CORE SCHEDULE

January - December 2027

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)
- ✔ All First Year Gatherings

Winter 2027

Session	Date	Times
2-Day Intensive	Saturday January 9	8 am to 2 pm PT / 11 am to 5 pm ET
2-Day Intensive	Sunday January 10	8 am to 2 pm PT / 11 am to 5 pm ET
Virtual Seminar #1a	Thursday January 14	9:30 to 11 am PT / 12:30 to 2 pm ET
Core Flow, Morning Session	Monday January 18	8 to 9 am PT / 11 am to Noon ET
Core Flow, Evening Session	Monday January 18	5 to 6 pm PT / 8 to 9 pm ET
Virtual Seminar #1b	Thursday January 21	5 to 6:30 pm PT / 8 to 9:30 pm ET
Core Flow, Morning Session	Monday January 25	8 to 9 am PT / 11 am to Noon ET
Core Flow, Evening Session	Monday January 25	5 to 6 pm PT / 8 to 9 pm ET
Virtual Seminar #2a	Thursday January 28	9:30 to 11 am PT / 12:30 to 2 pm ET
Core Flow, Morning Session	Monday February 1	8 to 9 am PT / 11 am to Noon ET
Core Flow, Evening Session	Monday February 1	5 to 6 pm PT / 8 to 9 pm ET
Virtual Seminar #2b	Thursday February 4	5 to 6:30 pm PT / 8 to 9:30 pm ET
Core Flow, Morning Session	Monday February 8	8 to 9 am PT / 11 am to Noon ET
Core Flow, Evening Session	Monday February 8	5 to 6 pm PT / 8 to 9 pm ET
Virtual Seminar #3a	Thursday February 11	9:30 to 11 am PT / 12:30 to 2 pm ET
Virtual Seminar #3b	Thursday February 18	5 to 6:30 pm PT / 8 to 9:30 pm ET
Core Flow, Morning Session	Monday February 22	8 to 9 am PT / 11 am to Noon ET

Core Flow, Evening Session	Monday	February 22	5 to 6 pm PT / 8 to 9 pm ET
Virtual Seminar #4a	Thursday	February 25	9:30 to 11 am PT / 12:30 to 2 pm ET
Core Flow, Morning Session	Monday	March 1	8 to 9 am PT / 11 am to Noon ET
Core Flow, Evening Session	Monday	March 1	5 to 6 pm PT / 8 to 9 pm ET
Virtual Seminar #4b	Thursday	March 4	5 to 6:30 pm PT / 8 to 9:30 pm ET
2-Day Intensive	Saturday	March 6	8 am to 2 pm PT / 11 am to 5 pm ET
2-Day Intensive	Sunday	March 7	8 am to 2 pm PT / 11 am to 5 pm ET
Virtual Seminar #5a	Thursday	March 11	9:30 to 11 am PT / 12:30 to 2 pm ET
Core Flow, Morning Session	Monday	March 15	8 to 9 am PT / 11 am to Noon ET
Core Flow, Evening Session	Monday	March 15	5 to 6 pm PT / 8 to 9 pm ET
Virtual Seminar #5b	Thursday	March 18	5 to 6:30 pm PT / 8 to 9:30 pm ET
Core Flow, Morning Session	Monday	March 22	8 to 9 am PT / 11 am to Noon ET
Core Flow, Evening Session	Monday	March 22	5 to 6 pm PT / 8 to 9 pm ET
Virtual Seminar #6a	Thursday	March 25	9:30 to 11 am PT / 12:30 to 2 pm ET
Core Flow, Morning Session	Monday	March 29	8 to 9 am PT / 11 am to Noon ET
Core Flow, Evening Session	Monday	March 29	5 to 6 pm PT / 8 to 9 pm ET
Virtual Seminar #6b	Thursday	April 1	5 to 6:30 pm PT / 8 to 9:30 pm ET
Core Flow, Morning Session	Monday	April 5	8 to 9 am PT / 11 am to Noon ET
Core Flow, Evening Session	Monday	April 5	5 to 6 pm PT / 8 to 9 pm ET
Virtual Seminar #7a	Thursday	April 8	9:30 to 11 am PT / 12:30 to 2 pm ET
Core Flow, Morning Session	Monday	April 12	8 to 9 am PT / 11 am to Noon ET
Core Flow, Evening Session	Monday	April 12	5 to 6 pm PT / 8 to 9 pm ET
Virtual Seminar #7b	Thursday	April 15	5 to 6:30 pm PT / 8 to 9:30 pm ET
Core Flow, Morning Session	Monday	April 19	8 to 9 am PT / 11 am to Noon ET
Core Flow, Evening Session	Monday	April 19	5 to 6 pm PT / 8 to 9 pm ET

Virtual Seminar #8a	Thursday April 22	9:30 to 11 am PT / 12:30 to 2 pm ET
Core Flow, Morning Session	Monday April 26	8 to 9 am PT / 11 am to Noon ET
Core Flow, Evening Session	Monday April 26	5 to 6 pm PT / 8 to 9 pm ET
Virtual Seminar #8b	Thursday April 29	5 to 6:30 pm PT / 8 to 9:30 pm ET

Summer 2027

Session	Date	Times
2-Day Intensive	Saturday May 1	8 am to 2 pm PT / 11 am to 5 pm ET
2-Day Intensive	Sunday May 2	8 am to 2 pm PT / 11 am to 5 pm ET
Virtual Seminar #9a	Thursday May 6	9:30 to 11 am PT / 12:30 to 2 pm ET
Core Flow, Morning Session	Monday May 10	8 to 9 am PT / 11 am to Noon ET
Core Flow, Evening Session	Monday May 10	5 to 6 pm PT / 8 to 9 pm ET
Virtual Seminar #9b	Thursday May 13	5 to 6:30 pm PT / 8 to 9:30 pm ET
Core Flow, Morning Session	Monday May 17	8 to 9 am PT / 11 am to Noon ET
Core Flow, Evening Session	Monday May 17	5 to 6 pm PT / 8 to 9 pm ET
Virtual Seminar #10a	Thursday May 20	9:30 to 11 am PT / 12:30 to 2 pm ET
Core Flow, Morning Session	Monday May 24	8 to 9 am PT / 11 am to Noon ET
Core Flow, Evening Session	Monday May 24	5 to 6 pm PT / 8 to 9 pm ET
Virtual Seminar #10b	Thursday May 27	5 to 6:30 pm PT / 8 to 9:30 pm ET
Virtual Seminar #11a	Thursday June 3	9:30 to 11 am PT / 12:30 to 2 pm ET
Core Flow, Morning Session	Monday June 7	8 to 9 am PT / 11 am to Noon ET
Core Flow, Evening Session	Monday June 7	5 to 6 pm PT / 8 to 9 pm ET
Virtual Seminar #11b	Thursday June 10	5 to 6:30 pm PT / 8 to 9:30 pm ET
Core Flow, Morning Session	Monday June 14	8 to 9 am PT / 11 am to Noon ET
Core Flow, Evening Session	Monday June 14	5 to 6 pm PT / 8 to 9 pm ET

Virtual Seminar #12a	Thursday June 17	9:30 to 11 am PT / 12:30 to 2 pm ET
Core Flow, Morning Session	Monday June 21	8 to 9 am PT / 11 am to Noon ET
Core Flow, Evening Session	Monday June 21	5 to 6 pm PT / 8 to 9 pm ET
Virtual Seminar #12b	Thursday June 24	5 to 6:30 pm PT / 8 to 9:30 pm ET
Core Flow, Morning Session	Monday June 28	8 to 9 am PT / 11 am to Noon ET
Core Flow, Evening Session	Monday June 28	5 to 6 pm PT / 8 to 9 pm ET
2-Day Intensive	Saturday July 10	8 am to 2 pm PT / 11 am to 5 pm ET
2-Day Intensive	Sunday July 11	8 am to 2 pm PT / 11 am to 5 pm ET
Virtual Seminar #13a	Thursday July 15	9:30 to 11 am PT / 12:30 to 2 pm ET
Core Flow, Morning Session	Monday July 19	8 to 9 am PT / 11 am to Noon ET
Core Flow, Evening Session	Monday July 19	5 to 6 pm PT / 8 to 9 pm ET
Virtual Seminar #13b	Thursday July 22	5 to 6:30 pm PT / 8 to 9:30 pm ET
Core Flow, Morning Session	Monday July 26	8 to 9 am PT / 11 am to Noon ET
Core Flow, Evening Session	Monday July 26	5 to 6 pm PT / 8 to 9 pm ET
Virtual Seminar #14a	Thursday July 29	9:30 to 11 am PT / 12:30 to 2 pm ET
Core Flow, Morning Session	Monday August 2	8 to 9 am PT / 11 am to Noon ET
Core Flow, Evening Session	Monday August 2	5 to 6 pm PT / 8 to 9 pm ET
Virtual Seminar #14b	Thursday August 5	5 to 6:30 pm PT / 8 to 9:30 pm ET
Core Flow, Morning Session	Monday August 9	8 to 9 am PT / 11 am to Noon ET
Core Flow, Evening Session	Monday August 9	5 to 6 pm PT / 8 to 9 pm ET
Virtual Seminar #15a	Thursday August 12	9:30 to 11 am PT / 12:30 to 2 pm ET
Core Flow, Morning Session	Monday August 16	8 to 9 am PT / 11 am to Noon ET
Core Flow, Evening Session	Monday August 16	5 to 6 pm PT / 8 to 9 pm ET
Virtual Seminar #15b	Thursday August 19	5 to 6:30 pm PT / 8 to 9:30 pm ET
Core Flow, Morning Session	Monday August 23	8 to 9 am PT / 11 am to Noon ET

Core Flow, Evening Session	Monday August 23	5 to 6 pm PT / 8 to 9 pm ET
Virtual Seminar #16a	Thursday August 26	9:30 to 11 am PT / 12:30 to 2 pm ET
Core Flow, Morning Session	Monday August 30	8 to 9 am PT / 11 am to Noon ET
Core Flow, Evening Session	Monday August 30	5 to 6 pm PT / 8 to 9 pm ET
Virtual Seminar #16b	Thursday September 2	5 to 6:30 pm PT / 8 to 9:30 pm ET

Fall 2027

Session	Date	Times
2-Day Intensive	Saturday September 11	8 am to 2 pm PT / 11 am to 5 pm ET
2-Day Intensive	Sunday September 12	8 am to 2 pm PT / 11 am to 5 pm ET
Virtual Seminar #17a	Thursday September 16	9:30 to 11 am PT / 12:30 to 2 pm ET
Core Flow, Morning Session	Monday September 20	8 to 9 am PT / 11 am to Noon ET
Core Flow, Evening Session	Monday September 20	5 to 6 pm PT / 8 to 9 pm ET
Virtual Seminar #17b	Thursday September 23	5 to 6:30 pm PT / 8 to 9:30 pm ET
Core Flow, Morning Session	Monday September 27	8 to 9 am PT / 11 am to Noon ET
Core Flow, Evening Session	Monday September 27	5 to 6 pm PT / 8 to 9 pm ET
Virtual Seminar #18a	Thursday September 30	9:30 to 11 am PT / 12:30 to 2 pm ET
Core Flow, Morning Session	Monday October 4	8 to 9 am PT / 11 am to Noon ET
Core Flow, Evening Session	Monday October 4	5 to 6 pm PT / 8 to 9 pm ET
Virtual Seminar #18b	Thursday October 7	5 to 6:30 pm PT / 8 to 9:30 pm ET
Virtual Seminar #19a	Thursday October 14	9:30 to 11 am PT / 12:30 to 2 pm ET
Core Flow, Morning Session	Monday October 18	8 to 9 am PT / 11 am to Noon ET
Core Flow, Evening Session	Monday October 18	5 to 6 pm PT / 8 to 9 pm ET
Virtual Seminar #19b	Thursday October 21	5 to 6:30 pm PT / 8 to 9:30 pm ET
Core Flow, Morning Session	Monday October 25	8 to 9 am PT / 11 am to Noon ET

Core Flow, Evening Session	Monday	October 25	5 to 6 pm PT / 8 to 9 pm ET
Virtual Seminar #20a	Thursday	October 28	9:30 to 11 am PT / 12:30 to 2 pm ET
Core Flow, Morning Session	Monday	November 1	8 to 9 am PT / 11 am to Noon ET
Core Flow, Evening Session	Monday	November 1	5 to 6 pm PT / 8 to 9 pm ET
Virtual Seminar #20b	Thursday	November 4	5 to 6:30 pm PT / 8 to 9:30 pm ET
2-Day Intensive	Saturday	November 6	8 am to 2 pm PT / 11 am to 5 pm ET
2-Day Intensive	Sunday	November 7	8 am to 2 pm PT / 11 am to 5 pm ET
Virtual Seminar #21a	Thursday	November 11	9:30 to 11 am PT / 12:30 to 2 pm ET
Core Flow, Morning Session	Monday	November 15	8 to 9 am PT / 11 am to Noon ET
Core Flow, Evening Session	Monday	November 15	5 to 6 pm PT / 8 to 9 pm ET
Virtual Seminar #21b	Thursday	November 18	5 to 6:30 pm PT / 8 to 9:30 pm ET
Core Flow, Morning Session	Monday	November 22	8 to 9 am PT / 11 am to Noon ET
Core Flow, Evening Session	Monday	November 22	5 to 6 pm PT / 8 to 9 pm ET
Core Flow, Morning Session	Monday	November 29	8 to 9 am PT / 11 am to Noon ET
Core Flow, Evening Session	Monday	November 29	5 to 6 pm PT / 8 to 9 pm ET
Virtual Seminar #22a	Thursday	December 2	9:30 to 11 am PT / 12:30 to 2 pm ET
Core Flow, Morning Session	Monday	December 6	8 to 9 am PT / 11 am to Noon ET
Core Flow, Evening Session	Monday	December 6	5 to 6 pm PT / 8 to 9 pm ET
Virtual Seminar #22b	Thursday	December 9	5 to 6:30 pm PT / 8 to 9:30 pm ET
Core Flow, Morning Session	Monday	December 13	8 to 9 am PT / 11 am to Noon ET
Core Flow, Evening Session	Monday	December 13	5 to 6 pm PT / 8 to 9 pm ET
Virtual Seminar #23a	Thursday	December 16	9:30 to 11 am PT / 12:30 to 2 pm ET
Core Flow, Morning Session	Monday	December 20	8 to 9 am PT / 11 am to Noon ET
Core Flow, Evening Session	Monday	December 20	5 to 6 pm PT / 8 to 9 pm ET
Virtual Seminar #23b	Thursday	December 23	5 to 6:30 pm PT / 8 to 9:30 pm ET