

**1-year *Personal Development, Transformation and Wellbeing (PDTW)* and 2-year *Advanced (APDTW)* Open Programs**

**Beingness Institute 5 days In-Class Curriculum Proposed General Schedule Per Subject**

	Day 1	Day 2	Day 3	Day 4	Day 5
07:00	Movement - Yoga, Tai chi, Chi Gong, Physical exercises, Hara (MT) - 1 hour	Movement - Yoga, Tai chi, Chi Gong, Physical exercises, Hara (MT) - 1 hour	Movement - Yoga, Tai chi, Chi Gong, Physical exercises, Hara (MT) - 1 hour	Movement - Yoga, Tai chi, Chi Gong, Physical exercises, Hara (MT) - 1 hour	Movement - Yoga, Tai chi, Chi Gong, Physical exercises, Hara (MT) - 1 hour
08:00	Social & Communal Development (SDC) - 1 hour	Subtle Energy Facilitation Techniques (SEFT) - 1 hour	Relational Dynamics Concepts and Principles States of Being - Auric Defences Exploration, Experientials, Practice (RDCP) - 2 hours Psychotherapeutic Process (GPP) - 2 hours	Personal Development, Transformation and Wellbeing Body, Mind, Emotions and Spirit Exploration, Experientials, Practice (PDTW) - 2 hours Psychotherapeutic Process (GPP) - 2 hours	Social & Communal Development (SDC) - 1 hour
08:30	Healing Energy Awareness Concepts & Principles Sharing, Lectures & Experientials (HEACP) - 3 hours	Paranormal Abilities Techniques (PAT) - 1 hour			Creating Self-Care Receiving Healings (CSCW) - 2 hours
09:00		Subtle Energy Psychological Concepts and Principles of Emotions (SEPCPE) - 2 hours			Extra Sensory Perception Techniques (ESPT) 1 hour
09:30					
10:00					
10:30	Lunch - 2 hours	Lunch - 2 hours	Lunch - 2 hours	Lunch - 2 hours	
11:00					
11:30					
12:00					
12:30	Meditation (MCM) - 30 minutes	Meditation (MCM) - 30 minutes	Meditation (MCM) - 30 minutes	Meditation (MCM) - 30 minutes	Meditation (MCM) - 30 minutes
13:00	Relational Dynamics Concepts and Principles, Models (RDCP) - 1.5 hour	Personal Development, Transformation and Wellbeing Different Modalities Exploration, Experientials, Practice (PDTW) - 2 hours Psychotherapeutic Process (GPP) 1.5 hours	Creating Self-Care & Wellness (CSCW) - 1.5 hours	Uniqueness and Essential Qualities Experiential (UEQ) - 1.5 hours	Social & Communal Development Sharing and Closing (SCD) - 1.5 hours
14:30					
15:00			Group Psychotherapeutic Process (GPP) 2 hours	Creative Arts & Play Therapy (CAPT) - 2 hours	
15:30					
16:00	Dinner - 2 hours	Dinner - 2 hours	Dinner - 2 hours	Dinner - 2 hours	
16:30					
17:00					
17:30					
18:00	Traditional, Complementary & Conventional Medicine Integration (TCCMI) - 2 hours	Traditional, Complementary & Conventional Medicine Integration (TCCMI) - 2 hours	Traditional, Complementary & Conventional Medicine Integration (TCCMI) - 2 hours	Social & Communal Development (SDC) - 2 hours	
18:30					
19:00					
19:30					
20:00					
20:30					
21:00					
21:30					
22:00					

**Schedule NOTES**

- 49 hours total scheduled during 5 days for each in-class on-site week.
- An average of 37 segments during each in-class week.
- Morning (MT) and evening (TCCMI) modules do not have to be attended. Students will be able to listen to the recorded MT & TCCMI lectures on the web site on their own time.
- Breaks are included in the segments. The general rule is that 10 minutes per segment hour can be allocated for breaks.