11 May 2026

Tamalpa UK

Proposed New Level 1 Personal Embodiment Training 2026 / 2027 Online Weekday Format

2nd – 16th October 2026	Introduction & Baseline Self Portrait	Teacher
Friday 2nd October	10am – 5.30pm (GMT)	Lian
Friday 9th October	10am – 5.30pm (GMT)	Lian
Friday 16th October	10am – 5.30pm (GMT)	H-J
Two weeks off 23rd & 30th October		
6th – 20th November 2026	Spine	
Friday 6th November	10am – 5.30pm (GMT)	Lian
Friday 13th November	10am – 5.30pm (GMT)	Audicia
Friday 20th November	10am – 5.30pm (GMT)	H-J
Week off 27th November		
4th – 18th December 2026	Shoulders, Arms & Hands	
Friday 4th December	10am – 5.30pm (GMT)	Lian
Friday 11th December	10am – 5.30pm (GMT)	Audicia
Friday 18th December	10am – 5.30pm (GMT)	H-J
Twp weeks off 25th December & 1st January		
8th – 22nd January 2027	Head	
Friday 8th January	10am – 5.30pm (GMT)	Lian
Friday 15th January	10am – 5.30pm (GMT)	Audicia
Friday 22nd January	10am – 5.30pm (GMT)	H-J
Week of 29th January off		
5th – 19th February 2027	Rib case	
Friday 5th February	10am – 5.30pm (GMT)	Lian
Friday 12th February	10am – 5.30pm (GMT)	Audicia
Friday 19th February	10am – 5.30pm (GMT)	H-J
Week of 26th February		

5th – 19th March 2027	Pelvis	
Friday 5th March	10am – 5.30pm (GMT)	Lian
Friday 12th March	10am – 5.30pm (GMT)	Audicia
Friday 19th March	10am – 5.30pm (GMT)	H-J
Week off 26th March		
2nd – 16th April 2027	Legs & Feet	
Friday 2nd April	10am – 5.30pm (GMT)	Lian
Friday 9th April	10am – 5.30pm (GMT)	Audicia
Friday 16th April	10am – 5.30pm (GMT)	H-J
Week off 23rd April	**Self Portrait Preparation scores given for Home Study in April/May**	
30th April – 14th May 2027	Abdomen	
Friday 30th April	10am – 5.30pm (GMT)	Lian
Friday 7th May	10am – 5.30pm (GMT)	Audicia
Friday 14th May	10am – 5.30pm (GMT)	H-J
Two weeks off 21st & 28th May	**Starting creation of Self Portraits at Home**	
3rd – 6th June 2027	4 days - In person Environment Weekend Findhorn, Scotland	
Thursday 3rd June	10am – 5.30pm (GMT)	
Friday 4th June	10am – 5.30pm (GMT)	
Saturday 5th June	10am – 5.30pm (GMT)	
Sunday 6th June	10am – 5.30pm (GMT)	
Three weeks off 11th, 18th & 25th	**Self Portraits are completed at Home from 11th June - 1st July 2027**	
2nd – 16th July 2027	Self-Portrait Explorations	
Friday 2nd July	10am – 5.30pm (GMT)	
Friday 9th July	10am – 5.30pm (GMT)	
Friday 16th July	10am – 5.30pm (GMT)	
Two weeks off 23rd & 30th July		

6th – 8th August 2027	Self-Portrait Coaching Weekend	
Friday 6th August	10am – 5.30pm (GMT)	
Saturday 7th August	10am – 5.30pm (GMT)	
Sunday 8th August	10am – 5.30pm (GMT)	
Three weeks off 13th, 20th & 27th August		
3rd – 24th September 2027	Self Portrait Performances	
Friday 3rd	10am – 5.30pm (GMT)	Lian
Friday 10th	10am – 5.30pm (GMT)	All Teachers
Friday 17th	10am – 5.30pm (GMT)	All Teachers
Friday 24th	10am – 5.30pm (GMT)	All Teachers
Week off 1st October		
8th & 9th October 2027	Closing	
Friday 8th	10am – 5.30pm (GMT)	All Teachers
Saturday 9th	10am – 1pm (GMT)	Student Closing together

Majority of the training programmes falls on a Friday except for the IN PERSON Environmental Weekend 3rd – 6th June 2027 and Self Portrait Coaching weekend 6th – 8th August 2027

Please allow for 15 minutes at the end of the day, in case session runs over. The teachers' schedule is subject to change. If a change of schedule is needed, we will make our best efforts to inform the students in advance.