

TAMALPA UK

Schedule Level 1 Weekend HYBRID Training 2023 – 2024

Dates:	Thursday Evening Online 6 – 9pm	Friday 10am – 5.30pm IN person at CMH	Saturday 10am – 5.30pm IN person at CMH	Sunday 10.am – 4.30pm IN person at CMH	Thursday Evening Online 6 – 9pm	
April		Lian 7 th April 10am – 5.30pm	Laura & Lian 8 th April (Audicia via Zoom) 10am – 5.30pm	H-J 9 th April 10am – 4.30pm	Audicia 13 th April 6 – 9pm	SPINE
May	Audicia 4 th May 6 – 9pm	Laura & Lian 12 th May 10am – 5.30pm	H-J 13 th May 10am – 4.30pm		Audicia 18 th May 6 - 9pm	SHOULDERS, ARMS & HANDS
June	Audicia 1 st June 6-9pm	Laura & Lian 9 th June 10am – 5.30pm	H-J 10 th June 10am – 4.30pm		Audicia 15 th June 6 – 9pm	HEAD
July	Audicia 29 th June 6 - 9pm	Laura & Lian 7 th July 10am – 5.30pm	H-J 8 th July 10am – 4.30pm		Audicia 13 th July 6 – 9pm	RIBCAGE
August	Audicia 3 rd August 6 - 9pm	Laura & Lian 11 th August 10am – 5.30pm	H-J 12 th August 10am – 4.30pm		Audicia 17 th August 6 – 9pm	PELVIS
September	Audicia 31 st August 6 – 9pm	Laura & Lian 8 th Sept 10am – 5.30pm	H-J 9 th Sept 10am – 4.30pm		Audicia 14 th Sept 6 – 9pm	LEGS
October	Audicia	Laura & Lian	H-J		Audicia	ABDOMEN

	5 th October 6 – 9pm	13 th Oct 10am – 5.30pm	14 th Oct 10am – 16.30pm		19 th Oct 6 – 9pm	
November	No online class	Helen 10 th Nov tbc 10am – 5.30pm	Helen 11 th Nov tbc 10am – 5.30pm	Helen 12 th Nov tbc 10am – 5.30pm	No online class	ENVIRONMENT
December	Audicia 30 th November 6 – 9pm	Lian 8 th Dec 10am – 5.30pm	H-J 9 th Dec 10am – 4.30pm		Audicia 14 th December 6 – 9pm	SELF PORTRAIT EXPLORATIONS
January	No online class	Lian 12 th Jan 10am – 5.30pm	Lian/H-J 13 th Jan 10am – 5.30pm	H-J 14 th Jan 10am – 4.30pm	No online class	SELF PORTRAIT COACHING
February	Lian 8 th Feb 10am - 5.30pm IN person at CMH	ALL TEACHERS 9 th Feb 10am – 5.30pm	ALL TEACHERS 10 th Feb 10am – 5.30pm	ALL TEACHERS 11 th Feb 10am – 4.30pm	No online class	SELF PORTRAIT PERFORMANCES
March	Audicia 29 th February tbc 6 – 9pm	ALL TEACHERS 8 th March 10am – 5.30pm	ALL TEACHERS 9 th March 10am – 4.30pm			CLOSING WEEKEND

Weekend IN person class hours run from 10:AM - 5:30PM Friday and 10am – 4.30pm on Saturday GMT at the Chichester Memorial Hall, (CMH) Sandgate Kent.

Please note the additional Friday's and Thursday that the training will also meet in person:

- Friday 7th April 10am – 5.30pm Opening Training Weekend
- Friday 10th November 10am – 5.30pm Environmental Training Weekend (tbc depending on tides)
- Friday 12th January – 10am – 5.30pm Self Portrait Coaching Weekend
- Thursday 8th February 10am – 5.30pm and Friday 9th February 10am – 5.30pm Self Portrait Ritual Performance Weekend

There will be two Thursday evening classes a month facilitated live online from 6-9pm, including a 15minute break.

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.