

**THE POLYVAGAL INSTITUTE
FOUNDATIONS I NOVEMBER COHORT TRAINING DATES**

NOVEMBER 12th 2021 - JUNE 3rd, 2022

NOVEMBER

Please note, sessions start in Eastern Standard Time (EST).

November 12th: Introduction
ALL GROUPS (3:00-5:00 EST)

DECEMBER

December 3rd: MODULE 1
ALL GROUPS (1:00-4:00 EST)

December 10th: Consults, **GROUPS OF 4**
Timeslot A (9:00-10:00 EST)
Timeslot B (10:15-11:15 EST)
Timeslot C (11:30 -12:30 EST)
Timeslot D (1:00-2:00 EST)
Timeslot E (2:15-3:15 EST)
Timeslot F (3:30 -4:30 EST)

JANUARY

January 7th: 90-minute experiential session with trainers
2 GROUPS (1:00-2:30 EST)

January 28th: MODULE 2
ALL GROUPS (1:00-4:00 EST)

FEBRUARY

February 4th: Consults, **GROUPS OF 4**
Timeslot A (9:00-10:00 EST)
Timeslot B (10:15-11:15 EST)
Timeslot C (11:30 -12:30 EST)

Timeslot D (1:00-2:00 EST)
Timeslot E (2:15-3:15 EST)
Timeslot F (3:30 -4:30 EST)

MARCH

March 11th: MODULE 3
ALL GROUPS (1:00-4:00 EST)

March 18th: Consults, **GROUPS OF 4**
Timeslot A (9:00-10:00 EST)
Timeslot B (10:15-11:15 EST)
Timeslot C (11:30 -12:30 EST)
Timeslot D (1:00-2:00 EST)
Timeslot E (2:15-3:15 EST)
Timeslot F (3:30 -4:30 EST)

March 25th: 90-minute experiential session with consultants
2 GROUPS (1:00-2:30 EST)

APRIL

Please note, March 27th the time changes to Eastern Daylight Time (EDT).

April 8th: Deb's Live Q & A
ALL GROUPS (1-2:30 EDT)

April 22nd: MODULE 4
ALL GROUPS (1:00-4:00 EDT)

April 29th: Consults, **GROUPS OF 4**
Timeslot A (9:00-10:00 EDT)
Timeslot B (10:15-11:15 EDT)
Timeslot C (11:30 -12:30 EDT)
Timeslot D (1:00-2:00 EDT)
Timeslot E (2:15-3:15 EDT)
Timeslot F (3:30 -4:30 EDT)

MAY

May 13th: 90-minute experiential session with consultants
2 GROUPS (1:00-2:30 EDT)

JUNE

June 3rd: MODULE 5
ALL GROUPS (1:00-4:00 EDT)