

**Hakomi Institute Southwest
Comprehensive Training Schedule
Level 2 (L2), 2023-2024**

2023

- 1) April 7-9 (*Ramadan: March 22-April 21; Passover starts April 6*)
- 2) May 5-7 (*Mother's Day: May 14*)
- 3) June 10-12 (*Father's Day: June 18*)
- 4) July 7-9
- *July 10 - Sept. 7, Summer Break*
- 5) Sept. 8-10 (*Rosh Hashanah: Sept. 16; Yom Kippur: Sept. 25*)
- 6) Oct. 6-8
- 7) Nov. 3-5
- 8) Dec. 1-3 (*Chanukah: starts Dec. 8*)

2024:

- 9) Jan. 5-7
- 10) Feb. 2-4

Friday: 3-6pm; 3 hours class time

Saturday: 10am-1pm & 2pm-5pm; 6 hours class time

Sunday: 10am-2:30pm; 4 hours class time

All hours are in Mountain Standard Time

10 weekends x 14 hours per weekend = 140 Live-Workshop Hours

1 meeting with Faculty per month, TBD x 10 months = 10 Office hours

L2 Total Program Hours: 150 Hours (+ Homework & Study Group Sessions)