



# January 2024 - December 2024 Core Schedule

## Winter Trimester 2024: **BEYOND THE HUMAN SPECIES**

Saturday to Sunday, January 6 – 7, 2024	2-Day Intensive	Saturday & Sunday: 8 am to 3 pm PT 11 am to 6 pm ET
Thursday, January 11, 2024	Virtual Seminar #1a	9:30 to 11 am PT 12:30 to 2 pm ET
Monday, January 15, 2024	Core Flow Morning Session	8 to 9 am PT 11 to Noon ET
Monday, January 15, 2024	Core Flow Evening Session	5 to 6 pm PT 8 to 9 pm ET
Thursday, January 18, 2024	Virtual Seminar #1b	5 to 6:30 pm PT 8 to 9:30 pm ET
Monday, January 22, 2024	Core Flow Morning Session	8 to 9 am PT 11 to Noon ET
Monday, January 22, 2024	Core Flow Evening Session	5 to 6 pm PT 8 to 9 pm ET

Thursday, January 25, 2024	Virtual Seminar #2a	9:30 to 11 am PT 12:30 to 2 pm ET
Monday, January 29, 2024	Core Flow Morning Session	8 to 9 am PT 11 to Noon ET
Monday, January 29, 2024	Core Flow Evening Session	5 to 6 pm PT 8 to 9 pm ET
Thursday, February 1, 2024	Virtual Seminar #2b	5 to 6:30 pm PT 8 to 9:30 pm ET
Monday, February 5, 2024	Core Flow Morning Session	8 to 9 am PT 11 to Noon ET
Monday, February 5, 2024	Core Flow Evening Session	5 to 6 pm PT 8 to 9 pm ET
Thursday, February 8, 2024	Virtual Seminar #3a	9:30 to 11 am PT 12:30 to 2 pm ET
Monday, February 12, 2024	Core Flow Morning Session	8 to 9 am PT 11 to Noon ET
Monday, February 12, 2024	Core Flow Evening Session	5 to 6 pm PT 8 to 9 pm ET
Thursday, February 15, 2024	Virtual Seminar #3b	5 to 6:30 pm PT 8 to 9:30 pm ET
Monday, February 19, 2024	Core Flow Morning Session	8 to 9 am PT 11 to Noon ET
Monday, February 19, 2024	Core Flow Evening Session	5 to 6 pm PT 8 to 9 pm ET
Thursday, February 22, 2024	Virtual Seminar #4a	9:30 to 11 am PT 12:30 to 2 pm ET
Monday, February 26, 2024	Core Flow Morning Session	8 to 9 am PT 11 to Noon ET

Monday, February 26, 2024	Core Flow Evening Session	5 to 6 pm PT 8 to 9 pm ET
Thursday, February 29, 2024	Virtual Seminar #4b	5 to 6:30 pm PT 8 to 9:30 pm ET
Saturday to Sunday, March 2– 3, 2024	2-Day Intensive	Saturday & Sunday: 8 am to 3 pm PT 11 am to 6 pm ET
Thursday, March 7, 2024	Virtual Seminar #5a	9:30 to 11 am PT 12:30 to 2 pm ET
Monday, March 11, 2024	Core Flow Morning Session	8 to 9 am PT 11 to Noon ET
Monday, March 11, 2024	Core Flow Evening Session	5 to 6 pm PT 8 to 9 pm ET
Thursday, March 14, 2024	Virtual Seminar #5b	5 to 6:30 pm PT 8 to 9:30 pm ET
Monday, March 18, 2024	Core Flow Morning Session	8 to 9 am PT 11 to Noon ET
Monday, March 18, 2024	Core Flow Evening Session	5 to 6 pm PT 8 to 9 pm ET
Thursday, March 21, 2024	Virtual Seminar #6a	9:30 to 11 am PT 12:30 to 2 pm ET
Monday, March 25, 2024	Core Flow Morning Session	8 to 9 am PT 11 to Noon ET
Monday, March 25, 2024	Core Flow Evening Session	5 to 6 pm PT 8 to 9 pm ET
Thursday, March 28, 2024	Virtual Seminar #6b	5 to 6:30 pm PT 8 to 9:30 pm ET
Monday, April 1, 2024	Core Flow Morning Session	8 to 9 am PT 11 to Noon ET

Monday, April 1, 2024	Core Flow Evening Session	5 to 6 pm PT 8 to 9 pm ET
Thursday, April 4, 2024	Virtual Seminar #7a	9:30 to 11 am PT 12:30 to 2 pm ET
Monday, April 8, 2024	Core Flow Morning Session	8 to 9 am PT 11 to Noon ET
Monday, April 8, 2024	Core Flow Evening Session	5 to 6 pm PT 8 to 9 pm ET
Thursday, April 11, 2024	Virtual Seminar #7b	5 to 6:30 pm PT 8 to 9:30 pm ET
Monday, April 15, 2024	Core Flow Morning Session	8 to 9 am PT 11 to Noon ET
Monday, April 15, 2024	Core Flow Evening Session	5 to 6 pm PT 8 to 9 pm ET
Thursday, April 18, 2024	Virtual Seminar #8a	9:30 to 11 am PT 12:30 to 2 pm ET
Monday, April 22, 2024	Core Flow Morning Session	8 to 9 am PT 11 to Noon ET
Monday, April 22, 2024	Core Flow Evening Session	5 to 6 pm PT 8 to 9 pm ET
Thursday, April 25, 2024	Virtual Seminar #8b	5 to 6:30 pm PT 8 to 9:30 pm ET
Monday, April 29, 2024	Core Flow Morning Session	8 to 9 am PT 11 to Noon ET
Monday, April 29, 2024	Core Flow Evening Session	5 to 6 pm PT 8 to 9 pm ET

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Summer Trimester 2024: **SACRED SOVEREIGNTY**

Saturday to Sunday, May 4 – 5, 2024	2-Day Intensive	Saturday & Sunday: 8 am to 3 pm PT 11 am to 6 pm ET
Thursday, May 9, 2022	Virtual Seminar #9a	9:30 to 11 am PT 12:30 to 2 pm ET
Monday, May 13, 2024	Core Flow Morning Session	8 to 9 am PT 11 to Noon ET
Monday, May 13, 2024	Core Flow Evening Session	5 to 6 pm PT 8 to 9 pm ET
Thursday, May 16, 2024	Virtual Seminar #9b	5 to 6:30 pm PT 8 to 9:30 pm ET
Monday, May 20, 2024	Core Flow Morning Session	8 to 9 am PT 11 to Noon ET
Monday, May 20, 2024	Core Flow Evening Session	5 to 6 pm PT 8 to 9 pm ET
Thursday, May 23, 2024	Virtual Seminar #10a	9:30 to 11 am PT 12:30 to 2 pm ET
Thursday, May 30, 2024	Virtual Seminar #10b	5 to 6:30 pm PT 8 to 9:30 pm ET
Monday, June 3, 2024	Core Flow Morning Session	8 to 9 am PT 11 to Noon ET
Monday, June 3, 2024	Core Flow Evening Session	5 to 6 pm PT 8 to 9 pm ET
Thursday, June 6, 2024	Virtual Seminar #11a	9:30 to 11 am PT 12:30 to 2 pm ET

Monday, June 10, 2024	Core Flow Morning Session	8 to 9 am PT 11 to Noon ET
Monday, June 10, 2024	Core Flow Evening Session	5 to 6 pm PT 8 to 9 pm ET
Thursday, June 13, 2024	Virtual Seminar #11b	5 to 6:30 pm PT 8 to 9:30 pm ET
Monday, June 17, 2024	Core Flow Morning Session	8 to 9 am PT 11 to Noon ET
Monday, June 17, 2024	Core Flow Evening Session	5 to 6 pm PT 8 to 9 pm ET
Thursday, June 20, 2024	Virtual Seminar #12a	9:30 to 11 am PT 12:30 to 2 pm ET
Monday, June 24, 2024	Core Flow Morning Session	8 to 9 am PT 11 to Noon ET
Monday, June 24, 2024	Core Flow Evening Session	5 to 6 pm PT 8 to 9 pm ET
Thursday, June 27, 2024	Virtual Seminar #12b	5 to 6:30 pm PT 8 to 9:30 pm ET
Monday, July 1, 2024	Core Flow Morning Session	8 to 9 am PT 11 to Noon ET
Monday, July 1, 2024	Core Flow Evening Session	5 to 6 pm PT 8 to 9 pm ET
Monday, July 8, 2024	Core Flow Morning Session	8 to 9 am PT 11 to Noon ET
Monday, July 8, 2024	Core Flow Evening Session	5 to 6 pm PT 8 to 9 pm ET
Saturday to Sunday, July 13 – 14, 2024	2-Day Intensive	Saturday & Sunday: 8 am to 3 pm PT

		11 am to 6 pm ET
Thursday, July 11, 2024	Virtual Seminar #13a	9:30 to 11 am PT 12:30 to 2 pm ET
Thursday, July 18, 2024	Virtual Seminar #13b	5 to 6:30 pm PT 8 to 9:30 pm ET
Monday, July 22, 2024	Core Flow Morning Session	8 to 9 am PT 11 to Noon ET
Monday, July 22, 2024	Core Flow Evening Session	5 to 6 pm PT 8 to 9 pm ET
Thursday, July 25, 2024	Virtual Seminar #14a	9:30 to 11 am PT 12:30 to 2 pm ET
Monday, July 29, 2024	Core Flow Morning Session	8 to 9 am PT 11 to Noon ET
Monday, July 29, 2024	Core Flow Evening Session	5 to 6 pm PT 8 to 9 pm ET
Thursday, August 1, 2024	Virtual Seminar #14b	5 to 6:30 pm PT 8 to 9:30 pm ET
Monday, August 5, 2024	Core Flow Morning Session	8 to 9 am PT 11 to Noon ET
Monday, August 5, 2024	Core Flow Evening Session	5 to 6 pm PT 8 to 9 pm ET
Thursday, August 8, 2024	Virtual Seminar #15a	9:30 to 11 am PT 12:30 to 2 pm ET
Monday, August 12, 2024	Core Flow Morning Session	8 to 9 am PT 11 to Noon ET
Monday, August 12, 2024	Core Flow Evening Session	5 to 6 pm PT 8 to 9 pm ET

Thursday, August 15, 2024	Virtual Seminar #15b	5 to 6:30 pm PT 8 to 9:30 pm ET
Monday, August 19, 2024	Core Flow Morning Session	8 to 9 am PT 11 to Noon ET
Monday, August 19, 2024	Core Flow Evening Session	5 to 6 pm PT 8 to 9 pm ET
Thursday, August 22, 2024	Virtual Seminar #16a	9:30 to 11 am PT 12:30 to 2 pm ET
Monday, August 26, 2024	Core Flow Morning Session	8 to 9 am PT 11 to Noon ET
Monday, August 26, 2024	Core Flow Evening Session	5 to 6 pm PT 8 to 9 pm ET
Thursday, August 29, 2024	Virtual Seminar #16b	5 to 6:30 pm PT 8 to 9:30 pm ET

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Fall Trimester 2024: **THE POWER OF MUTUALITY**

Saturday to Sunday, September 7 – 8, 2024	2-Day Intensive	Saturday & Sunday: 8 am to 3 pm PT 11 am to 6 pm ET
Thursday, September 12, 2024	Virtual Seminar #17a	9:30 to 11 am PT 12:30 to 2 pm ET
Monday, September 16, 2024	Core Flow Morning Session	8 to 9 am PT 11 to Noon ET



Monday, September 16, 2024	Core Flow Evening Session	5 to 6 pm PT 8 to 9 pm ET
Thursday, September 19, 2024	Virtual Seminar #17b	5 to 6:30 pm PT 8 to 9:30 pm ET
Monday, September 23, 2024	Core Flow Morning Session	8 to 9 am PT 11 to Noon ET
Monday, September 23, 2024	Core Flow Evening Session	5 to 6 pm PT 8 to 9 pm ET
Thursday, September 26, 2024	Virtual Seminar #18a	9:30 to 11 am PT 12:30 to 2 pm ET
Monday, September 30, 2024	Core Flow Morning Session	8 to 9 am PT 11 to Noon ET
Monday, September 30, 2024	Core Flow Evening Session	5 to 6 pm PT 8 to 9 pm ET
Thursday, October 3, 2024	Virtual Seminar #18b	5 to 6:30 pm PT 8 to 9:30 pm ET
Monday, October 7, 2024	Core Flow Morning Session	8 to 9 am PT 11 to Noon ET
Monday, October 7, 2024	Core Flow Evening Session	5 to 6 pm PT 8 to 9 pm ET
Thursday, October 10, 2024	Virtual Seminar #19a	9:30 to 11 am PT 12:30 to 2 pm ET
Monday, October 14, 2024	Core Flow Morning Session	8 to 9 am PT 11 to Noon ET
Monday, October 14, 2024	Core Flow Evening Session	5 to 6 pm PT 8 to 9 pm ET
Thursday, October 17, 2024	Virtual Seminar #19b	5 to 6:30 pm PT 8 to 9:30 pm ET

Monday, October 21, 2024	Core Flow Morning Session	8 to 9 am PT 11 to Noon ET
Monday, October 21, 2024	Core Flow Evening Session	5 to 6 pm PT 8 to 9 pm ET
Thursday, October 24, 2024	Virtual Seminar #20a	9:30 to 11 am PT 12:30 to 2 pm ET
Monday, October 28, 2024	Core Flow Morning Session	8 to 9 am PT 11 to Noon ET
Monday, October 28, 2024	Core Flow Evening Session	5 to 6 pm PT 8 to 9 pm ET
SPECIAL NIGHT!! Wednesday, October 30, 2024	Virtual Seminar #20b	5 to 6:30 pm PT 8 to 9:30 pm ET
Saturday to Sunday, November 2 – 3, 2024	2-Day Intensive	Saturday & Sunday: 8 am to 3 pm PT 11 am to 6 pm ET
Thursday, November 7, 2024	Virtual Seminar #21a	9:30 to 11 am PT 12:30 to 2 pm ET
Monday, November 11, 2024	Core Flow Morning Session	8 to 9 am PT 11 to Noon ET
Monday, November 11, 2024	Core Flow Evening Session	5 to 6 pm PT 8 to 9 pm ET
Thursday, November 14, 2024	Virtual Seminar #21b	5 to 6:30 pm PT 8 to 9:30 pm ET
Monday, November 18, 2024	Core Flow Morning Session	8 to 9 am PT 11 to Noon ET
Monday, November 18, 2024	Core Flow Evening Session	5 to 6 pm PT 8 to 9 pm ET

Thursday, November 21, 2024	Virtual Seminar #22a	9:30 to 11 am PT 12:30 to 2 pm ET
Monday, November 25, 2024	Core Flow Morning Session	8 to 9 am PT 11 to Noon ET
Monday, November 25, 2024	Core Flow Evening Session	5 to 6 pm PT 8 to 9 pm ET
Monday, December 2, 2024	Core Flow Morning Session	8 to 9 am PT 11 to Noon ET
Monday, December 2, 2024	Core Flow Evening Session	5 to 6 pm PT 8 to 9 pm ET
Thursday, December 5, 2024	Virtual Seminar #22b	5 to 6:30 pm PT 8 to 9:30 pm ET
Monday, December 9, 2024	Core Flow Morning Session	8 to 9 am PT 11 to Noon ET
Monday, December 9, 2024	Core Flow Evening Session	5 to 6 pm PT 8 to 9 pm ET
Thursday, December 12, 2024	Virtual Seminar #23a	9:30 to 11 am PT 12:30 to 2 pm ET
Monday, December 16, 2024	Core Flow Morning Session	8 to 9 am PT 11 to Noon ET
Monday, December 16, 2024	Core Flow Evening Session	5 to 6 pm PT 8 to 9 pm ET
Thursday, December 19, 2024	Virtual Seminar #23b	5 to 6:30 pm PT 8 to 9:30 pm ET

**Note:** We will either have Core Flow weekly sessions or MI 24/7 group meetings. For MI 24/7 groups, those meeting dates will be determined by your individual group members. Core Flow sessions for the individual trimesters will be reflected in the schedule as they are determined.