



# 2019 Calendar

## *Heart Centred Living Programs*

### **Thrive Day - 1-Day Workshops: Heart Centred Living Introduction**

**2019 by Design:** Sunday January 20

**Thrive Days:** Sunday: March 3, May 5, August 4, October 6

**Zoom into 2020 -** Sunday December 1

### **Level 1. Passionately Alive** (Core Clearing Certificate)

February 21 - 24

April 25 - 28

June 20 - 23

September 19 - 22

November 21 - 24

### **Level 2. Thrive Pathway Coach**

3 x Passionately Alive plus 2 training days. Either: Feb. 25&26 or June 24&25

### **Level 3. Thrive Breathwork Coach**

#### **Heart Centred Living Program** (Personal Growth Journey)

1. **ALCHEMY** - Conscious Creating July 25 - 28
2. **EMPOWERMENT** - Inner Child Healing August 15 - 18
3. **HEART CENTRED RELATIONSHIPS** September 5 - 8  
(Prerequisite: Passionately Alive)
4. **OPEN HEARTED WOMAN** - Women's Honouring October 10 - 13
5. **OPEN HEARTED MAN** - Men's Honouring March 21 - 24  
October 17 - 20
6. **RADICAL BREAKTHROUGHS** - Spirituality November 14 - 17

#### **Breathwork Coach Training Days**

July 29, August 19, September 9, October 14, November 18

### **Level 4. Thrive Group Facilitator**

We meet in person for 2 days – 4 times a year (Tuesday & Wednesday)

March 12&13, May 14&15, August 6&7, October 22&23, 1 day -December 4

Group online leadership coaching session 4 x year (Wednesday Afternoons)

April 10, June 12, July 23, September 11,

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### **Thrive Business Building**

We meet in person for 2 days – 4 times a year (Thursday & Friday)

March 14&15, May 16&17, August 8&9, October 24&25, 1 day - December 5

Group online business coaching session 4 x year (Thursday Afternoons)

April 11, June 13, July 24, September 12,

### **Men's Group** (first Monday of the month 6.30 - 9.30pm)

4th February, 4th March, 1st April, 6th May, 3rd June, 1st July, 5th August,

2nd September, 7th October, 4th November, Friday 2nd December

### **Heart Centred Living Conference** May 31 - June 2