

Somatic Experiencing Beg I Schedule

	Friday, Feb 21	Saturday, Feb 22	Sunday, Feb 23	Monday, Feb 24
Morning Training	9:30 am – 1 pm	9:30 am – 1 pm		9:00 am – 12:00 pm
Lunch Break (Sessions & Personal Time)	1 – 2:30 pm	1– 2:30 pm	No sessions	12:00– 1:30 pm
Afternoon Training	2:30 - 6:00 pm	2:30 – 6:00 pm	1 - 6:00 pm	1:30 – 4:00 pm
Personal Sessions	6:15 - 7:15	Assistant's dinner	6:15 - 7:15	