



Essential Somatics® Movement Teacher Training 2024 Program Schedule

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 Eastern Time

In Person Class Times are the Local Time for the Location

Class	Date	Time	Format
Welcome Meeting	December 10th	11:30am–1:30pm	Online
At Home Study	December 1th - January 10th	NA	At Home
In Person Intensive 1	January 11th - January 14th	9:00am-6:00pm	In-Person
Group A Meeting #1	Week of January 29th	6:30pm - 8:30pm	Online
Group B Meeting #1	Week of January 29th	11:30am–1:30pm	Online
Book Review Due	February 4th	NA	Submit in ES Online
Group A Meeting #2	Week of February 12th	6:30pm - 8:30pm	Online

Group B Meeting #2	Week of February 12th	11:30am–1:30pm	Online
Myth of Aging Paper Due	February 11th	NA	Submit in ES Online
Audio Discussion 1: Myth of Aging	February 18th	12:00pm - 1:30pm	Online
Group A Meeting #3	Week of February 26th	6:30pm - 8:30pm	Online
Group B Meeting #3	Week of February 26th	11:30am–1:30pm	Online
Group A Meeting #4	Week of March 11th	6:30pm - 8:30pm	Online
Group B Meeting #4	Week of March 11th	11:30am–1:30pm	Online
Group A Meeting #5	Week of March 25th	6:30pm - 8:30pm	Online
Group B Meeting #5	Week of March 25th	11:30am–1:30pm	Online
Freeing the Whole Body Paper Due	March 30th	NA	Submit in ES Online
Audio Discussion #2	April 7th	12:00pm - 1:30pm	Online
Group A Meeting #6	Week of April 8th	6:30pm - 8:30pm	Online
Group B Meeting #6	Week of April 8th	11:30am–1:30pm	Online
Group A Meeting #7	Week of April 22nd	6:30pm - 8:30pm	Online
Group B Meeting #7	Week of April 22nd	11:30am–1:30pm	Online
Group A Meeting #8	Week of May 6th	6:30pm - 8:30pm	Online
Group B Meeting #8	Week of May 6th	11:30am–1:30pm	Online
Delicate Backs Paper Due	May 12th	NA	Submit in ES Online
Audio Discussion #3	May 19th	12:00pm - 1:30pm	Online
Group A Meeting #9	Week of May 20th	6:30pm - 8:30pm	Online
Group B Meeting #9	Week of May 20th	11:30am–1:30pm	Online
Group A Meeting #10	Week of June 3rd	6:30pm - 8:30pm	Online

Group B Meeting #10	Week of June 3rd	11:30am–1:30pm	Online
Final Exam Open	May 1st	NA	ES Online
Final Exam Due	June 1st	NA	ES Online
In Person Intensive 2: Includes Final Teaching Practicum	June 20th - June 23rd	9:00am-6:00pm	In-Person
GRADUATION	June 23rd	NA	In Person