

# Structure of Course / Teacher Training

Zoom Meetings

Learning Experience

Hours of Training—

15 hours of online training per module

Modules recorded and available for review

Self-exploration, practice, reading

Practice

Regular practice of lessons (mini-moves)

Buddy System / Practice

Support and inspiration

New buddy every 3 weeks to learn from and support each other.

Opportunity to practice teaching mini-moves.

Teacher Check-in

Course and study advice

To answer questions as they arise

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