Groups				
11 Oct	-	4 Nov	Break				
7 Nov	-	7 Nov	Learning Groups				
8 Nov	-	18 Nov	Break				
21 Nov	-	9 Dec	Learning Theories Manjushri meditation				



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Daily class schedule: 4h 45m

NEPAL		Class	SE Asia	CET	CDT US
16:45	10	Heart Sutra and short meditation	19:00	12:00	05:00
16:55	10	PEN	19:10	12:10	05:10
17:05	55	Meditation	19:20	12:20	5:20
18:00	15	Break	20:15	13:15	6:15
18:15	60	Lecture	20:30	13:30	6:30
19:15	15	Break	21:30	14:30	7:30
19:30	60	Lecture	21:45	14:45	7:45
20:30	10	Break	22:45	15:45	8:45
20:40	50	M: Charya T: Experiential Arts W: Personal Development Th: Craft – Quilting F: Experiential Arts	22:55	15:55	8:55
21:30		Session end	23:45	16:45	9:45

Please be advised that the above **dates and times are subject to change**. We will make every possible effort to inform of any changes in advance. Times may need to be adjusted for daylight saving in certain time zones.