

**Hakomi Institute Southeast
Comprehensive Training Schedule
Level 1, 2025-2026
(Hybrid Training: 1 in person module; 8 online live modules)
*This training is limited to 36 participants***

2025

- 1) Jan 24-26 online live
- 2) Mar 7-9 online live
- 3) April 25-27 online live
- 4) June 4-8 in person in NC (**5 day in-person module on Hakomi somatic exploratory techniques and use of touch**)
- 5) July 18-20 online live
- 6) September 12-14 online live
- 7) October 24-26 online live
- 8) December 5-7 online live

2026

- 9) January 9-11 online live

Live-Online Hours:

All hours are in Eastern Time

Friday: 12:30-6:00 pm

5 hours class time with two 15 minute break

Saturday: 10:00 am-1:15 pm & 2:15-5:30 pm

6 hours class time with a 1 hour lunch break, and two 15 minute breaks

Sunday: 10:00 am-4:00 pm

5 hours class time with a 30 minute lunch break and two 15 minute breaks

In Person Hours:

Module 1 In-Person Hours

Eastern Standard Time Zone

Day 1, 1:00-5:30 pm

with two 15 minute breaks

Day 2, 10 am-1 pm & 2:30-5:30 pm

with 15 minute breaks in each session (am and pm)

Day 3, 10 am-1 pm & 2:30-5:30 pm

with 15 minute breaks in each session (am and pm)

Day 4, 10 am-1 pm & 2:30-5:30 pm

with 15 minute breaks in each session (am and pm)

Day 5, 9:30 am-12:30 pm

with a 30 minute break

Level 1 Hours

8 live online weekends x 16 hours per weekend = 128 Live-Online Hours

1 live in person block in North Carolina of 23 hours over 5 days

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

9 Online Self-Study Hours

170 total hours (+ Homework & Study Group Sessions)