

VAJRAPANI INSTITUTE

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COMPASSION CULTIVATION TRAINING - SPECIAL 4-DAY IMMERSION

With MONICA HANSON AND ROBERT CUSICK

Apr 21 - Apr 24, 2016

For Information and to REGISTER Online:

<https://www.regonline.com/Register/Checkin.aspx?EventID=1773281>

WHAT IS A COMPASSION CULTIVATION TRAINING IMMERSION?

Over the course of this Special 4-Day Immersion, participants will have an in-depth opportunity to learn through instruction, meditation practices, reflection and experiential exercises how to *cultivate* the daily-life skills needed to strengthen the qualities of compassion, empathy, and kindness. You will also learn about current research demonstrating the benefits of training in compassion, as well as skills for sharing these practices with others.

WHAT IS CCT?

The Compassion Cultivation Training (CCT) protocol is a course developed in the Center for Compassion & Altruism Research and Education (CCARE) at Stanford University, School of Medicine. The course, designed by Thupten Jinpa, PhD, in collaboration with contemplative scholars, psychologists and neuroscientists at Stanford, explores teachings and practices to strengthen self-compassion, extend compassion to others safely, and find peace in challenging relationships and courage in difficult circumstances.



Taught by Stanford Instructors:

Monica Hanson is a Senior Teacher at CCARE, Stanford University. She is member of the leadership team at CCARE that co-developed and launched the Compassion Cultivation Teacher Training Certification program at Stanford University in 2011. Monica was the lead teacher in a research study for Stanford Medicine Neuroscience & Pain Lab, examining the effects of compassion training, chronic pain and the impact on significant others. She lives in the SF Bay Area.

ROBERT CUSICK trained at Stanford in the Center for Compassion and Altruism Research and Education. He is a Certified Stanford Compassion Cultivation Training Instructor and teaches CCT at Stanford, UCSF, and Kaiser Hospitals and in multiple other venues. As long-time meditator and former monk, Robert ordained in Burma under the renowned meditation master, Ven. Pa Auk Sayadaw, and studied with him from 2003 - 2012. Robert provides bereavement support for adults and children and co-leads men's grief groups at *Kara* in Palo Alto. You can contact him at www.thecompassiontrain.com