

## Advanced Breath of Love Course Curriculum Requirements and Suggestions Month by Month

The chart below is designed to offer you an easy pace when it comes to fulfilling Advanced Course requirements month by month. And, if at any point you are willing and able to finish the requirements sooner than stated below, we highly encourage you to do that!

### Module 1: January 6th - March 31st, 2020

<b>January 13th - 18th, 2020</b>	6 day in-person training with Julia Mikk in Boulder, CO.
<b>January 2020</b>	<b>ACTION STEP:</b> * Offer at least 1 introductory workshop (2-3hrs) to let participants know about your private in-person sessions starting in February.
	- Private session with Julia Mikk on the phone (90 minutes). - Advanced Course workshop with Julia Mikk on Zoom (90 minutes). - Twice a month Financial Success Workshops with Meghan Neeley on Zoom (60 minutes each).
<b>February 2020</b>	<b>ACTION STEP:</b> * Facilitate about 5 private in-person Breath of Love sessions. <i>(The Advanced Course requirement is to facilitate a total of 20 private in-person sessions.)</i>
	- Private session with Julia Mikk on the phone (90 minutes). - Advanced Course workshop with Julia Mikk on Zoom (90 minutes). - Twice a month Financial Success Workshops with Meghan Neeley on Zoom (75 minutes each).
<b>March 2020</b>	<b>ACTION STEP:</b> * Facilitate about 5 private in-person Breath of Love sessions. <i>(The Advanced Course requirement is to facilitate a total of 20 private in-person sessions.)</i>
	- Private session with Julia Mikk on the phone (90 minutes). - Advanced Course workshop with Julia Mikk on Zoom (90 minutes). - Twice a month Financial Success Workshops with Meghan Neeley on Zoom (75 minutes each).

**Module 2: April 1st - July 21st, 2020**

<b>April 1st - 6th, 2020</b>	6 day online Somatic Unwinding training with Julia Mikk.
<b>April 2020</b>	<p><b>ACTION STEP:</b></p> <p>* Facilitate 2 Breath of Love sessions to clients long-distance, on video. <i>(The Advanced Course graduation requirement is a total of 4 long-distance Breath of Love sessions on video by July 20th, 2020.)</i></p> <p>* Facilitate 4 Somatic Unwinding sessions to clients on the phone. <i>(The Advanced Course graduation requirement is a total of 12 Somatic Unwinding sessions by July 20th, 2020.)</i></p>
	<ul style="list-style-type: none"> <li>- Private session with Julia Mikk on the phone (90 minutes).</li> <li>- Advanced Course workshop with Julia Mikk on Zoom (90 minutes).</li> <li>- Twice a month Financial Success Workshops with Meghan Neeley on Zoom (75 minutes each).</li> </ul>
<b>May 2020</b>	<p><b>ACTION STEP:</b></p> <p>* Facilitate 2 Breath of Love sessions to clients long-distance, on video. <i>(The Advanced Course graduation requirement is a total of 4 long-distance Breath of Love sessions on video by July 20th, 2020.)</i></p> <p>* Facilitate 4 Somatic Unwinding sessions to clients on the phone. <i>(The Advanced Course graduation requirement is a total of 12 Somatic Unwinding sessions by July 20th, 2020.)</i></p>
	<ul style="list-style-type: none"> <li>- Private session with Julia Mikk on the phone (90 minutes).</li> <li>- Advanced Course workshop with Julia Mikk on Zoom (90 minutes).</li> <li>- Twice a month Financial Success Workshops with Meghan Neeley on Zoom (75 minutes each).</li> </ul>
<b>June 2020</b>	<p><b>ACTION STEP:</b></p> <p>* Make sure you have facilitated a total of 4 Breath of Love sessions to clients long-distance, on video by July 20th. <i>(The Advanced Course graduation requirement is a total of 4 long-distance Breath of Love sessions on video by July 20th, 2020.)</i></p> <p>* Facilitate 4 Somatic Unwinding sessions to clients on the phone. <i>(The Advanced Course graduation requirement is a total of 12 Somatic Unwinding sessions by July 20th, 2020.)</i></p> <p>* Offer at least 2 introductory workshops (can be online, 2-4 hours each) to let participants know about your private <i>in-person</i> Breath of Love sessions starting in August. <i>(The Advanced Course requirement is to facilitate a total of 20 private in-person sessions.)</i></p>
	<ul style="list-style-type: none"> <li>- Private session with Julia Mikk on the phone (90 minutes).</li> <li>- Advanced Course workshop with Julia Mikk on Zoom (90 minutes).</li> <li>- Twice a month Financial Success Workshops with Meghan Neeley on Zoom (75 minutes each).</li> </ul>

**Module 3: July 22nd - September 16th, 2020**

<p><b>July 22nd - 27th, 2020</b></p>	<p>6 day in-person training with Julia Mikk in Boulder, CO.</p>
<p><b>July 2020</b></p>	<p><b>ACTION STEP:</b></p> <p>* Make sure you have facilitated a total of 4 Breath of Love sessions to clients long-distance, on video by July 20th. <i>(The Advanced Course graduation requirement is a total of 4 long-distance Breath of Love sessions on video by July 20th, 2020.)</i></p> <p>* Make sure you have facilitated a total of 12 Somatic Unwinding sessions to clients on the phone by July 20th. <i>(The Advanced Course graduation requirement is a total of 12 Somatic Unwinding sessions by July 20th, 2020.)</i></p> <p>* Offer at least 2 introductory workshops (can be online, 2-4 hours each) to let participants know about your private <i>in-person</i> Breath of Love sessions starting in August. <i>(The Advanced Course requirement is to facilitate a total of 20 private in-person sessions.)</i></p> <hr/> <ul style="list-style-type: none"> <li>- Private session with Julia Mikk on the phone (90 minutes).</li> <li>- Advanced Course workshop with Julia Mikk on Zoom (90 minutes).</li> <li>- Twice a month Financial Success Workshops with Meghan Neeley on Zoom (75 minutes each).</li> </ul>
<p><b>August 2020</b></p>	<p><b>ACTION STEP:</b></p> <p>* Offer at least 2 introductory workshops (can be online, 2-4 hours each) to let participants know about your private <i>in-person</i> Breath of Love sessions starting in August. <i>(The Advanced Course requirement is to facilitate a total of 20 private in-person sessions.)</i></p> <p>* Facilitate about 5 private <i>in-person</i> Breath of Love sessions. <i>(The Advanced Course requirement is to facilitate a total of 20 private in-person sessions.)</i></p> <hr/> <ul style="list-style-type: none"> <li>- Private session with Julia Mikk on the phone (90 minutes).</li> <li>- Advanced Course workshop with Julia Mikk on Zoom (90 minutes).</li> <li>- Twice a month Financial Success Workshops with Meghan Neeley on Zoom (75 minutes each).</li> </ul>

**Module 4: September 17th, 2020 - January 31st, 2021**

<b>September 17th - 21st, 2020</b>	5 day in-person training with Julia Mikk in Boulder, CO.
<b>September 2020</b>	<p><b>ACTION STEP:</b></p> <ul style="list-style-type: none"> <li>* Facilitate about 5 private in-person Breath of Love sessions. <i>(The Advanced Course requirement is to facilitate a total of 20 private in-person sessions.)</i></li> <li>* Coordinate and market your weekend immersion workshop (2-3 days) in November or December 2020 or January 2021.</li> </ul>
	<ul style="list-style-type: none"> <li>- Private session with Julia Mikk on the phone (90 minutes).</li> <li>- Advanced Course workshop with Julia Mikk on Zoom (90 minutes).</li> <li>- Twice a month Financial Success Workshops with Meghan Neeley on Zoom (60 minutes each).</li> </ul>
<b>October 2020</b>	<p><b>ACTION STEP:</b></p> <ul style="list-style-type: none"> <li>* Facilitate about 5 private in-person Breath of Love sessions. <i>(The Advanced Course requirement is to facilitate a total of 20 private in-person sessions.)</i></li> <li>* Offer 2 introductory workshops (2-4 hours each) in order to introduce your weekend immersion to your participants and give them a chance to sign up.</li> <li>* Coordinate and market your weekend immersion workshop (2-3 days) in November or December 2020 or January 2021.</li> </ul>
	<ul style="list-style-type: none"> <li>- Private session with Julia Mikk on the phone (90 minutes).</li> <li>- Advanced Course workshop with Julia Mikk on Zoom (90 minutes).</li> <li>- Twice a month Financial Success Workshops with Meghan Neeley on Zoom (60 minutes each).</li> </ul>
<b>November 2020</b>	<p><b>ACTION STEP:</b></p> <ul style="list-style-type: none"> <li>* Make sure you have finished facilitating a total of 20 private in-person Breath of Love sessions. <i>(The Advanced Course requirement is to facilitate a total of 20 private in-person sessions)</i></li> <li>* Offer 2 introductory workshops (2-4 hours each) in order to introduce your weekend immersion to your participants and give them a chance to sign up.</li> <li>* Give your weekend immersion workshop (2-3 days) in November or December 2020. No later than January 2021.</li> <li>* Submit a video recording of one of your in-person Breath of Love sessions for Julia Mikk's review in your final private session.</li> <li>* Submit a video recording of one of your long-distance Somatic Unwinding sessions for Julia Mikk's review in your final private session.</li> </ul>

	<ul style="list-style-type: none"> <li>- Private session with Julia Mikk on the phone (90 minutes).</li> <li>- Advanced Course workshop with Julia Mikk on Zoom (90 minutes).</li> <li>- Twice a month Financial Success Workshops with Meghan Neeley on Zoom (75 minutes each).</li> </ul>
<b>December 2020</b>	<p><b>ACTION STEP:</b></p> <ul style="list-style-type: none"> <li>*Offer 2 introductory workshops (2-4 hours each) in order to introduce your weekend immersion to your participants and give them a chance to sign up.</li> <li>* Give your weekend immersion workshop (2-3 days) in December 2020. No later than January 2021.</li> <li>*Submit a video recording of one of your in-person Breath of Love sessions for Julia Mikk's review in your final private session.</li> <li>* Submit a video recording of one of your long-distance Somatic Unwinding sessions for Julia Mikk's review in your final private session.</li> </ul>
	<ul style="list-style-type: none"> <li>- Receive remaining private session(s) with Julia Mikk on the phone (90 minutes).</li> </ul>
<b>January 2021</b>	<p><b>ACTION STEP:</b></p> <ul style="list-style-type: none"> <li>*Offer 2 introductory workshops (2-4 hours each) in order to introduce your weekend immersion to your participants and give them a chance to sign up.</li> <li>* Give your weekend immersion workshop (2-3 days).</li> <li>*Submit a video recording of one of your in-person Breath of Love sessions for Julia Mikk's review in your final private session.</li> <li>* Submit a video recording of one of your long-distance Somatic Unwinding sessions for Julia Mikk's review in your final private session.</li> </ul>
	<ul style="list-style-type: none"> <li>- Receive remaining private session(s) with Julia Mikk on the phone (90 minutes).</li> </ul>