

2021

July

WEEK & THEME

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
28	29	30	01	02	03	04
05	06	07	08	09	10	11
12	13	14	15	16	17	18
18:00- 20:00 Opening Session						
19	20	21	22	23	24	25
18:00- 20:00 Session						
26	27	28	29	30	31	01
18:00- 20:00 Session						
02	03	Notes: - All sessions are done using Zoom. - All times are Pacific Times.				

WEEK 1:
Introduction to the
Journey

WEEK 2:
Preparation Part I

WEEK 3:
Preparation Part II

2021

August

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
26	27	28	29	30	31	01
02	03	04	05	06	07	08
18:00- 20:00 Session					10:00-12:00 Session	
09	10	11	12	13	14	15
individual coaching sessions						
18:00- 20:00 Session		18:00- 20:00 Session			10:00-12:00 Session	
16	17	18	19	20	21	22
individual coaching sessions						
18:00- 20:00 Session		18:00- 20:00 Session			10:00-12:00 Session	
23	24	25	26	27	28	29
individual coaching sessions						
18:00- 20:00 Session		18:00- 20:00 Session			10:00-12:00 Session	
30	31	Notes: - All sessions are done using Zoom. - All times are Pacific Times.				

WEEK 4:
Preparation Part III

WEEK 5:
Retreat Part I

WEEK 6:
Retreat Part II

WEEK 7:
Retreat Part III

2021

September

WEEK 8:
A deep breath and a pause

WEEK 9:
Retreat: Connecting the dots

WEEK 10:
Integration

WEEK 11:
Integration

WEEK 12:
Completion of the Journey

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
30 18:00- 20:00 Session	31	01	02	03	04	05
06 18:00- 20:00 Session	07	08	09	10	11 10:00-12:00 Session	12
13 18:00- 20:00 Session	14	15	16	17	18	19
individual coaching sessions						
20 18:00- 20:00 Session	21	22	23	24	25	26
individual coaching sessions						
27 18:00- 20:00 Session	28	29	30	01	02 10:00-12:00 Completion Session	03 10:00-12:00 Completion Session
04	05	Notes: - All sessions are done using Zoom. - All times are Pacific Times.				