

OVERVIEW SCHEDULE

Registration / Arrival & Inauguration Ceremony	3 Sept 2019
Building a Community of Good Friends	4-5 Sept 2019

Emerging Worldview, Self-discovery and Healing (EDE Worldview Dimension)

Module 1	Slow is Beautiful: Ecological Wisdom from Asian Traditions	6-9 Sept 2019	\$450
Module 2	Paradigm Shift and Emerging Cultural Values	12-16 Sept 2019	\$450
Module 3	Mindfulness and Inner Growth	19-23 Sept 2019	\$450
Module 4	Path of Inner Healing and Transformation	26-28 Sept 2019	\$350
Module 5	Art and Self-discovery	29 Sept-1 Oct 2019	\$350

Interpersonal Dynamics: Power Sharing and Compassion (EDE Social Dimension)

Module 6	Compassionate Communication (NVC)	7-10 Oct 2019	\$450
Module 7	Gender and Social Justice	13-16 Oct 2019	\$450
Module 8	Conflict Transformation (Process Work)	19-23 Oct 2019	\$500
Module 9	Participatory Decision Making	26-29 Oct 2019	\$450

Eco-Political Economy: From Global to Local (EDE Economic Dimension)

Module 10	Asian Political Thought and Eco-Political Economy	4-8 Nov 2019	\$450
Module 11	Financial systems and Community Banking	11-14 Nov 2019	\$450
Module 12	Towards Local Economies and Right Livelihood	17-21 Nov 2019	\$500
Module 13	Alternative Markets: Examples of Good Practice	24-27 Nov 2019	\$450

Ecology and Design (EDE Ecological Dimension)

Module 14	Deep Ecology	3-7 Dec 2019	\$450
Module 15	Vision Quest	10-16 Dec 2019	\$600
Module 16	Foundations in Ecology	19-23 Dec 2019	\$450
Module 17	Ecological Design	26-30 Dec 2019	\$450

Skillful Means for Social Transformation

Module 18	Community Organizing	5-9 Jan 2020	\$500
Module 19	Mindful Activism	12-16 Jan 2020	\$500
Module 20	Mindful Facilitation for Empowerment / Gaia Ed ToT	19 Jan-1 Feb 2020	\$1200
	Reflections and Evaluation on ALT programme	2-3 Feb 2020	

SUBTOTAL		\$9,900
TOTAL with almost \$1000 DISCOUNT when applying for the entire ALT programme		\$8,910**
TOTAL with almost \$1000 DISCOUNT including accommodation between dimensions		\$9,130***

Costs include full board, accommodation, and group travel during the module.

* 7% discount if applying for one or more dimensions

** 10% discount if applying for the entire programme

*** \$230 for accommodation between dimensions (5 days x 4) - \$11 per day

Are you a committed social change worker, simultaneously aiming for personal growth and more sustainable, socially just future?

Maybe you are questioning your current path and searching for a deeper meaning in life?

if so, this 5-month course might be for you!

Throughout the course ALT participants develop **mindfulness** through daily practice, as well as unlearn and relearn how to **make their life and contribution relevant**, meaningful, and rooted in ancient wisdom while being resilient in the present. Aside from developing **critical and systemic thinking**, this creative course, combining participation, contemplation, and deep reflection, helps to **rejuvenate your energy, broaden your perspective and enhance your skills to become an effective and dynamic leader for change in the 21st century.**

The course is designed and facilitated by accomplished, experienced people with decades of practice teaching new paradigm leadership empowerment courses in Southeast Asia, China and UK.

Parts of this course are **certified by SEM College** and **Gaia Education**. You will be eligible to receive an *Advanced Ecovillage Design Education*, and *Mindful Facilitation for Empowerment - Training of Trainers (ToT)* certification. These certifications can also contribute towards a SEM College certified *Masters degree in Holistic Sustainability*.



The course can be booked as a whole, by dimension or by individual module.



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For more information

What our students say

"When I decided to join ALT, it was from an overwhelming sense of separation - I couldn't connect with people although I am an extrovert. So my sense of love has grown in surprising ways. All of us are here with a common hunger to transform ourselves, and we can only do this in community, walking hand in hand together."
 Kasey, USA

"All of the training content and processes brought me to overcome my inner struggles. It has increased my confidence to continue exploring this unknown journey of transformation, which is not only for me but also for the people whom I am working for to change society. I can share my experience and apply my knowledge and my own transformative journey for others' healing as well."
 Phew, Myanmar

"I was looking for some answers to big questions - how to connect my inner happiness with the world around me and its problems. I was looking for how to connect inner and outer change. I now feel I am more connected to all parts of myself. I am more committed, more inspired, more able to cope with my inner and outer reality, and more grounded as an agent of change for myself and for the rest of the world."
 Pierre, France

AWAKENING LEADERSHIP TRAINING PROGRAMME
 Towards a New Paradigm of Holistic Sustainability



A pilgrimage to learn deeply about yourself, the present society and our natural environment.

3 SEPTEMBER 2019 - 3 FEBRUARY 2020
 Thailand