



# Essential Somatics® Movement Teacher Training

## Program Schedule

### 2023 York, UK

#### 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

**\*\*All times displayed are in GMT/BST\*\***

Class	Date	Time	Format
Mod 1 Welcome	Mar. 4, 2023	9:30–11:30am	Online
4 Day Intensive	Mar. 09–12, 2023	9:00am–6:00pm	In-Person
Group A Meeting #1	Apr. 11, 2023	9:30am–12:30pm	Online
Group B Meeting #1	Apr. 15, 2023	9:30am–12:30pm	Online
Group A Meeting #2	Apr. 18, 2023	9:30am–12:30pm	Online
Group B Meeting #2	Apr. 22, 2023	9:30am–12:30pm	Online
Group A Meeting #3	Apr. 25, 2023	9:30am–12:30pm	Online
Group B Meeting #3	Apr. 29, 2023	9:30am–12:30pm	Online
Audio Discussion #1	Apr. 30, 2023	10:00–11:30am	Online
Audio Discussion #2	May 14, 2023	10:00–11:30am	Online
Group A Meeting #4	May 23, 2023	9:30am–12:30pm	Online
Group B Meeting #4	May 27, 2023	9:30am–12:30pm	Online



Class	Date	Time	Format
4 Day Intensive	Jun. 8–11, 2023	9:00am–6:00pm	In-Person
Audio Discussion #3	Jun. 18, 2023	10:00-11:30am	Online
Group A Meeting #5	Jul. 4, 2023	9:30am–12:30pm	Online
Group B Meeting #5	Jul. 8, 2023	9:30am–12:30pm	Online
Group A Meeting #6	Jul. 18, 2023	9:30am–12:30pm	Online
Group B Meeting #6	Jul. 22, 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