

Shakti Ayurveda School

Ayurvedic Wellness Coach (Level 1) Certification

2023 Schedule

Overview:

- Lectures on most Wednesdays 2-5 PM (3hrs)
- Most classes will be live stream, some may be pre-recorded but will be released at the same times as live streams.
- All times listed in **Eastern US Time**
- Please note, it can take up to 3 hours before a live stream is posted to the classroom due to the processing time of the video file.
- [Time zone calculator](#)

Lectures

Wednesday - January 18 – Module 1

Wednesday - January 25

Wednesday - February 1

Wednesday - February 8 – Module 2

Wednesday - February 15

Wednesday - February 22

Wednesday - March 1 – Module 3

Wednesday - March 8

Wednesday - March 15

Wednesday - March 22 – Module 4

Wednesday - March 29

Wednesday - April 5

Wednesday - April 12

Wednesday - April 19

Wednesday - April 26 – Module 5

Wednesday - May 3

Wednesday - May 10

Wednesday - May 17

Wednesday - May 24 – Module 6

May 31st - Mid-Term Quiz will be released. Please finish it by August 31st.

Wednesday - June 7

Wednesday - June 14

Wednesday - June 21

Wednesday - June 28

Wednesday - July 5

Wednesday - July 12

Wednesday - July 19 – Module 7

Wednesday - July 26

Wednesday - August 2

Summer Recess: No Classes August 6-13

Wednesday – August 16

Wednesday - August 23

Wednesday - August 30

Wednesday - September 6 – Module 8

Wednesday – September 13

Wednesday - September 20

Wednesday - September 27

Wednesday - October 4

Wednesday - October 11 – Module 9

Wednesday - October 18

Wednesday - October 25 – Module 10

Wednesday - November 1

Wednesday - November 8

Wednesday - November 15

Wednesday - November 22 - Module 11

Thanksgiving Recess: No Classes November 23-29

Wednesday - December 6

Wednesday - December 13

Wednesday - December 20