

**Certification Process  
Possible Tracks and  
Estimated Cost**

<b>Track 1</b>	<b>Credit Earned</b>	<b>Cost range</b>		<b>Track 2</b>	<b>Credit Earned</b>	<b>Cost range</b>
Residential Certification Program	96	\$1256-1475		Residential Certification Program	96	\$1256-1475
Working with Your Attention	16	\$65-\$87		Working with Your Attention	16	\$65-\$87
2nd distance learning program	16	\$65-\$87		Naikan Retreat	52	\$625 - \$750
3rd distance learning program	16	\$65-\$87				
4th distance learning program	16	\$65-\$87				
Final 2 credits see below	2					
<b>Total Credit Need 162</b>	<b>162</b>	<b>\$1516-\$1823</b>		<b>Total Credit Need 162</b>	<b>164</b>	<b>\$1946-\$2312</b>

The remaining 2 credits needed for track 1 are obtained by contacting Gregg Krech. He will work out options such as:

- Take a 5th distance learning program
- Become an advisor for a distance learning program
- Become an onsite help at one of our onsite programs
- Prepare an article (subject matter pre-approved by Gregg)
- Conduct some research (topic pre-approved by Gregg)

--Please note that reading list materials are not included in the above prices

--Cost range is based on membership levels and early registration discounts vs. standard rates.