

# MINDEFUL FACILITATION CERTIFICATE PROGRAM



StirFry Seminars & Consulting

## Program Schedule 2019-2020 Cohort

*All times listed are Pacific Time (PST)*

Online sessions are subject to change based on cohort's availability and/or emergencies.

Format	Dates	Days/Times	Location	Facilitators	Total Hours
<b>In-Person Class 6-Day</b>	<b>June 3-8 2019</b>	<b>Monday-Saturday</b> Monday 2-9 pm; Tuesday-Saturday 9 am- 8 pm	2311 8 <sup>th</sup> St. Berkeley CA 94710	Lee Mun Wah & Rainbow Markell & Interns	<b>62</b>
<b>Online Google Hangout Practice Session</b>	<b>Option One Thursday June 13 2019 @ 4 pm</b> or <b>Option Two Thursday June 27 2019 @ 4 pm</b> <i>Pick one of the two prescheduled dates/times noted above.</i> <i>RSVP for this practice session ahead of time to <a href="mailto:ellen@stirfryseminars.com">ellen@stirfryseminars.com</a>.</i>				
<b>Online Class Session 1</b>	<b>July 2 2019</b>	<b>Tuesday</b> 5 pm- 6:30 pm		Rainbow Markell & Intern	<b>1.5</b>
<b>Online Discussion Group Session 2</b>	<b>July 16 2019</b>	<b>Tuesday</b> 5 pm- 6:30 pm		Intern	<b>1.5</b>
<b>Online Class Session 3</b>	<b>August 6 2019</b>	<b>Tuesday</b> 5 pm- 6:30 pm		Rainbow Markell & Intern	<b>1.5</b>
<b>Online Discussion Group Session 4</b>	<b>August 20 2019</b>	<b>Tuesday</b> 5 pm- 6:30 pm		Intern	<b>1.5</b>
<b>Online Class Session 5</b>	<b>September 3 2019</b>	<b>Tuesday</b> 5 pm- 6:30 pm		Rainbow Markell & Intern	<b>1.5</b>
<b>Online Discussion Group Session 6</b>	<b>September 17 2019</b>	<b>Tuesday</b> 5 pm- 6:30 pm		Intern	<b>1.5</b>
<b>Online Class Session 7</b>	<b>October 1 2019</b>	<b>Tuesday</b> 5 pm- 6:30 pm		Rainbow Markell & Intern	<b>1.5</b>
<b>Online Discussion Group Session 8</b>	<b>October 15 2019</b>	<b>Tuesday</b> 5 pm- 6:30 pm		Intern	<b>1.5</b>
<b>In-Person Class 3-Day</b>	<b>November 8-10 2019</b>	<b>Friday-Sunday</b> Friday 2 - 9 pm; Saturday 8 am- 5 pm; Sunday 8 am- 2 pm	2311 8 <sup>th</sup> St. Berkeley CA 94710	Lee Mun Wah & Rainbow Markell & Interns	<b>22</b>

Continued next page

<b>Format</b>	<b>Dates</b>	<b>Days/Times</b>	<b>Location</b>	<b>Facilitators</b>	<b>Total Hours</b>
Online Class Session 9	December 3 2019	Tuesday 5 pm- 6:30 pm		Rainbow Markell & Intern	1.5
Online Discussion Group Session 10	December 17 2019	Tuesday 5 pm- 6:30 pm		Intern	1.5
Online Class Session 11	January 7 2020	Tuesday 5 pm- 6:30 pm		Rainbow Markell & Intern	1.5
Online Discussion Group Session 12	January 21 2020	Tuesday 5 pm- 6:30 pm		Intern	1.5
Online Class Session 13	February 4 2020	Tuesday 5 pm- 6:30 pm		Rainbow Markell & Intern	1.5
Online Discussion Group Session 14	February 18 2020	Tuesday 5 pm- 6:30 pm		Intern	1.5
In-Person Class 3-Day	March 6-8 2020	Friday-Sunday Friday 2 - 9 pm; Saturday 8 am- 5 pm; Sunday 8 am- 2 pm	2311 8 <sup>th</sup> St. Berkeley CA 94710	Lee Mun Wah & Rainbow Markell & Interns	22
Online Class Session 15	April 7 2020	Tuesday 5 pm- 6:30 pm		Rainbow Markell & Intern	1.5
Online Discussion Group Session 16	April 21 2020	Tuesday 5 pm- 6:30 pm		Intern	1.5
Online Class Session 17	May 5 2020	Tuesday 5 pm- 6:30 pm		Rainbow Markell & Intern	1.5
Online Discussion Group Session 18	May 19 2020	Tuesday 5 pm- 6:30 pm		Intern	1.5
In-Person Class 6-Day	June 1-6 2020	Monday-Saturday Monday 2-9 pm; Tuesday-Saturday 9 am- 8 pm	2311 8 <sup>th</sup> St. Berkeley CA 94710	Lee Mun Wah & Rainbow Markell & Interns	62

**TOTAL  
HOURS  
195**