THE POLYVAGAL INSTITUTE
FOUNDATIONS I SEPTEMBER COHORT TRAINING DATES

SEPTEMBER 10th 2021 - MARCH 4th, 2022

SEPTEMBER

Please note, sessions start in Eastern Daylight Time (EDT).

September 10th:  Introduction
ALL GROUPS (11:00-12:30 EDT)

September 24th:  MODULE 1
ALL GROUPS (11:00-2:00 EDT)

OCTOBER

October 15th:  Consults, GROUPS OF 4
Time slot A (10:00-11:00 EDT)
Timeslot B (11:30-12:30 EDT)
Timeslot C (1:00 -2:00 EDT)

October 29th:  MODULE 2
ALL GROUPS (11:00-2:00 EDT)

NOVEMBER

Please note, November 7th the time changes to Eastern Standard Time (EST).

November 12th:  Consults, GROUPS OF 4
Timeslot A (10:00-11:00 EST)
Timeslot B (11:30-12:30 EST)
Timeslot C (1:00 -2:00 EST)

November 19th:  90-minute experiential session with trainers
2 GROUPS (11:00-12:30 EST)
DECEMBER

December 3rd: MODULE 3
ALL GROUPS (11:00-2:00 EST)

December 17th: Consults, GROUPS OF 4
Timeslot A (10:00-11:00 EST)
Timeslot B (11:30-12:30 EST)
Timeslot C (1:00 -2:00 EST)

JANUARY

January 7th: 90-minute experiential session with consultants
GROUPS OF 12 (11:00-12:30 EST)

January 14th: MODULE 4
ALL GROUPS (11:00-2:00 EST)

January 28th: Consults, GROUPS OF 4
Timeslot A (10:00-11:00 EST)
Timeslot B (11:30-12:30 EST)
Timeslot C (1:00 -2:00 EST)

FEBRUARY

February 11th: 90-minute experiential session with trainers
2 GROUPS (11:00-12:30 EST)

February 18th: Deb’s Live Q & A
ALL GROUPS (11:00-12:30 EST)

MARCH

March 4th: MODULE 5
ALL GROUPS (11:00-12:00 EST)