



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

ALL Class Times are in GMT/BST

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	January 30th	9:30am - 11:30am	Online: Katrin
Book Review Due	February 4th	NA	Submit in ES Online
Group B Meeting #1	February 10th	9:30am - 11:30am	Online: Karen
Myth of Aging Paper Due	February 11th	NA	Submit in ES Online
Group A Meeting #2	February 13th	9:30am - 11:30am	Online: Katrin
Group B Meeting #2	February 17th	9:30am - 11:30am	Online: Karen

Audio Discussion 1: Myth of Aging	February 18th	12:00pm - 1:30pm	Online
Group A Meeting #3	February 27th	9:30am - 11:30am	Online: Katrin
Group B Meeting #3	March 2nd	9:30am - 11:30am	Online: Karen
Group A Meeting #4	March 12th	9:30am - 11:30am	Online: Katrin
Group B Meeting #4	March 16th	9:30am - 11:30am	Online: Karen
Group A Meeting #5	March 26th	9:30am - 11:30am	Online: Katrin
Freeing the Whole Body Paper Due	March 30th	NA	Submit in ES Online
Group B Meeting #5	March 30th	9:30am - 11:30am	Online: Karen
Audio Discussion #2	April 7th	12:00pm - 1:30pm	Online
Group A Meeting #6	April 9th	9:30am - 11:30am	Online: Katrin
Group B Meeting #6	April 13th	9:30am - 11:30am	Online: Karen
Group A Meeting #7	April 23rd	9:30am - 11:30am	Online: Katrin
Group B Meeting #7	April 27th	9:30am - 11:30am	Online: Karen
Final Exam Open	May 1st	NA	ES Online
Group A Meeting #8	May 7th	9:30am - 11:30am	Online: Katrin
Group B Meeting #8	May 11th	9:30am - 11:30am	Online: Karen
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	May 21st	9:30am - 11:30am	Online: Katrin
Group B Meeting #9	May 22nd	9:30am - 11:30am	Online: Karen
Final Exam Due	June 1st	NA	ES Online
Group A Meeting #10	June 4th	9:30am - 11:30am	Online: Katrin
Group B Meeting #10	June 8th	9:30am - 11:30am	Online: Karen
In Person Intensive 2: Includes Final Teaching Practicum	June 20th - June 23rd	9:00am-6:00pm	In-Person
GRADUATION	June 23rd	NA	In Person