

MASTERY

Cycle Nine
2016 – 2017



"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

Tim Cleary

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 22, 2016, and concluding on July 9, 2017, with a celebration dinner after our final session in Corte Madera. 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 Esalen Institute, Big Sur, CA on June 9-11, 2017.

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
- Optional ITPI group membership fee of \$35 with \$100 benefit level

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 9 2016-2017

October 22	Open Session - Aikido of Tamalpais
November 19 & 20	Introduction/Visioning - Aikido of Tamalpais
December 10 & 11	Affirmations - Aikido of Tamalpais
January 7 & 8	Kata - Aikido of Tamalpais
February 11 & 12	Theory & Philosophy - Aikido of Tamalpais
March 4 & 5	Leonard Energy Training - Aikido of Tamalpais
April 1 & 2	Staying Current - Aikido of Tamalpais
May 6 & 7	Integral Fitness - Aikido of Tamalpais
June 9 - 11	Mastery Retreat – Esalen Institute, Big Sur
July 8 & 9	Leadership - Aikido of Tamalpais

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=27>

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.



ITP MASTERY PROGRAM APPLICATION

(Please fill out completely and print clearly)

Name: _____

Date of birth: _____ Occupation: _____

Address: _____ Home phone: _____

_____ Other phone: _____

Email address: _____

Emergency contact/phone: _____

How did you hear about this program? _____

What ITP literature have you read? _____

Why are you interested in participating in this program? _____

What are your expectations of this program? _____

Are you involved in an ITP group? _____

What is your current physical exercise program? Are you currently involved in any integral practices?

Do you have any challenges that may affect your participation in this program:

