

SCHEDULE OF SYNCHRONOUS MEETINGS

Dates and times noted are tentative. We will decide as a cohort on meeting dates and times. Participants will be given practicum to complete asynchronously between synchronous meetings.

Module 1: Rest & Emergence

Friday, June 13, 2025
6:00 - 8:30pm EST

TIME

**2.5
hours**

Module 2: Rhythm & Resourcing

Friday, June 27, 2025
5:30 - 8:30pm EST

TIME

**3
hours**

Module 3: Regulation

Friday, July 25, 2025
5:00 - 8:30pm EST

TIME

**3.5
hours**

Module 4: Deepening Interoception

Friday, August 8, 2025
6:00 - 8:00pm EST

TIME

**2
hours**

Module 5: Ritual & Reserves

Friday, August 15, 2025
6:00 - 8:15pm EST

TIME

**2.25
hours**