

# Core Schedule

## January - December 2025

Plan on attending:

- ✓ All 2-Day Intensives
- ✓ At least one Core Flow session weekly on Mondays (either morning or evening)
- ✓ At least one of the Virtual Seminars (either A or B) for each session (ex: 1a, 2b, 3a, 4a, etc)

Winter Trimester 2025: SUPRAMENTAL AWAKENING & COHESION

Session	Date	Times
2-Day Intensive	Saturday January 11	8 am to 2 pm PT / 11 am to 5 pm ET
2-Day Intensive	Sunday January 12	8 am to 2 pm PT / 11 am to 5 pm ET
Virtual Seminar #1a	Thursday January 16	9:30 to 11 am PT / 12:30 to 2 pm ET
Core Flow, Morning Session	Monday January 20	8 to 9 am PT / 11 am to Noon ET
Core Flow, Evening Session	Monday January 20	5 to 6 pm PT / 8 to 9 pm ET
Virtual Seminar #1b	Thursday January 23	5 to 6:30 pm PT / 8 to 9:30 pm ET
Core Flow, Morning Session	Monday January 27	8 to 9 am PT / 11 am to Noon ET
Core Flow, Evening Session	Monday January 27	5 to 6 pm PT / 8 to 9 pm ET
Virtual Seminar #2a	Thursday January 30	9:30 to 11 am PT / 12:30 to 2 pm ET
Core Flow, Morning Session	Monday February 3	8 to 9 am PT / 11 am to Noon ET
Core Flow, Evening Session	Monday February 3	5 to 6 pm PT / 8 to 9 pm ET
Virtual Seminar #2b	Thursday February 6	5 to 6:30 pm PT / 8 to 9:30 pm ET
Core Flow, Morning Session	Monday February 10	8 to 9 am PT / 11 am to Noon ET
Core Flow, Evening Session	Monday February 10	5 to 6 pm PT / 8 to 9 pm ET
Virtual Seminar #3a	Thursday February 13	9:30 to 11 am PT / 12:30 to 2 pm ET
Core Flow, Morning Session	Monday February 17	8 to 9 am PT / 11 am to Noon ET
Core Flow, Evening Session	Monday February 17	5 to 6 pm PT / 8 to 9 pm ET

Virtual Seminar #3b	Thursday February 20	5 to 6:30 pm PT / 8 to 9:30 pm ET
Core Flow, Morning Session	Monday February 24	8 to 9 am PT / 11 am to Noon ET
Core Flow, Evening Session	Monday February 24	5 to 6 pm PT / 8 to 9 pm ET
2-Day Intensive	Saturday March 1	8 am to 2 pm PT / 11 am to 5 pm ET
2-Day Intensive	Sunday March 2	8 am to 2 pm PT / 11 am to 5 pm ET
Virtual Seminar #4a	Thursday March 6	9:30 to 11 am PT / 12:30 to 2 pm ET
Core Flow, Morning Session	Monday March 10	8 to 9 am PT / 11 am to Noon ET
Core Flow, Evening Session	Monday March 10	5 to 6 pm PT / 8 to 9 pm ET
Virtual Seminar #4b	Thursday March 13	5 to 6:30 pm PT / 8 to 9:30 pm ET
Core Flow, Morning Session	Monday March 17	8 to 9 am PT / 11 am to Noon ET
Core Flow, Evening Session	Monday March 17	5 to 6 pm PT / 8 to 9 pm ET
Virtual Seminar #5a	Thursday March 20	9:30 to 11 am PT / 12:30 to 2 pm ET
Core Flow, Morning Session	Monday March 24	8 to 9 am PT / 11 am to Noon ET
Core Flow, Evening Session	Monday March 24	5 to 6 pm PT / 8 to 9 pm ET
Virtual Seminar #5b	Thursday March 27	5 to 6:30 pm PT / 8 to 9:30 pm ET
Core Flow, Morning Session	Monday March 31	8 to 9 am PT / 11 am to Noon ET
Core Flow, Evening Session	Monday March 31	5 to 6 pm PT / 8 to 9 pm ET
Virtual Seminar #6a	Thursday April 3	9:30 to 11 am PT / 12:30 to 2 pm ET
Core Flow, Morning Session	Monday April 7	8 to 9 am PT / 11 am to Noon ET
Core Flow, Evening Session	Monday April 7	5 to 6 pm PT / 8 to 9 pm ET
Virtual Seminar #6b	Thursday April 10	5 to 6:30 pm PT / 8 to 9:30 pm ET
Core Flow, Morning Session	Monday April 14	8 to 9 am PT / 11 am to Noon ET
Core Flow, Evening Session	Monday April 14	5 to 6 pm PT / 8 to 9 pm ET
Virtual Seminar #7a	Thursday April 17	9:30 to 11 am PT / 12:30 to 2 pm ET

Core Flow, Morning Session	Monday April 21	8 to 9 am PT / 11 am to Noon ET
Core Flow, Evening Session	Monday April 21	5 to 6 pm PT / 8 to 9 pm ET
Virtual Seminar #7b	Thursday April 24	5 to 6:30 pm PT / 8 to 9:30 pm ET
Core Flow, Morning Session	Monday April 28	8 to 9 am PT / 11 am to Noon ET
Core Flow, Evening Session	Monday April 28	5 to 6 pm PT / 8 to 9 pm ET

### Summer Trimester 2025: DIVINE CONTAGION

Session	Date	Times
2-Day Intensive	Saturday May 3	8 am to 2 pm PT / 11 am to 5 pm ET
2-Day Intensive	Sunday May 4	8 am to 2 pm PT / 11 am to 5 pm ET
Virtual Seminar #8a	Thursday May 8	9:30 to 11 am PT / 12:30 to 2 pm ET
Core Flow, Morning Session	Monday May 12	8 to 9 am PT / 11 am to Noon ET
Core Flow, Evening Session	Monday May 12	5 to 6 pm PT / 8 to 9 pm ET
Virtual Seminar #8b	Thursday May 15	5 to 6:30 pm PT / 8 to 9:30 pm ET
Core Flow, Morning Session	Monday May 19	8 to 9 am PT / 11 am to Noon ET
Core Flow, Evening Session	Monday May 19	5 to 6 pm PT / 8 to 9 pm ET
Virtual Seminar #9a	Thursday May 22	9:30 to 11 am PT / 12:30 to 2 pm ET
Virtual Seminar #9b	Thursday May 29	5 to 6:30 pm PT / 8 to 9:30 pm ET
Core Flow, Morning Session	Monday June 2	8 to 9 am PT / 11 am to Noon ET
Core Flow, Evening Session	Monday June 2	5 to 6 pm PT / 8 to 9 pm ET
Virtual Seminar #10a	Thursday June 5	9:30 to 11 am PT / 12:30 to 2 pm ET
Core Flow, Morning Session	Monday June 9	8 to 9 am PT / 11 am to Noon ET
Core Flow, Evening Session	Monday June 9	5 to 6 pm PT / 8 to 9 pm ET
Virtual Seminar #10b	Thursday June 12	5 to 6:30 pm PT / 8 to 9:30 pm ET

Core Flow, Morning Session	Monday June 16	8 to 9 am PT / 11 am to Noon ET
Core Flow, Evening Session	Monday June 16	5 to 6 pm PT / 8 to 9 pm ET
Virtual Seminar #11a	Thursday June 19	9:30 to 11 am PT / 12:30 to 2 pm ET
Core Flow, Morning Session	Monday June 23	8 to 9 am PT / 11 am to Noon ET
Core Flow, Evening Session	Monday June 23	5 to 6 pm PT / 8 to 9 pm ET
Virtual Seminar #11b	Thursday June 26	5 to 6:30 pm PT / 8 to 9:30 pm ET
Core Flow, Morning Session	Monday June 30	8 to 9 am PT / 11 am to Noon ET
Core Flow, Evening Session	Monday June 30	5 to 6 pm PT / 8 to 9 pm ET
Virtual Seminar #12a	Thursday July 3	9:30 to 11 am PT / 12:30 to 2 pm ET
Core Flow, Morning Session	Monday July 7	8 to 9 am PT / 11 am to Noon ET
Core Flow, Evening Session	Monday July 7	5 to 6 pm PT / 8 to 9 pm ET
Virtual Seminar #12b	Thursday July 10	5 to 6:30 pm PT / 8 to 9:30 pm ET
2-Day Intensive	Saturday July 12	8 am to 2 pm PT / 11 am to 5 pm ET
2-Day Intensive	Sunday July 13	8 am to 2 pm PT / 11 am to 5 pm ET
Virtual Seminar #13a	Thursday July 17	9:30 to 11 am PT / 12:30 to 2 pm ET
Core Flow, Morning Session	Monday July 21	8 to 9 am PT / 11 am to Noon ET
Core Flow, Evening Session	Monday July 21	5 to 6 pm PT / 8 to 9 pm ET
Virtual Seminar #13b	Thursday July 24	5 to 6:30 pm PT / 8 to 9:30 pm ET
Core Flow, Morning Session	Monday July 28	8 to 9 am PT / 11 am to Noon ET
Core Flow, Evening Session	Monday July 28	5 to 6 pm PT / 8 to 9 pm ET
Virtual Seminar #14a	Thursday July 31	9:30 to 11 am PT / 12:30 to 2 pm ET
Core Flow, Morning Session	Monday August 4	8 to 9 am PT / 11 am to Noon ET
Core Flow, Evening Session	Monday August 4	5 to 6 pm PT / 8 to 9 pm ET
Virtual Seminar #14b	Thursday August 7	5 to 6:30 pm PT / 8 to 9:30 pm ET

Core Flow, Morning Session	Monday August 11	8 to 9 am PT / 11 am to Noon ET
Core Flow, Evening Session	Monday August 11	5 to 6 pm PT / 8 to 9 pm ET
Virtual Seminar #15a	Thursday August 14	9:30 to 11 am PT / 12:30 to 2 pm ET
Core Flow, Morning Session	Monday August 18	8 to 9 am PT / 11 am to Noon ET
Core Flow, Evening Session	Monday August 18	5 to 6 pm PT / 8 to 9 pm ET
Virtual Seminar #15b	Thursday August 21	5 to 6:30 pm PT / 8 to 9:30 pm ET
Core Flow, Morning Session	Monday August 25	8 to 9 am PT / 11 am to Noon ET
Core Flow, Evening Session	Monday August 25	5 to 6 pm PT / 8 to 9 pm ET

Fall Trimester 2025: MULTIDIMENSIONAL NAVIGATION

Session	Date	Times
2-Day Intensive	Saturday September 6	8 am to 2 pm PT / 11 am to 5 pm ET
2-Day Intensive	Sunday September 7	8 am to 2 pm PT / 11 am to 5 pm ET
Virtual Seminar #16a	Thursday September 11	9:30 to 11 am PT / 12:30 to 2 pm ET
Core Flow, Morning Session	Monday September 15	8 to 9 am PT / 11 am to Noon ET
Core Flow, Evening Session	Monday September 15	5 to 6 pm PT / 8 to 9 pm ET
Virtual Seminar #16b	Thursday September 18	5 to 6:30 pm PT / 8 to 9:30 pm ET
Core Flow, Morning Session	Monday September 22	8 to 9 am PT / 11 am to Noon ET
Core Flow, Evening Session	Monday September 22	5 to 6 pm PT / 8 to 9 pm ET
Virtual Seminar #17a	Thursday September 25	9:30 to 11 am PT / 12:30 to 2 pm ET
Core Flow, Morning Session	Monday September 29	8 to 9 am PT / 11 am to Noon ET
Core Flow, Evening Session	Monday September 29	5 to 6 pm PT / 8 to 9 pm ET
Virtual Seminar #17b	Thursday October 2	5 to 6:30 pm PT / 8 to 9:30 pm ET
Core Flow, Morning Session	Monday October 6	8 to 9 am PT / 11 am to Noon ET

Core Flow, Evening Session	Monday October 6	5 to 6 pm PT / 8 to 9 pm ET
Virtual Seminar #18a	Thursday October 9	9:30 to 11 am PT / 12:30 to 2 pm ET
Core Flow, Morning Session	Monday October 13	8 to 9 am PT / 11 am to Noon ET
Core Flow, Evening Session	Monday October 13	5 to 6 pm PT / 8 to 9 pm ET
Virtual Seminar #18b	Thursday October 16	5 to 6:30 pm PT / 8 to 9:30 pm ET
Core Flow, Morning Session	Monday October 20	8 to 9 am PT / 11 am to Noon ET
Core Flow, Evening Session	Monday October 20	5 to 6 pm PT / 8 to 9 pm ET
Virtual Seminar #19a	Thursday October 23	9:30 to 11 am PT / 12:30 to 2 pm ET
Core Flow, Morning Session	Monday October 27	8 to 9 am PT / 11 am to Noon ET
Core Flow, Evening Session	Monday October 27	5 to 6 pm PT / 8 to 9 pm ET
Virtual Seminar #19b	Thursday October 30	5 to 6:30 pm PT / 8 to 9:30 pm ET
2-Day Intensive	Saturday November 1	8 am to 2 pm PT / 11 am to 5 pm ET
2-Day Intensive	Sunday November 2	8 am to 2 pm PT / 11 am to 5 pm ET
Virtual Seminar #20a	Thursday November 6	9:30 to 11 am PT / 12:30 to 2 pm ET
Core Flow, Morning Session	Monday November 10	8 to 9 am PT / 11 am to Noon ET
Core Flow, Evening Session	Monday November 10	5 to 6 pm PT / 8 to 9 pm ET
Virtual Seminar #20b	Thursday November 13	5 to 6:30 pm PT / 8 to 9:30 pm ET
Core Flow, Morning Session	Monday November 17	8 to 9 am PT / 11 am to Noon ET
Core Flow, Evening Session	Monday November 17	5 to 6 pm PT / 8 to 9 pm ET
Virtual Seminar #21a	Thursday November 20	9:30 to 11 am PT / 12:30 to 2 pm ET
Core Flow, Morning Session	Monday November 24	8 to 9 am PT / 11 am to Noon ET
Core Flow, Evening Session	Monday November 24	5 to 6 pm PT / 8 to 9 pm ET
Core Flow, Morning Session	Monday December 1	8 to 9 am PT / 11 am to Noon ET
Core Flow, Evening Session	Monday December 1	5 to 6 pm PT / 8 to 9 pm ET

Virtual Seminar #21b	Thursday December 4	5 to 6:30 pm PT / 8 to 9:30 pm ET
Core Flow, Morning Session	Monday December 8	8 to 9 am PT / 11 am to Noon ET
Core Flow, Evening Session	Monday December 8	5 to 6 pm PT / 8 to 9 pm ET
Virtual Seminar #22a	Thursday December 11	9:30 to 11 am PT / 12:30 to 2 pm ET
Core Flow, Morning Session	Monday December 15	8 to 9 am PT / 11 am to Noon ET
Core Flow, Evening Session	Monday December 15	5 to 6 pm PT / 8 to 9 pm ET
Virtual Seminar #22b	Thursday December 18	5 to 6:30 pm PT / 8 to 9:30 pm ET
Core Flow, Morning Session	Monday December 22	8 to 9 am PT / 11 am to Noon ET
Core Flow, Evening Session	Monday December 22	5 to 6 pm PT / 8 to 9 pm ET