

# MASTERY

Cycle Ten  
2017 – 2018



"Like the human heart, the world points beyond itself to something greater and more beautiful than its present condition."

- George Leonard and Michael Murphy

## **INTRODUCTION**

The Mastery program was created for those seeking a deep experience of ITP and its power to transform your life, relationships and your place in the world. The curriculum is designed to richly enhance your personal and professional growth by unpacking the ITP core practices and teachings in a safe, yet stimulating manner.

While holding true to the vision and form generated by ITP's co-founders, Michael Murphy and George Leonard, the Mastery program remains open to new ideas that reflect the evolving nature of the practice and creative spirit of the Mastery teachers and members.

Mastery promotes the development of extraordinary leaders, teachers and practitioners. The spirited community that forms over the course of the Mastery cycle is a result of dedication to long-term practice; love of play and exploration; and the joy of learning and growing together.

### **SENIOR TEACHERS**

Michael Murphy

Pam Kramer

Barry Robbins

Donita Decker

Bob Doenges

Max Gaenslen

Charlotte Hatch

Roger Marsh



## **VALUE FOR PARTICIPANTS**

### **PERSONAL**

- Create your intentions, vision, and action plan for the coming year
- Receive support and guidance from ITP teachers and other Mastery members while encouraging your individual autonomy
- Experience the power of the Mastery community to reinforce your growth and nurture your body, mind, heart, and soul
- Deepen your practice and develop teaching and leadership abilities
- Improve your health and enhance your sense of well being

### **PROFESSIONAL**

- Integrate ITP principles into your professional life and use them to improve your productivity and effectiveness in the world
- Develop a professional vision and action plan for the future
- Improve your leadership capacities and communication skills to facilitate more harmony and understanding in the workplace
- Learn to create, organize and present ITP workshops

### **ITP GROUPS**

- Increase your ability to lead your group in the Kata and other ITP core practices, including LET, Staying Current and Affirmations
- Bring an enhanced understanding of ITP to your community
- Learn new skills for mentoring practitioners and budding teachers in your group



## **PROGRAM OVERVIEW**

Mastery is a nine-month program, beginning with an Open Session on October 14, 2017, and concluding on July 8, 2018. All sessions take place at Aikido of Tamalpais, Corte Madera, CA. The classes run from 1- 6 pm on Saturdays and Sundays.

The program includes one LET Workshop and, for an additional cost, a weekend retreat at Asilomar in Pacific Grove, CA on July 6-8, 2018.

**PROGRAM FEE:** \$2,450

### **PROGRAM ELEMENTS**

- 90 hours of class time
- 1 LET Workshop
- 1-2 hours of coaching per month, on request
- Monthly group conference calls

### **MATERIALS AND LITERATURE**

- Mastery Binder
- Visioning & Affirmation Materials
- Core Practice Handouts
- *The Life We Are Given* by George Leonard and Michael Murphy
- *The Tao of Practice* DVD by George Leonard

### **RECOMMENDED READING**

- *LET Manual* by George Leonard
- *The Future of the Body* by Michael Murphy
- *Mastery* by George Leonard

\* To purchase ITP International products, please visit our [online bookstore](#).



# Mastery Cycle 10

## 2017 – 2018

October 14	Reunion & Open Session, Aikido of Tamalpais
November 4 & 5	Introduction & Visioning, Aikido of Tamalpais
December 9 & 10	Affirmations, Aikido of Tamalpais
January 13 & 14	Kata, Aikido of Tamalpais
February 10 & 11	ITP Theory & Philosophy, Aikido of Tamalpais
March 10 & 11	LET, Aikido of Tamalpais
April 7 & 8	Staying Current, Aikido of Tamalpais
May 5 & 6	Integral Fitness, Aikido of Tamalpais
June 9 & 10	Leadership, Aikido of Tamalpais
July 6 - 8	Retreat, Asilomar

To reserve your space in the program, complete the application below and pay deposit of \$100:

<https://www.itp-international.org/civicrm/contribute/transact?reset=1&id=43>

You can also send a check with your application to:

ITP International  
PO 544  
Corte Madera, CA 94976

Contact Robert Stewart with questions: [robert@itp-international.org](mailto:robert@itp-international.org).





# ITP Mastery Program Application

(PLEASE FILL OUT COMPLETELY AND PRINT CLEARLY)

Name \_\_\_\_\_

Date of Birth \_\_\_\_\_ Occupation \_\_\_\_\_

Address \_\_\_\_\_ Home Phone (    ) \_\_\_\_\_

\_\_\_\_\_ Work Phone (    ) \_\_\_\_\_

E-Mail Address \_\_\_\_\_ Fax # (    ) \_\_\_\_\_

Emergency Contact & # \_\_\_\_\_

How did you hear about this program? \_\_\_\_\_

Have you read any ITP literature? \_\_\_\_\_

Tell us about your previous or current transformational or spiritual practices:

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Tell us about your current physical exercise program and any physical or emotional challenges that may affect your participation in this program:

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Tell us what your expectations are of this program (including interest in becoming an ITP teacher):

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