

Ecosomatic Coaching Training 2023

	Wednesday	Thursday	Friday	Saturday	Sunday	TOTAL
8-9 Sept. 2023 ONLINE (in-person is elective)			8	4		
11-15 October - LIVE (Bienno, Val Camonica, BS) - in-person, residential	8	8	8	8	6	
28 October - ONLINE (in-person is elective)			8	4		
10-11 November - ONLINE (in-person is elective)			8	4		
18 November - ONLINE (in-person is elective)				8		
2 December - ONLINE (in-person is elective)				8		
FROM 3 DEC. 2023 UNTIL 12 JAN. 2024: individual study, coaching gym (peer coaching), individual mentoring (3 hrs) and final exam session preparation						
13 Jan. 2024 - ONLINE (in-person is elective)				4		
TOTAL	8	8	32	40	6	78

ONLINE MODULES timing:

Friday: 9am-7pm, with 2 hrs lunch break
 Saturday: 9am-1pm

LIVE in-person modules timing:

From 10am on 11 October, until 4pm on 15 October (tot.: 38 hrs)



**ECOSOMATIC
COACHING**
WITH BODY & EARTH