



Essential Somatics® Movement Teacher Training Program Schedule

2023 Denver, CO and Lindsay, ON

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

Online Class Times are in Mountain Time

In Person Class Times are the Local Time for the Location

Class	Date	Time	Format
Mod 1 Welcome	Mar. 4, 2023	9:30–11:30am	Online
4-Day Intensive	Mar. 09–12, 2023	Denver: 9:00am–6:00pm MT Lindsay: 9:00am–6:00pm EST	In-Person
Group A Meeting #1	Apr. 4, 2023	4:00–7:00pm	Online
Group B Meeting #1	Apr 5,, 2023**	9:30am–12:30pm	Online
Group A Meeting #2	Apr. 11, 2023	4:00–7:00pm	Online
Group B Meeting #2	Apr. 12, 2023	9:30am–12:30pm	Online
Group A Meeting #3	Apr. 18, 2023	4:00–7:00pm	Online
Group B Meeting #3	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

Group A Meeting #4	May. 23, 2023	4:00–7:00pm	Online
Group B Meeting #4	May. 24, 2023	9:30am–12:30pm	Online

Class	Date	Time	Format
4-Day Intensive	Jun. 8–11, 2023	Denver: 9:00am–6:00pm MT Lindsay: 9:00am–6:00pm EST	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

Class	Date	Time	Format
Final Exam Due	July 31, 2023	NA	Online

Key Dates

- July 4, 2023 - Students Receive Exams
- July 31, 2023 - Exam Due Date
- August 1, 2023 - Projected Graduation Date