



Contemplative Psychotherapy Program: A Quick Comparison of Our 2022–23 Offerings

	Compassion Year	Compassion Year	Mindfulness Year	Embodiment Year
Format	Live Learning	Blended Learning	Blended Learning	Live Learning
Meeting cadence	Meets live online every week	Meets live online every other week. Students watch recorded lectures in between classes	Meets live online every other week. Students watch recorded lectures in between classes	Meets live online every week
No. of meetings / lectures	30/30	15/30	15/30	30/30
Dates	September 2 – May 18	October 28 – May 2	September 16 – May 24	September 23 – May 15
Time	Thursdays, 3:00–5:30pm PT / 6:00–8:30pm ET	Tuesdays, 6:00–7:30pm CET / 9:00–10:30am PT / 12:00– 1:30pm ET	Wednesdays, 12:00–1:30pm ET / 6:00–7:30pm CET	Mondays, 3:00–5:30pm PT / 6:00–8:30pm ET
Language	English	English	Spanish & Portuguese	English
Tuition	\$4,500	\$3,400	\$2,500	\$4,500

Find out more about Nalanda Institute
nalandainstitute.org

Find out more about the 2022–23
Contemplative Psychotherapy Program
nalandainstitute.org/cpp-fall2022