



## *Training Schedule*

March 12th to June 24th 2019

Tuesdays 530 pst. 830 est.

### **Group Session Dates**

*Please mark your calendar*

MARCH 12, 19, 26

*Integration Week*

APRIL 9, 16, 23

*Integration Week*

MAY 7, 14, 21

5/9/19 - 5/12/19 Retreat:::Santa Cruz CA

*Integration Week*

JUNE 4, 11, 18, 24

### **Live Class Access**

Classes are video live sessions. Please make sure to download zoom to your computer.

[www.zoom.us](http://www.zoom.us) to prepare for our group sessions

### **Weekly Class Link**

<https://zoom.us/j/7229219634>

Xoxo

Narayani and Team