

## *2023-2024 Classes Calendar*

<b>October 2023</b>	7 <sup>th</sup> Fascinating Fascia – In person – Studio Yoga Reading  TBA - Endocrine System 9.30am till 15.30pm
<b>November</b>	10 <sup>th</sup> Spinal Conditions (5hrs) 9.30am till 15.30pm  <b>40hrs Online Somatic Course</b> 17 <sup>th</sup> Nov – Neuroscience & Movement 1 <sup>st</sup> Dec – Fascia is a sensory organ 15 <sup>th</sup> Dec – From our Viscera 12 <sup>th</sup> Jan – The 7 Diaphragms 26 <sup>th</sup> Jan – Spiral Everywhere
<b>December</b>	
<b>January 2024</b> <b>Feb</b> <b>March</b> <b>April</b>	<b>60hrs Online Embodied Anatomy Course</b>  <u>Module 1 - 5th &amp; 6th January</u> Breath Space (5hrs) Arm lines (5hrs)  <u>Module 2 - 2nd &amp; 3rd February</u> Mapping the spine (5hrs) Head & Neck (5hrs)  <u>Module 3 - 8th &amp; 9th March</u> Pelvic Equilibrium (5hrs) Shoulder Girdle (5hrs)  <u>Module 4 - 19th &amp; 20th April</u> Knee in Movement (5hrs) Foot Foundation (5hrs)