

**Hakomi Institute Southeast  
Comprehensive Training Schedule  
L1 & L2**

**Level 1 (L1), 2022-2023**

*All modules Live-Online*

**2022**

- 1) Sept 30-Oct 2
- 2) November 18-20

**2023**

- 3) January 13-15
- 4) February 24-26
- 5) April 14-16
- 6) May 19-21
- 7) July 7-9
- 8) September 8-10
- 9) October 13-15
- 10) December 1-3

**Live-Online Hours:**

Friday: 1-5:30 pm

*4 hours class time with a 30 minute break*

Saturday: 10am-1pm & 2:30-5:30pm

*6 hours class time with a 1.5 hour break*

Sunday: 10am-2:30pm

*4 hours class time with a 30 minute break*

*\*\*All hours are in Eastern Standard Time*

**Total Level 1 Hours**

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

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

10 Online Self-Study Hours

**L1 Total Program Hours: 160 Hours (+ Homework & Study Group Sessions)**

## **Level 2 (L2), 2024-2025**

*7 Live-Online modules + 2 In-person modules*

### **2024**

- 1) March 20-24 *In-person*
- 2) May 3-5 *Live-Online*
- 3) June 21-23 *Live-Online*
- 4) September 6-8 *Live-Online*
- 5) October 4-6 *Live-Online*
- 6) November 15-17 *Live-Online*

### **2025**

Jan 10-12 *Live-Online*  
Feb 21-23 *Live-Online*  
March 26-30 *In-person*

### **Live-Online Hours:**

Friday: 1-5:30 pm

*4 hours class time with a 30 minute break*

Saturday: 10am-1pm & 2:30-5:30pm

*5.5 hours of class time with two 15 minute breaks am and pm and 1.5 hour lunch break*

Sunday: 10am-2:30pm

*4 hours class time with a 30 minute break*

*\*\*All hours are in Eastern Standard Time*

### **In-Person Hours:**

Wednesday: 1:00-5:30 pm

*4 hours of class time with a 15 minute break*

Thursday, Friday & Saturday: 10 am-1 pm & 2:30-5:30 pm

*5.5 hours of class time, with two 15 minute breaks & 1.5 hour lunch break*

Sunday: 9:30 am-1:30 pm

*3.5 hours of class with a 30 minute break*

### **Total Level 2 Hours**

7 Live-Online weekends x 13.5 hours per weekend = 94.5 Live-Online hours

2 5-day In-person blocks (Wednesday through Sunday) x 24 hours per block= 48 hours

1 meeting with faculty per month x 10 months = 10 Office hours

10 online self-study hours

**L2 Total Program Hours: 162.5 hours (plus homework & study group sessions)**