

| Joy of Living | Prerequisites to attend | Homework post retreat |
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| 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 (at least six hours of practice for each day of retreat) |