

Core Schedule

January - December 2026

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 2026:

Session	Date	Times
2-Day Intensive	Saturday January 10	8 am to 2 pm PT / 11 am to 5 pm ET
2-Day Intensive	Sunday January 11	8 am to 2 pm PT / 11 am to 5 pm ET
Virtual Seminar #1a	Thursday January 15	9:30 to 11 am PT / 12:30 to 2 pm ET
Core Flow, Morning Session	Monday January 19	8 to 9 am PT / 11 am to Noon ET
Core Flow, Evening Session	Monday January 19	5 to 6 pm PT / 8 to 9 pm ET
Virtual Seminar #1b	Thursday January 22	5 to 6:30 pm PT / 8 to 9:30 pm ET
Core Flow, Morning Session	Monday January 26	8 to 9 am PT / 11 am to Noon ET
Core Flow, Evening Session	Monday January 26	5 to 6 pm PT / 8 to 9 pm ET
Virtual Seminar #2a	Thursday January 29	9:30 to 11 am PT / 12:30 to 2 pm ET
Core Flow, Morning Session	Monday February 2	8 to 9 am PT / 11 am to Noon ET
Core Flow, Evening Session	Monday February 2	5 to 6 pm PT / 8 to 9 pm ET
Virtual Seminar #2b	Thursday February 5	5 to 6:30 pm PT / 8 to 9:30 pm ET
Core Flow, Morning Session	Monday February 9	8 to 9 am PT / 11 am to Noon ET
Core Flow, Evening Session	Monday February 9	5 to 6 pm PT / 8 to 9 pm ET
Virtual Seminar #3a	Thursday February 12	9:30 to 11 am PT / 12:30 to 2 pm ET
Virtual Seminar #3b	Thursday February 19	5 to 6:30 pm PT / 8 to 9:30 pm ET
Core Flow, Morning Session	Monday February 23	8 to 9 am PT / 11 am to Noon ET

Core Flow, Evening Session	Monday February 23	5 to 6 pm PT / 8 to 9 pm ET
Virtual Seminar #4a	Thursday February 26	9:30 to 11 am PT / 12:30 to 2 pm ET
Core Flow, Morning Session	Monday March 2	8 to 9 am PT / 11 am to Noon ET
Core Flow, Evening Session	Monday March 2	5 to 6 pm PT / 8 to 9 pm ET
Virtual Seminar #4b	Thursday March 5	5 to 6:30 pm PT / 8 to 9:30 pm ET
2-Day Intensive	Saturday March 7	8 am to 2 pm PT / 11 am to 5 pm ET
2-Day Intensive	Sunday March 8	8 am to 2 pm PT / 11 am to 5 pm ET
Virtual Seminar #5a	Thursday March 12	9:30 to 11 am PT / 12:30 to 2 pm ET
Core Flow, Morning Session	Monday March 16	8 to 9 am PT / 11 am to Noon ET
Core Flow, Evening Session	Monday March 16	5 to 6 pm PT / 8 to 9 pm ET
Virtual Seminar #5b	Thursday March 19	5 to 6:30 pm PT / 8 to 9:30 pm ET
Core Flow, Morning Session	Monday March 23	8 to 9 am PT / 11 am to Noon ET
Core Flow, Evening Session	Monday March 23	5 to 6 pm PT / 8 to 9 pm ET
Virtual Seminar #6a	Thursday March 26	9:30 to 11 am PT / 12:30 to 2 pm ET
Core Flow, Morning Session	Monday March 30	8 to 9 am PT / 11 am to Noon ET
Core Flow, Evening Session	Monday March 30	5 to 6 pm PT / 8 to 9 pm ET
Virtual Seminar #6b	Thursday April 2	5 to 6:30 pm PT / 8 to 9:30 pm ET
Core Flow, Morning Session	Monday April 6	8 to 9 am PT / 11 am to Noon ET
Core Flow, Evening Session	Monday April 6	5 to 6 pm PT / 8 to 9 pm ET
Virtual Seminar #7a	Thursday April 9	9:30 to 11 am PT / 12:30 to 2 pm ET
Core Flow, Morning Session	Monday April 13	8 to 9 am PT / 11 am to Noon ET
Core Flow, Evening Session	Monday April 13	5 to 6 pm PT / 8 to 9 pm ET
Virtual Seminar #7b	Thursday April 16	5 to 6:30 pm PT / 8 to 9:30 pm ET
Core Flow, Morning Session	Monday April 20	8 to 9 am PT / 11 am to Noon ET

Core Flow, Evening Session	Monday April 20	5 to 6 pm PT / 8 to 9 pm ET
Virtual Seminar #8a	Thursday April 23	9:30 to 11 am PT / 12:30 to 2 pm ET
Core Flow, Morning Session	Monday April 27	8 to 9 am PT / 11 am to Noon ET
Core Flow, Evening Session	Monday April 27	5 to 6 pm PT / 8 to 9 pm ET
Virtual Seminar #8b	Thursday April 30	5 to 6:30 pm PT / 8 to 9:30 pm ET

Summer Trimester 2026:

Session	Date	Times
2-Day Intensive	Saturday May 2	8 am to 2 pm PT / 11 am to 5 pm ET
2-Day Intensive	Sunday May 3	8 am to 2 pm PT / 11 am to 5 pm ET
Virtual Seminar #9a	Thursday May 7	9:30 to 11 am PT / 12:30 to 2 pm ET
Core Flow, Morning Session	Monday May 11	8 to 9 am PT / 11 am to Noon ET
Core Flow, Evening Session	Monday May 11	5 to 6 pm PT / 8 to 9 pm ET
Virtual Seminar #9b	Thursday May 14	5 to 6:30 pm PT / 8 to 9:30 pm ET
Core Flow, Morning Session	Monday May 18	8 to 9 am PT / 11 am to Noon ET
Core Flow, Evening Session	Monday May 18	5 to 6 pm PT / 8 to 9 pm ET
Virtual Seminar #10a	Thursday May 21	9:30 to 11 am PT / 12:30 to 2 pm ET
Virtual Seminar #10b	Thursday May 28	5 to 6:30 pm PT / 8 to 9:30 pm ET
Core Flow, Morning Session	Monday June 1	8 to 9 am PT / 11 am to Noon ET
Core Flow, Evening Session	Monday June 1	5 to 6 pm PT / 8 to 9 pm ET
Virtual Seminar #11a	Thursday June 4	9:30 to 11 am PT / 12:30 to 2 pm ET
Core Flow, Morning Session	Monday June 8	8 to 9 am PT / 11 am to Noon ET
Core Flow, Evening Session	Monday June 8	5 to 6 pm PT / 8 to 9 pm ET
Virtual Seminar #11b	Thursday June 11	5 to 6:30 pm PT / 8 to 9:30 pm ET

Core Flow, Morning Session	Monday June 15	8 to 9 am PT / 11 am to Noon ET
Core Flow, Evening Session	Monday June 15	5 to 6 pm PT / 8 to 9 pm ET
Virtual Seminar #12a	Thursday June 18	9:30 to 11 am PT / 12:30 to 2 pm ET
Core Flow, Morning Session	Monday June 22	8 to 9 am PT / 11 am to Noon ET
Core Flow, Evening Session	Monday June 22	5 to 6 pm PT / 8 to 9 pm ET
Virtual Seminar #12b	Thursday June 25	5 to 6:30 pm PT / 8 to 9:30 pm ET
Core Flow, Morning Session	Monday June 29	8 to 9 am PT / 11 am to Noon ET
Core Flow, Evening Session	Monday June 29	5 to 6 pm PT / 8 to 9 pm ET
Virtual Seminar #13a	Thursday July 2	9:30 to 11 am PT / 12:30 to 2 pm ET
Core Flow, Morning Session	Monday July 6	8 to 9 am PT / 11 am to Noon ET
Core Flow, Evening Session	Monday July 6	5 to 6 pm PT / 8 to 9 pm ET
Virtual Seminar #13b	Thursday July 9	5 to 6:30 pm PT / 8 to 9:30 pm ET
2-Day Intensive	Saturday July 11	8 am to 2 pm PT / 11 am to 5 pm ET
2-Day Intensive	Sunday July 12	8 am to 2 pm PT / 11 am to 5 pm ET
Virtual Seminar #14a	Thursday July 16	9:30 to 11 am PT / 12:30 to 2 pm ET
Core Flow, Morning Session	Monday July 20	8 to 9 am PT / 11 am to Noon ET
Core Flow, Evening Session	Monday July 20	5 to 6 pm PT / 8 to 9 pm ET
Virtual Seminar #14b	Thursday July 23	5 to 6:30 pm PT / 8 to 9:30 pm ET
Core Flow, Morning Session	Monday July 27	8 to 9 am PT / 11 am to Noon ET
Core Flow, Evening Session	Monday July 27	5 to 6 pm PT / 8 to 9 pm ET
Virtual Seminar #15a	Thursday July 30	9:30 to 11 am PT / 12:30 to 2 pm ET
Core Flow, Morning Session	Monday August 3	8 to 9 am PT / 11 am to Noon ET
Core Flow, Evening Session	Monday August 3	5 to 6 pm PT / 8 to 9 pm ET
Virtual Seminar #15b	Thursday August 6	5 to 6:30 pm PT / 8 to 9:30 pm ET

Core Flow, Morning Session	Monday August 10	8 to 9 am PT / 11 am to Noon ET
Core Flow, Evening Session	Monday August 10	5 to 6 pm PT / 8 to 9 pm ET
Virtual Seminar #16a	Thursday August 13	9:30 to 11 am PT / 12:30 to 2 pm ET
Core Flow, Morning Session	Monday August 17	8 to 9 am PT / 11 am to Noon ET
Core Flow, Evening Session	Monday August 17	5 to 6 pm PT / 8 to 9 pm ET
Virtual Seminar #16b	Thursday August 20	5 to 6:30 pm PT / 8 to 9:30 pm ET
Core Flow, Morning Session	Monday August 24	8 to 9 am PT / 11 am to Noon ET
Core Flow, Evening Session	Monday August 24	5 to 6 pm PT / 8 to 9 pm ET
Virtual Seminar #17a	Thursday August 27	9:30 to 11 am PT / 12:30 to 2 pm ET
Core Flow, Morning Session	Monday August 31	8 to 9 am PT / 11 am to Noon ET
Core Flow, Evening Session	Monday August 31	5 to 6 pm PT / 8 to 9 pm ET
Virtual Seminar #17b	Thursday September 3	5 to 6:30 pm PT / 8 to 9:30 pm ET

Fall Trimester 2026:

Session	Date	Times
2-Day Intensive	Saturday September 12	8 am to 2 pm PT / 11 am to 5 pm ET
2-Day Intensive	Sunday September 13	8 am to 2 pm PT / 11 am to 5 pm ET
Virtual Seminar #18a	Thursday September 17	9:30 to 11 am PT / 12:30 to 2 pm ET
Core Flow, Morning Session	Monday September 21	8 to 9 am PT / 11 am to Noon ET
Core Flow, Evening Session	Monday September 21	5 to 6 pm PT / 8 to 9 pm ET
Virtual Seminar #18b	Thursday September 24	5 to 6:30 pm PT / 8 to 9:30 pm ET
Core Flow, Morning Session	Monday September 28	8 to 9 am PT / 11 am to Noon ET
Core Flow, Evening Session	Monday September 28	5 to 6 pm PT / 8 to 9 pm ET
Virtual Seminar #19a	Thursday October 1	9:30 to 11 am PT / 12:30 to 2 pm ET

Core Flow, Morning Session	Monday October 5	8 to 9 am PT / 11 am to Noon ET
Core Flow, Evening Session	Monday October 5	5 to 6 pm PT / 8 to 9 pm ET
Virtual Seminar #19b	Thursday October 8	5 to 6:30 pm PT / 8 to 9:30 pm ET
Core Flow, Morning Session	Monday October 12	8 to 9 am PT / 11 am to Noon ET
Core Flow, Evening Session	Monday October 12	5 to 6 pm PT / 8 to 9 pm ET
Virtual Seminar #20a	Thursday October 15	9:30 to 11 am PT / 12:30 to 2 pm ET
Core Flow, Morning Session	Monday October 19	8 to 9 am PT / 11 am to Noon ET
Core Flow, Evening Session	Monday October 19	5 to 6 pm PT / 8 to 9 pm ET
Virtual Seminar #20b	Thursday October 22	5 to 6:30 pm PT / 8 to 9:30 pm ET
Core Flow, Morning Session	Monday October 26	8 to 9 am PT / 11 am to Noon ET
Core Flow, Evening Session	Monday October 26	5 to 6 pm PT / 8 to 9 pm ET
Virtual Seminar #21a	Thursday October 29	9:30 to 11 am PT / 12:30 to 2 pm ET
Core Flow, Morning Session	Monday November 2	8 to 9 am PT / 11 am to Noon ET
Core Flow, Evening Session	Monday November 2	5 to 6 pm PT / 8 to 9 pm ET
Virtual Seminar #21b	Thursday November 5	5 to 6:30 pm PT / 8 to 9:30 pm ET
2-Day Intensive	Saturday November 7	8 am to 2 pm PT / 11 am to 5 pm ET
2-Day Intensive	Sunday November 8	8 am to 2 pm PT / 11 am to 5 pm ET
Core Flow, Morning Session	Monday November 16	8 to 9 am PT / 11 am to Noon ET
Core Flow, Evening Session	Monday November 16	5 to 6 pm PT / 8 to 9 pm ET
Virtual Seminar #22a	Thursday November 19	9:30 to 11 am PT / 12:30 to 2 pm ET
Core Flow, Morning Session	Monday November 23	8 to 9 am PT / 11 am to Noon ET
Core Flow, Evening Session	Monday November 23	5 to 6 pm PT / 8 to 9 pm ET
Core Flow, Morning Session	Monday November 30	8 to 9 am PT / 11 am to Noon ET
Core Flow, Evening Session	Monday November 30	5 to 6 pm PT / 8 to 9 pm ET

Virtual Seminar #22b	Thursday December 3	5 to 6:30 pm PT / 8 to 9:30 pm ET
Core Flow, Morning Session	Monday December 7	8 to 9 am PT / 11 am to Noon ET
Core Flow, Evening Session	Monday December 7	5 to 6 pm PT / 8 to 9 pm ET
Virtual Seminar #23a	Thursday December 10	9:30 to 11 am PT / 12:30 to 2 pm ET
Core Flow, Morning Session	Monday December 14	8 to 9 am PT / 11 am to Noon ET
Core Flow, Evening Session	Monday December 14	5 to 6 pm PT / 8 to 9 pm ET
Virtual Seminar #23b	Thursday December 17	5 to 6:30 pm PT / 8 to 9:30 pm ET
Core Flow, Morning Session	Monday December 21	8 to 9 am PT / 11 am to Noon ET
Core Flow, Evening Session	Monday December 21	5 to 6 pm PT / 8 to 9 pm ET
