

Shakti School
Ayurveda Lifestyle Coach (Level 1) Certification
2019

All Wednesdays 4-7PM eastern - most classes will be live - a few will be pre-recorded, but will also be released every Wednesday by 4 PM.

Please note, all times are in EASTERN STANDARD.

Dates/times subject to change.

MODULE 1

Start Date - Wednesday January 16th, 4-7 PM eastern LIVE

Wednesday January 23rd, 4-7 PM eastern LIVE

Wednesday January 30th, 4-7 PM eastern LIVE

Wednesday - February 6, February LIVE

MODULE 2

Wednesday February 13, 4-7 PM eastern LIVE

Saturday -February 16th, PRE-RECORDED SESSION DROP at 10

AM Eastern - Ayurveda Buddy Group Work

Wednesday-February 20, 4-7 PM eastern LIVE

Wednesday-February 27, 4-7 PM eastern LIVE

MODULE 3

Wednesday - March 6, 4-7 PM eastern - pre-recorded + Ayurveda Buddy

Wednesday - March 13, 4-7 PM eastern - pre-recorded + Ayurveda Buddy

Wednesday - March 16th - 10Am-1 PM eastern LIVE

Wednesday - March 20, 4-7 PM eastern pre-recorded + Ayurveda Buddy

Wednesday - March 27, 4-7 PM eastern pre-recorded + Ayurveda Buddy

Wednesday - April 3, 4-7 PM -pre-recorded + Ayurveda Buddy

Saturday - April 6, 10 AM - 1 PM - LIVE

Wednesday - April 10, 4-7 PM - LIVE

Wednesday - April 17, 4-7 PM - LIVE

Wednesday - April 24, 4-7 PM - LIVE

MODULE 4

Wednesday - May 1, 4-7 PM LIVE

Saturday - May 4, PRE-RECORDED SESSION DROP at 10 AM Eastern
- Ayurveda Buddy Group Work

Wednesday - May 8, 4-7 PM LIVE

Wednesday - May 15, 4-7 PM LIVE

Wednesday - May 22, 4-7 PM LIVE

Wednesday - May 29, 4-7 PM PRE-RECORDED SESSION DROP

Saturday June 1, PRE-RECORDED SESSION DROP at 10 AM+
Ayurveda Buddy Group Work

Wednesday - June 5, 4-7 PM PRE-RECORDED SESSION DROP at 10
AM+ Ayurveda Buddy Group Work

Wednesday - June 12, 4-7 PM LIVE

Wednesday - June 19, 4-7 PM LIVE

Wednesday - June 26, 4-7 PM LIVE

MODULE 5

Wednesday - July 3, 4-7 PM LIVE

Wednesday - July 10, 4-7 PM LIVE

Saturday - July 13, PRE-RECORDED SESSION DROP at 10
AM Eastern - Ayurveda Buddy Group Work

Wednesday - July 17, 4-7 PM LIVE

Wednesday - July 24, 4-7 PM LIVE

Wednesday - July 31, 4-7 PM LIVE

MODULE 6

Saturday - August 3, PRE-RECORDED SESSION DROP at 10 AM Eastern - Ayurveda Buddy Group Work
Wednesday - August 7, 4-7 PM PRE-RECORDED SESSION DROP at 10 AM Eastern - Ayurveda Buddy Group Work
Wednesday - August 14, 4-7 PM LIVE
Wednesday - August 21, 4-7 PM LIVE

MODULE 7

Wednesday - August 28, 4-7 PM LIVE
Wednesday - September 4, 4-7 PM LIVE
Saturday - September 7, PRE-RECORDED SESSION DROP at 10 AM Eastern - Ayurveda Buddy Group Work
Wednesday - September 11, 4-7 PM LIVE
Wednesday - September 18, 4-7 PM LIVE
Wednesday - September 25, 4-7 PM PRE-RECORDED SESSION DROP + Ayurveda Buddy Group Work

MODULE 8

Wednesday - October 2, 4-7 PM LIVE
Saturday - October 5, PRE-RECORDED SESSION DROP at 10 AM Eastern - Ayurveda Buddy Group Work
Wednesday, October 9 - 4-7 PM PRE-RECORDED SESSION DROP - Ayurveda Buddy Group Work

MODULE 9

Wednesday - October 16, 4-7 PM LIVE
Wednesday - October 23, 4-7 PM LIVE
Wednesday - October 30, 4-7 PM LIVE

MODULE 10

Wednesday - November 6 4-7 PM - PRE-RECORDED SESSION
DROP

Wednesday - November 13, 4-7 PM LIVE

Saturday - November 16, PRE-RECORDED SESSION DROP +
Ayurveda Buddy Group

Wednesday - November 20, 4-7 PM LIVE

MODULE 11

Wednesday - November 27, PRE-RECORDED SESSION DROP +
Ayurveda Buddy Group

Wednesday, December 4, 4-7 PM LIVE

Saturday - December 7, PRE-RECORDED SESSION DROP +
Ayurveda Buddy Group

MODULE 12

Wednesday, December 11, 4-7 PM LIVE

Wednesday, December 18, 4-7 PM LIVE