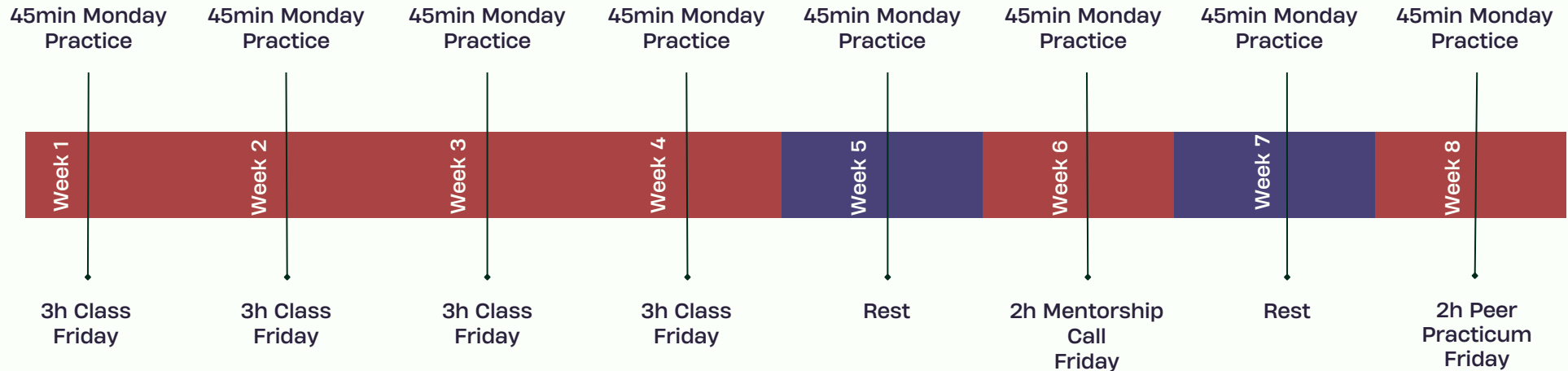


SCHEDULING EXAMPLE



The program follows a unique cadence of:

- > 4 weeks of 3h classes
- > Followed by one week of rest
- > Followed by a mentorship call
- > Followed by a week of rest
- > Followed by a peer practicum
- > Repeat

All calls are online on Zoom.
On Fridays at 1 pm CET.

Supported by:

- > 45-minute Practice each Monday at 8 am CET
- > Community Chat