**Karen Haddon’s Training and Retreat Experience.**

**“I hold deep gratitude to all the teachers in Buddhism, mindfulness, meditation and yoga who I have had the great fortune of studying under over the years. Below is a description of many of the teachings and retreats attended, however, this is not an exhaustive list and I hold deep gratitude also for those who are not named here.**

***Without these teachers, it would simply not be possible for me to share mindfulness with others.”***

**2018**

* Positive Neuroplasticity Training – Dr Rick Hanson – 9 weeks Online
* A Course in Mindful Living – Dr Elisha Goldstein – 6 month Online
* Continued - 500-hour Yoga TeaKarecher Training – The Yoga Space Perth – 2 years
* Weekend teachings with Venerable Robina Courtin – Bunbury WA
* 7 day – Heart Teachings for a Troubled World – B. Alan. Wallace – Victoria – (scheduled for November 2018)

**2017**

* Mindfulness Based Stress Reduction for Teens Teacher Training – Gina Biegel US – 10 weeks Online
* 500-hour Yoga Teacher Training – The Yoga Space Perth – 2 years
* MBSR Teacher Development Retreat – MTIA – MBCT for Depression and Anxiety with Dr Maura Kenny and Eva Papadopoulo.
* - 5-day residential retreat – Bowral NSW
* 10-day Vipassana retreat – Brookton WA
* Circle of Security Parenting – Teacher Training and Certification – Perth WA

**2016**

* Mindfulness in Schools Project – MiSP.B 5 Day Intensive face to face Teacher Training – Sydney NSW
* Mindful Schools US – Educator Essentials Teacher Training– 10 week Online
* MBSR Teacher Development Retreat – MTIA – Inquiry – Dr Bob Stahl and Eva Papadopoulo – 5-day residential retreat - Bowral NSW
* 10-day Vipassana retreat – Brookton WA

**2015**

* H.H. the 14th Dalai Lama – Ocean of Wisdom Teachings – Brisbane and Perth Public Talk
* Mindfulness Based Stress Reduction 8-day Intensive Teacher Training Retreat – MTIA – Teachers Timothea Goddard, Dr Maura Kenny and Eva Papadopoulo - Bowral NSW
* 10-day Vipassana retreat – Brookton WA
* 8 Week MBSR Course – Perth WA

**2014**

* 8 Week MBSR Course
* Awarded Certificate IV in Bowen Therapy – Bowen Training Australia

**2013**

* H.H. the 14th Dalai Lama – Beyond Religion – The Benefits of Living Ethically – Sydney NSW
* Awarded Certificate IV in Feng Shui – Australian College of Environmental Studies

**2011**

* H.H. the 14th Dalai Lama – Bodhisattva’s Way of Life – 3-day retreat/teachings - Melbourne Vic

**2010**

* Tenzin Palmo – Sydney NSW
* Happiness and Its Causes Conference – Sydney NSW
* B. Alan Wallace – The Four Immeasurables – Leura NSW – November
* Dagri Rinpoche – Dharma Teachings on transforming thinking habits, awakening the innate source of loving kindness and experiencing the blessings of the Buddha – 2 days – October
* Lam Rim – weekly teachings with Renate Ogilvie– Vajrayana Institute Ashfield NSW

**2009**

* H.H. the 14th Dalai Lama – Awakening the Mind – 2-day retreat/teachings – Sydney December 2009
* B. Alan Wallace – The Four Applications of Mindfulness 7-day silent retreat – Leura NSW
* Venerable Robina Courtin – Transforming Problems A Key to Happiness – Sydney Retreat - March 2009
* Committed to the Buddhist path in a refuge ceremony at Vajrayana FMPT Centre – Buddhist name Samten Tsering
* Weekly teachings at Vajrayana Institute Ashfield NSW

**2008**

* H.H. the 14th Dalai Lama – Stages of Meditation – 5 Day Retreat – Sydney NSW – June
* Happiness and Its Causes – Sydney - May
* Mathieul Ricard – Happiness: A Guide to Developing Life’s Most Important Skill - 1-day face to face workshop – May
* Martin Seligman – 1-day face to face workshop – May
* Dr Timothy Sharp – 1-day face to face workshop – Parenting Happy Children
* Discovering Buddhism - Vajrayana Institute – Ashfield NSW – 1 Year Course face to face course

**2007**

* H.H. the 14th Dalai Lama – Open Arms Embracing Kindness - Hyde Park Sydney

**2006**

* Mangrove Ashram – Healthy body, strong mind, higher awareness – 3-day retreat – NSW March
* Mangrove Ashram – Learning to meditate – 3-day silent retreat – NSW January

**1998**

* Sanataram Forest Monastery Monk – A simple 1 hour led meditation was the seed that led too 20 years of engaging in meditation in some way

**1994**

* First ever yoga class – planting the seed for the practice of yoga – it was some years before yoga became a meditative practice – rather than simply postures