We encourage you to block 1-2 hours in your calendar before and after each live session, so you arrive grounded and depart with time to reflect. There will also be some asynchronous homework for you to do after each day.

Participants outside of this time zone are encouraged to apply! Please make sure the timing works for your schedule.

Below is a sample agenda. While the timing of breaks and progression of modules may change to best meet the needs of the collective group, the beginning and end time of each day will be honored and remain the same.