

TAMALPA UK

Schedule Level 1 Weekend ONLINE Training 2023 – 2024

Dates:	Thursday Evening 5pm – 8.15pm	Friday 10am – 5.30pm	Saturday 10am – 5.30pm	Sunday 10.am – 4.30pm	Thursday Evening 5pm – 8.15pm	
April		Lian 21st April 10am – 5.30pm	Laura & Lian 22 nd April (Audicia via Zoom) 10am – 5.30pm	H-J 23rd April 10am – 4.30pm	Audicia 27 th April 5pm – 8.15pm	SPINE
May	Audicia 18 th May 5pm – 8.15pm	Laura & Lian 26 th May 10am – 5.30pm	H-J 27 th May 10am – 4.30pm		Audicia 1 st June 5pm – 8.15pm	SHOULDERS, ARMS & HANDS
June	Audicia 15 th June 5pm - 8.15pm	Laura & Lian 23rd June 10am – 5.30pm	H-J 24 th June 10am – 4.30pm		Audicia 29 th June 5pm – 8.15pm	HEAD
July	Audicia 13 th July 5pm – 8.15pm	Laura & Lian 21 st July 10am – 5.30pm	Lian 22 nd July 10am – 4.30pm		Audicia 27 th July 5pm – 8.15pm	RIBCASE
August	Audicia 17 th August 5pm – 8.15pm	Laura & Lian 25 th August 10am – 5.30pm	Lian 26 th August 10am – 4.30pm		Audicia 31 st August 5pm – 8.15pm	PELVIS
September	Audicia 14 th September 5pm – 8.15pm	Laura & H-J 22 nd Sept 10am – 5.30pm	Lian 23 rd Sept 10am – 4.30pm		Audicia 28 th Sept 5pm – 8.15pm	LEGS
October	Audicia 19 th October 5pm – 8.15pm	Laura & Lian 27 th Oct 10am – 5.30pm	H-J 28thOctober 10am – 16.30pm		Audicia 2 nd November 5pm – 8.15pm	ABDOMEN

November	Audicia 16 th Nov 5pm– 8.15pm	Lian 24 th Nov 10am – 5.30pm	H-J 25 th Nov 10am – 4.30pm		Audicia 30 th November 5pm – 8.15pm	SELF PORTRAIT EXPLORATIONS
December	Audicia 14 th Dec 5pm – 8.15pm					
January	No online class	Lian 26 th Jan 10am – 5.30pm	Lian/H-J?tbc 27 th Jan 10am – 5.30pm		Audicia 1 st Feb 5pm – 8.15pm	SELF PORTRAIT COACHING
February	Lian 22n Feb 10am - 5.30pm	ALL TEACHERS 23 rd Feb 10am – 5.30pm	ALL TEACHERS 24 th Feb 10am – 5.30pm	ALL TEACHERS 25 th Feb 10am – 4.30pm	No online class	SELF PORTRAIT PERFORMANCES
March	Audicia 14 th March 5pm – 8.15pm	ALL TEACHERS 22 nd March 10am – 5.30pm	ALL TEACHERS 23 rd March 10am – 4.30pm			CLOSING WEEKEND

Weekend Day Long hours run from 10:AM - 5:30PM Friday and 10am – 4.30pm on Saturday GMT

There will be two Thursday evening classes a month facilitated live online from 5-8.15pm GMT 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.