

Shakti Ayurveda School  
Ayurvedic Wellness Coach (Level 1) Certification  
2024 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 17 – Module 1**

Wednesday - January 24

Wednesday - January 31

Wednesday - February 7

**Wednesday - February 14 – Module 2**

Wednesday - February 21

Wednesday - February 28

Wednesday - March 6

***Winter Break: NO CLASS March 13***

**Wednesday - March 20 – Module 3**

Wednesday - March 27

Wednesday - April 3

Wednesday - April 10

Wednesday - April 17

**Wednesday - April 24 – Module 4**

***Spring Break: NO CLASSES April 29 - May 3***

Wednesday - May 8

Wednesday - May 15

Wednesday - May 22

**Wednesday - May 29 – Module 5**

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

Wednesday - June 5

Wednesday - June 12

Wednesday - June 19

Wednesday - June 26

Wednesday - July 3

**Wednesday - July 10 – Module 6**

Wednesday - July 17

Wednesday - July 24

Wednesday - July 31

***Summer Break: NO CLASSES August 5-9***

Wednesday - August 14

Wednesday - August 21

**Wednesday - August 28 – Module 7**

Wednesday - September 4

Wednesday - September 11

Wednesday - September 18

Wednesday - September 25

**Wednesday - October 2 – Module 8**

Wednesday - October 9

**Wednesday - October 16 – Module 9**

Wednesday - October 23

Wednesday - October 30

Wednesday - November 6

**Wednesday - November 13 - Module 10**

Wednesday - November 20

***Fall Break: NO CLASSES November 23-29***

Wednesday - December 4

Wednesday - December 11