



## Essential Somatics® Movement Teacher Training

### Program Schedule

2024 - Santillan - Residential

#### Groups

Students will attend Group Meetings with their assigned group.

All other meetings are whole class meetings.

#### Class Schedule

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

Class	Date	Time	Instructor/Format
Welcome Meeting	January 7, 2024	4:30pm	Martha
Residential 1	February 12 - 16, 2024 Students will arrive on the 11th and depart on the 17th	9:00am–6:00pm February 12 - 16, 2024	In-Person
Mentoring Meeting 1: Group A	February 27, 2024	9:30am–12:30pm	Katrin
<b>Somatics Paper Due</b>	<b>February 22, 2024</b>	<b>NA</b>	<b>ES Online</b>
<b>Monthly Journal, Movement Class Attendance and Teaching Documentation Due</b>	<b>February 29, 2024</b>	<b>NA</b>	<b>ES Online</b>
Mentoring Meeting 1: Group B	March 2, 2024	9:30am–12:30pm	Karen
Mentoring Meeting 2: Group A	March 5, 2024	9:30am–12:30pm	Katrin



Class	Date	Time	Instructor/Format
Mentoring Meeting 2: Group B	March 9, 2024	9:30am–12:30pm	Karen
<b>Myth of Aging Paper Due</b>	<b>March 10, 2024</b>	<b>NA</b>	<b>ES Online</b>
Audio Discussion 1: Myth of Aging	March 17, 2024	9:30am - 11:00am	Colm
Mentoring Meeting 3: Group A	March 26, 2024	9:30am–12:30pm	Katrin
Mentoring Meeting 3: Group B	March 30, 2024	9:30am–12:30pm	Karen
<b>Monthly Journal, Movement Class Attendance and Teaching Documentation Due</b>	<b>March 31, 2024</b>	<b>NA</b>	<b>ES Online</b>
<b>Freeing the Whole Body Paper Due</b>	<b>April 7, 2024</b>	<b>NA</b>	<b>ES Online</b>
Audio Discussion 2: Freeing the Whole Body	April 14, 2024	9:30am - 11:00am	Colm
Mentoring Meeting 4: Group A	April 30, 2024	9:30am–12:30pm	Katrin
Mentoring Meeting 4: Group B	April 27, 2024	9:30am–12:30pm	Karen
Monthly Journal, Movement Class Attendance and Teaching Documentation Due	April 30, 2024	NA	ES Online

<b>Class</b>	<b>Date</b>	<b>Time</b>	<b>Format</b>
Residential 2	May 12 -18, 2024 Students will arrive on May 11th and depart on May 19th.	9:00am–6:00pm May 12 - 18, 2024	In-Person
<b>May 19, 2024</b>	<b>Final Exam Distributed</b>	<b>NA</b>	<b>ES Online</b>
Mentoring Meeting 5: Group A	May 28, 2024	9:30am–12:30pm	Katrin
<b>Monthly Journal, Movement Class Attendance and Teaching Documentation Due</b>	<b>May 31, 2024</b>	<b>NA</b>	<b>ES Online</b>
Mentoring Meeting 5: Group B	June 1, 2024	9:30am–12:30pm	Karen
<b>Delicate Backs Paper Due</b>	<b>June 2, 2024</b>	<b>NA</b>	<b>ES Online</b>
Audio Discussion 3:	June 9, 2024	10:00am-11:30am	Colm
Mentoring Meeting 6: Group A	June 11, 2024	9:30am–12:30pm	Katrin
Mentoring Meeting 6: Group A	June 15, 2024	9:30am–12:30pm	Karen
<b>IF NEEDED ONLY: Monthly Journal, Movement Class Attendance and Teaching Documentation Due</b>	<b>June 15, 2024</b>	<b>NA</b>	<b>ES Online</b>
<b>Final Exam Due</b>	<b>June 19, 2024</b>	<b>NA</b>	<b>Submit to ES Online</b>



\*\*To meet teaching hours required, students must log a minimum of 7 hours for each full month. Students can do more hours, but are not required to submit documentation once 35 hours have been completed. A maximum of 50% of teaching hours can be 1:1 teaching.