



Essential Somatics® Movement Teacher Training Program Schedule 2023 Colorado Springs, CO

Groups

- Students will attend Group Meetings with their assigned group, (e.g. Group A will meet on Group A meeting dates).
- All students will attend in-person learning and all other online meetings regardless of the student's assigned group.

Class Schedule // Module One

All times displayed are in Mountain Time

Class	Date	Time	Format
Mod 1 Welcome	Mar. 4, 2023	9:30–11:30am	Online
3-day Intensive	Mar. 10–12, 2023	9:00am–6:00pm	In-Person
Group A Meeting #1	Mar. 28, 2023	4:00–7:00pm	Online
Group B Meeting #1	Mar. 29, 2023**	9:30am–12:30pm	Online
Group A Meeting #2	Apr. 4, 2023	4:00–7:00pm	Online
Group B Meeting #2	Apr. 5, 2023	9:30am–12:30pm	Online
Group A Meeting #3	Apr. 11, 2023	4:00–7:00pm	Online
Group B Meeting #3	Apr. 12, 2023	9:30am–12:30pm	Online
Group A Meeting #4	Apr. 18, 2023	4:00–7:00pm	Online
Group B Meeting #4	Apr. 19, 2023	9:30am–12:30pm	Online
Audio Discussion #1	Apr. 23, 2023	10:00–11:30am	Online
Audio Discussion #2	May 7, 2023	10:00–11:30am	Online

**Back-up date for Group B Meeting #1 is March 22, 2023.

Class Schedule // Module Two

All times displayed are in Mountain Time

Class	Date	Time	Format
Mod 2 Welcome	May 21, 2023	9:30–11:30pm	Online
3-day Intensive	Jun. 9–11, 2023	9:00am–6:00pm	In-Person
Audio Discussion #3	Jun. 25, 2023	10:00–11:30am	Online
Group A Meeting #5	Jun. 27, 2023	4:00–7:00pm	Online
Group B Meeting #5	Jun. 28, 2023	9:30am–12:30pm	Online
Group A Meeting #6	Jul. 11, 2023	4:00–7:00pm	Online
Group B Meeting #6	Jul. 12, 2023	9:30am–12:30pm	Online
Audio Discussion #4	Jul. 16, 2023	10:00–11:30am	Online
Group A Meeting #7	Jul. 25, 2023	4:00–7:00pm	Online
Group B Meeting #7	Jul. 26, 2023	9:30am–12:30pm	Online
Audio Discussion #5	Aug. 13, 2023	10:00–11:30am	Online
Group A Meeting #8	Aug. 15, 2023	4:00–7:00pm	Online
Group B Meeting #8	Aug. 16, 2023**	9:30am–12:30pm	Online

**Back-up date for Group B Meeting #8 is August 23, 2023.

Class Schedule // Module Three

All times displayed are in Mountain Time

Class	Date	Time	Format
Teaching Practical & Graduation	Sept 30–Oct. 1, 2023	9:00am–6:00pm	In-Person

Key Dates

August 23, 2023: Students Receive Exams

September 17, 2023: Exam Due Date

October 1, 2023: Projected Graduation Date