

# Shakti Ayurveda School

## Ayurvedic Wellness Coach (Level 1) Certification 2023

### Schedule

#### Overview:

- Lectures on most Wednesday 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 11 - Module 1**

Wednesday - January 18  
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

*Final will be released after the last class, you will have 6 weeks to complete it.*

**Office Hours**

Twice monthly on Thursdays. Dates TBD. Times rotate to accommodate differing time zones.