



	101: Mindfulness Foundations	201: Mindfulness in the Classroom	Mindful Communication
	4 weeks with 1 live session	8 weeks with 2 live sessions	6 weeks with 2 live sessions
Jan	Jan 11 - Feb 7 Live Session: Jan 24	Jan 25 - Mar 20 Live Sessions: Feb 5, Mar 4	
Feb	Feb 8 - Mar 6 Live Session: Feb 21	Feb 29 - Apr 24 Live Sessions: Mar 12, Apr 16	
Mar	Mar 7 - Apr 3 Live Session: Mar 20	Mar 28 - May 22 Live Sessions: Apr 8, May 6	Mar 14 - Apr 24 Live Sessions: Mar 27, Apr 17
Apr	Apr 4 - May 1 Live Session: Apr 17	Apr 25 - Jun 19 Live Sessions: May 7, Jun 4	 <p>I can't recommend this course highly enough! Practicing mindful communication has had a profoundly positive impact on ALL of my relationships in and out of the classroom as well as with myself.</p>
May	May 2 - May 29 Live Session: May 15	May 23 - Jul 17 Live Sessions: Jun 3, Jul 1	
Jun	Jun 13 - Jul 10 Live Session: Jun 26	Jun 27 - Aug 21 Live Sessions: Jul 9, Aug 6	

	Community Practice	Workshops	Retreats
	30-Minute Practice; Wednesdays @ 7pm ET	90-Minute Training; Wednesdays @ 4-5:30pm ET	5-Hour Retreat; Saturdays @ 11am-4pm ET
Jan	Jan 3		New Year Retreat Jan 27
Feb	Feb 7	Communicate for a Change Feb 28	
Mar	Mar 6		
Apr	Apr 3	Mindful Games Apr 24	Spring Retreat Apr 20
May	May 1		
Jun	Jun 5		