



## **Program Updates from The 3 Doors**

### **The Joy of Embodied Presence, Compassion Project Retreat, Next North American Academy**

The 3 Doors is offering several events in 2018, including an interactive online program focusing on the doorway of the body, a residential retreat for Compassion Project participants and a new North American 3 Doors Academy.

#### **The Doorway of the Body**



Start the New Year by refreshing and deepening your meditation practice through the doorway of the body with senior 3 Doors teacher Laura Shekerjian. The Joy of Embodied Presence is a four-week interactive online meditation program that explores the body as a powerful doorway into open awareness and the vibrancy of direct experience. Through simple practices of breath and movement, participants will connect with the deep stability of the body's stillness and discover the aliveness of the present moment.

The first online class meets on Saturday January 20, 2018 (8–11 a.m. PST), with following classes on January 27, February 3 and February 10 (8–9:30 a.m. PST). Early-bird discount available until December 20. There are 25 spaces available.

[Learn more and register](#)

## **The Compassion Project Retreat**

The growing 3 Doors Compassion Project community is gathering this spring to practice and share in the supportive setting of a five-day residential retreat led by Marcy Vaughn and Gabriel Rocco. The retreat, open to all current and past Compassion Project participants, will be held at Pendle Hill retreat center near Philadelphia, Pennsylvania, from April 3–8, 2018.



The 3 Doors Compassion Project teaches simple, accessible meditation practices to physicians, teachers, therapists, and others who wish to empower their capacity to serve others and experience the benefits of self-compassion. So far, nine-month and five-week in-person programs have been completed in Philadelphia Pennsylvania, and a nine-month online program is currently under way, serving participants from around the world. Stay tuned: more opportunities to participate are coming in 2018.

[Learn more and register](#)

## **Next North American Academy Begins October 2018**

We are pleased to announce that the fifth [North American Academy](#) of The 3 Doors, led by senior teachers Marcy Vaughn and Gabriel Rocco, will soon be open for application. The academy is a two-and-one-half-year personal transformation journey that includes six residential retreats. In North America, these retreats are held at Serenity Ridge Retreat Center near Shipman, Virginia. The first five-day retreat of the new Academy takes place October 3–9, 2018. Check the website for future updates.

[The 3 Doors website](#)