

## 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.
	<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>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>
	<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>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>  Offer at least 2 introductory workshops (2-4hrs each) to let participants know about your private sessions available in April.
	<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>

## Module 2: April 1st - May 20th, 2020

April 1st - 6th, 2020	6 day in-person training with Julia Mikk. Boulder, CO.
April 2020	<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>
	<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>
May 2020	<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>
	<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>

**Module 3: May 21st - August 31st, 2020**

<b>May 21st - 25th, 2020</b>	5 day in-person training with Julia Mikk in Boulder, CO.
<b>June 2020</b>	<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>July 2020</b>	<b>ACTION STEP:</b> Offer about 2 introductory workshops (2-4 hours each) in order to introduce your weekend immersion to your participants and give them a chance to start signing up.
	<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>August 2020</b>	<b>ACTION STEP:</b> Offer about 2 introductory workshops (2-4 hours each) in order to introduce your weekend immersion to your participants and give them a chance to start signing up.
	<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>

#### Module 4: September 1st - November 30th, 2020

<p><b>September 2020</b></p>	<p><b>ACTION STEP:</b></p> <ul style="list-style-type: none"> <li>* Offer about 2 introductory workshops (2-4 hours each) in order to introduce your weekend immersion to your participants and give them a chance to start signing up.</li> <li>* Give one weekend (2-3 days) workshop in September <u>or</u> October.</li> <li>* Facilitate 2 Breath of Love sessions long-distance, on video. <i>(The Advanced Course graduation requirement is a total of 4 long-distance Breath of Love sessions on video by November 30th, 2020.)</i></li> <li>* Facilitate about 4 Somatic Unwinding sessions on the phone. <i>(The Advanced Course graduation requirement is a total of 12 Somatic Unwinding sessions by November 30th, 2020.)</i></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 (150 minutes).</li> <li>- Twice a month Financial Success Workshops with Meghan Neeley on Zoom (60 minutes each).</li> </ul>
<p><b>October 2020</b></p>	<p><b>ACTION STEP:</b></p> <ul style="list-style-type: none"> <li>* Give one weekend (2-3 days) workshop in September <u>or</u> October.</li> <li>* Facilitate 2 Breath of Love sessions long-distance, on video. <i>(The Advanced Course graduation requirement is a total of 4 long-distance Breath of Love sessions on video by November 30th, 2020.)</i></li> <li>* Facilitate about 4 Somatic Unwinding sessions on the phone. <i>(The Advanced Course graduation requirement is a total of 12 Somatic Unwinding sessions by November 30th, 2020.)</i></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 (150 minutes).</li> <li>- Twice a month Financial Success Workshops with Meghan Neeley on Zoom (60 minutes each).</li> </ul>
<p><b>November 2020</b></p>	<p><b>ACTION STEP:</b></p> <ul style="list-style-type: none"> <li>* Facilitate about 4 Somatic Unwinding sessions on the phone. <i>(The Advanced Course graduation requirement is a total of 12 Somatic Unwinding sessions by November 30th, 2020.)</i></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 (150 minutes).</li> <li>- Twice a month Financial Success Workshops with Meghan Neeley on Zoom (60 minutes each).</li> </ul>