



ABIDING HEART
EDUCATION

EXPERIENTIAL BUDDHIST LEARNING

Part-time Primary Teacher Training in Abiding Heart Education™

Summer Primary Training 2021 16 June - 6 August 2021

The **part-time training** is a **4-year** course consisting of **two periods** each year:

- **Summer training:** 6 weeks
- **Winter training:** 6 weeks
- **Learning Group sessions:** these take place between the training periods

Green Tara as support to Class Teaching

This is a **new module** we are very happy to offer as part of the Summer training. Please note this module is **obligatory**.

Dates and duration: 16-17 June 2021 (4 hours); 19 June - 6 August (36 hours)

Trainer: Ven. Mingyur Rinpoche; Karma Rinchen Dolma la

Trainees: Returning trainees and new students

Format: Livestream

Schedule:

		Nepal time
Ven Mingyur Rinpoche	16 June - 17 June	5pm - 7pm
Karma Rinchen Dolma la	19 June - 23 June	6am - 7am
Karma Rinchen Dolma la	26 June	6am - 7am
	27- 30 June	5pm - 6pm
Karma Rinchen Dolma la	4 July - 9 July	6am - 7am
Karma Rinchen Dolma la	12 July - 16 July	6am - 7am
Karma Rinchen Dolma la	19 July - 23 July	6am - 7am
Karma Rinchen Dolma la	26 July - 30 July	6am - 7am
Karma Rinchen Dolma la	2 August - 6 August	6am - 7am

Course Description

Mingyur Rinpoche will teach us the Green Tara practice by bringing together View, Meditation and Application in children's pedagogy. In this course we will learn about the philosophical aspects of Green Tara and focus on deepening the understanding and practice of shamata and vipassana meditation through the Green Tara practice.

Karma Rinchen Dolma la will continue the journey into deepening our understanding of Green Tara by practicing Mingyur Rinpoche's meditation instructions and continuing to explore the philosophical expressions of Green Tara.



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Block 1: Introduction to Primary Curriculum Studies

Please note that this module is obligatory

Dates and duration: 19 - 23 June (17 hours)

Location: Online

Trainers: Dr Meyrav Mor, Karma Rinchen Dolma la, Ramila Rai, Ravi Pradhan

Format: livestream

Schedule 19 June (5 hours)

Nepal time	Activity
6am - 7am	Green Tara Meditation
2pm - 3.45pm	Curriculum Studies
3.45pm - 4pm	Break
4pm - 5pm	Craft
5.05pm - 6.05pm	Karuna for teachers

Schedule 20 June - 23 June (12 hours)

Nepal time	Activity
6am - 7am	Green Tara Meditation
5pm - 6pm	Curriculum Studies
6pm - 7pm	Craft (22 Jun, 23 Jun)
6pm - 7pm	Karuna for teachers (20 Jun, 21 Jun)

Content:

Introduction to transformational experiential primary curriculum studies and how they relate to teaching children in the Himalayan region.

- Explore how learning in primary school can be experiential by nurturing the child's head, heart and all round wellbeing. Examples of beginning and ending a lesson with artistic and contemplative activities.
- Nurture creativity, inquiry and contemplative elements in the learning process when teaching all subjects. Learn to cultivate the artistic capacities of teachers.

Abiding Heart Education, Kathmandu, Nepal

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- Co-constructive learning: teacher and students learn together. How to use the subject content as a medium for a collaboration between teacher and learner
- Introduction to observation
- Handwork and awareness for primary school children
- Experiential Buddhism for primary school: meditation in singing, movement, sitting, resting.
- Morning circle, free drawing,
- Himalayan Arts: Charya Dance
- Karuna for teachers: meditation and emotional skills. These practices nurture the teachers' inner development by supporting the wellbeing of body, mind and emotions.

Block 2: Child Development from Birth to Rebirth 2021

Module 1, Module 2 and Module 3 are obligatory.

Dates and duration: 4 July - 6 August, 5 weeks. Total hours: 91

Location: Online

Lecturers: Ven Yongey Mingyur Rinpoche, Khenpo Sonam Tsewang, Dr Meyrav Mor, Dr Robert Roeser, Dr Tawni Tidwell, Dr David Vago, Karma Rinchen Dolma la

Arts: Swaembhu Shakya, Sangita Shakya

Course content:

Module	Content	Dates	Duration
Module 1*	The Intersection of Buddhism, Developmental Science and Holistic Perspectives on Human Development	4 July - 9 July 11 July (5-7pm only) 12 July - 16 July	12 days 40.5 hours
Module 2*	Early Childhood: Birth to Age 7	19 July - 23 July 25 July (5-7pm only) 26 July - 30 July	11 days 37 hours
Module 3	Middle Childhood: Age 7 to 14	1 August (5-7pm only) 2 August - 6 August	6 days 19.5 hours



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Child Development 2021 DAILY SCHEDULE		
NEPAL	minutes	Class
06:00	60	Green Tara meditation
07:00		meditation ends
MODULE SCHEDULE		
17:15	15	Heart Sutra
17:30	60	Lecture
18:30	15	Break
18:45	60	Lecture
19:45	15	Break
20:00	45	M: Charya dancing T: Experiential Arts W: Charya dancing Th: Experiential Arts F: Discussion
20:45		Session ends

Please note that there Dr David Vago will give lectures on **Sundays 11 July, 25 July, and 1 August** from **5pm to 7pm only (Nepal time)**.

Please note that the above **dates and times may be subject to change**. We will make every possible effort to inform of any changes in advance. Thank you.

Learning Groups

Dates: Saturday: 4 September 2021 and 13 November 2021

Duration: 2pm - 4pm Nepal time

The summer training ends on 6 August 2021 and the winter training begins on 6 December 2021. We would like you to practice what you learn during the training and to stay in touch with your classmates and to facilitate this we have created the Learning Groups. The groups will meet for one or two hours to **share experiences in applying what you have learned when teaching your students**. By the end of the summer training, we would like you to decide on the members of the groups (4-6 teachers in a group).

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Between 6 August 2021 and 6 December 2021, the learning groups will meet twice. The first Learning Groups meeting will be on **4 September** and the second one on **13 November 2021**. The meetings will last two hours from **4.30pm to 6.30pm**, Nepal time. For the first Learning Group meeting, we will help you by inviting you to a zoom meeting and we will then break you into your groups.

Short Courses

The part-time teacher trainees are welcome to join Professional Development short courses offered by Abiding Heart at different times of the year.

Karuna for Teachers and Parents 2021

Dates and duration: 10 November - 1 December: 6am-7am on Wednesdays (4 hours)

Format: Live stream online

Trainer: Ravi Pradhan

Trainees: Open to all

Content: Qigong, deep breathing and meditation with emotional intelligence exercises