

# Shakti Ayurveda School Ayurvedic Wellness Coach (Level 1) Certification 2019 Schedule

## Overview:

- ❖ Program runs mid-January to mid-December
- ❖ Lectures on all Wednesdays, 3hrs (unless holiday) and one Saturday per month, 3-6hrs
- ❖ Wednesdays 4-7PM eastern - most classes will be live - a few will be pre-recorded but will also be released every Wednesday by 4 PM
- ❖ This list does not include Monthly Goddess Calls, we schedule those as we go
- ❖ Calls with your student groups and Ayurveda-Buddy are scheduled at your discretion
- ❖ Please note, all times are in EASTERN STANDARD

## Lecture Schedule:

### MODULE 1

Start Date - Wednesday January 16th, 4-7 PM  
Wednesday January 23rd, 4-7 PM  
Wednesday January 30th, 4-7 PM  
Wednesday - February 6 4-7PM

### MODULE 2

Wednesday February 13, 4-7 PM  
Saturday -February 16th, 10 AM  
Wednesday-February 20, 4-7 PM  
Wednesday-February 27, 4-7 PM



### MODULE 3

Wednesday - March 6, 4-7 PM  
Wednesday - March 13, 4-7 PM  
Saturday - March 16th - 10Am-1 PM  
Wednesday - March 20, 4-7 PM  
Wednesday - March 27, 4-7 PM  
Wednesday - April 3, 4-7 PM  
Saturday - April 6, 10 AM - 1 PM  
Wednesday - April 10, 4-7 PM  
Wednesday - April 17, 4-7 PM  
Wednesday - April 24, 4-7 PM

### MODULE 4

Wednesday - May 1, 4-7 PM  
Saturday - May 4, 10 AM  
Wednesday - May 8, 4-7 PM  
Wednesday - May 15, 4-7 PM  
Wednesday - May 22, 4-7 PM  
Wednesday - May 29, 4-7 PM  
Saturday June 1, 10 AM  
Wednesday - June 5, 4-7 PM  
Wednesday - June 12, 4-7 PM  
Wednesday - June 19, 4-7 PM  
Wednesday - June 26, 4-7 PM

### MODULE 5

Wednesday - July 3, 4-7 PM  
Wednesday - July 10, 4-7 PM  
Saturday - July 13, 10 AM  
Wednesday - July 17, 4-7 PM  
Wednesday - July 24, 4-7 PM  
Wednesday - July 31, 4-7 PM



## **MODULE 6**

Saturday - August 3, 10 AM  
Wednesday - August 7, 4-7 PM  
Wednesday - August 14, 4-7 PM  
Wednesday - August 21, 4-7 PM

## **MODULE 7**

Wednesday - August 28, 4-7 PM  
Wednesday - September 4, 4-7 PM  
Saturday - September 7, 10 AM  
Wednesday - September 11, 4-7 PM  
Wednesday - September 18, 4-7 PM  
Wednesday - September 25, 4-7 PM

## **MODULE 8**

Wednesday - October 2, 4-7 PM  
Saturday - October 5, 10 AM  
Wednesday, October 9 - 4-7 PM

## **MODULE 9**

Wednesday - October 16, 4-7 PM  
Wednesday - October 23, 4-7 PM  
Wednesday - October 30, 4-7 PM

## **MODULE 10**

Wednesday - November 6, 4-7 PM  
Wednesday - November 13, 4-7 PM  
Saturday - November 16, 10AM  
Wednesday - November 20, 4-7 PM

## **MODULE 11**

Wednesday - November 27, 4-7 PM  
Wednesday, December 4, 4-7 PM  
Saturday - December 7, 10 AM

## **MODULE 12**

Wednesday, December 11, 4-7 PM  
Wednesday, December 18, 4-7 PM

Dates/times subject to change.

