

Joy of Living	Prerequisites to attend	Homework post retreat
Joy of Living 1 CALMING THE MIND	This level is open to all	<ul style="list-style-type: none"> • Fifty hours of formal meditation based on the Joy of Living 1 teachings
Joy of Living 2 OPENING THE HEART	Have attended and completed the practice for the Joy of Living 1: Calming the Mind	<ul style="list-style-type: none"> • Fifty hours of formal meditation based on the Joy of Living 2 teachings
Joy of Living 3 AWAKENING WISDOM	Have attended and completed the practice for the Joy of Living 2: Opening the Heart	<ul style="list-style-type: none"> • Seventy-five hours of formal meditation based on the Joy of Living 3 teachings • Two days of retreat practicing the Joy of Living 3 teachings