

**POLYVAGAL INSTITUTE  
FOUNDATIONS I TRAINING DATES**

**JUNE 4th-NOVEMBER 19<sup>th</sup>, 2021**

JUNE

June 04: Introduction  
**ALL GROUPS** (12:30-2:30 EDT)

June 18: MODULE 1  
**ALL GROUPS** (12:30-3:30 EDT)

JULY

July 9: Consultation Groups  
1 hour between 11am and 2:45pm. To be determined after course is filled. Groups are based on location and timezone.

July 16: 90-minute experiential session with trainers  
**GROUPS OF 16** (12:30-2:00 EDT)

AUGUST

August 6: MODULE 2  
**ALL GROUPS** (12:30-3:30 EDT)

August 20: Consultation Groups  
1 hour between 11am and 2:45pm. To be determined after course is filled. Groups are based on location and timezone.

August 27: 90-minute experiential session  
**GROUPS OF 16** 12:30-2:00 EDT)

SEPTEMBER

September 10: MODULE 3  
**ALL GROUPS** (12:30-3:30 EDT)

September 24: Consultation Groups  
1 hour between 11am and 2:45pm EDT. To be determined after course is filled. Groups are based on location and timezone.

## OCTOBER

- October 1: Deb's Q & A  
**ALL GROUPS** (12:30-2:00 EDT)
- October 22: MODULE 4  
**ALL GROUPS** (12:30-3:30 EDT)
- October 29: Consultation Groups  
1 hour between 11am and 2:45pm. To be determined after course is filled. Groups are based on location and timezone.

## NOVEMBER

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

- November 12: 90-minute experiential session with trainers  
**GROUPS OF 16** (12:30-2:00 EST)
- November 19: MODULE 5  
**ALL GROUPS** (12:30-3:30 EST)