



Education Renewal Course Academic Year: 1 Sep 2025- 29 May 2026

| Block/Break | Dates | Duration | Notes |
|-----------------------|--------------------------|----------|--|
| Harvest Block (1) | 1 Sept – 10 Oct 2025 | 5 weeks | Induction day: 1 Sep Holiday: 29 Sep - 3 Oct 2025 |
| Harvest Break | 13 Oct – 24 Oct 2025 | 2 weeks | |
| Autumn Block (2) | 27 Oct – 12 Dec 2025 | 7 weeks | |
| Christmas Break | 15 Dec 2025 – 2 Jan 2026 | 3 weeks | |
| Winter Block (3) | 5 Jan – 13 Feb 2026 | 6 weeks | |
| Winter Break | 16 Feb – 20 Feb 2026 | 1 week | |
| Spring Block (4) | 23 Feb – 3 Apr 2026 | 6 weeks | |
| Easter Break | 6 Apr – 17 Apr 2026 | 2 weeks | |
| Late Spring Block (5) | 20 Apr – 29 May 2026 | 6 weeks | |



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|-------------------------------------|---------------------|----------|--|
| Self Study | 1 Jun – 31 Aug 2026 | 3 months | Practicum/Self-Study/ Break |
| New Academic Year Begins | 1 Sept 2026 | — | |



Notes:

1. An Academic year comprises of:

- Guided Learning: 442 hours
 - Livestream/In-person: 338 hours 30 min
 - Weekly: 7 hours x 28 weeks = 196 hours
 - Monthly: 5 weekends: 15 hours a weekend x 5 weekends = 75 hours
 - Annually: 2 weeks intensive: 33 hours 45 min a week x 2 = 67 hours 30 min
 - Recorded lessons: 102 hours (about 3.5 hours a week x 30 academic weeks)
Total study hours per academic year: 600 hours (an average of 12.5 study hours a week)
- **Practice Teaching: 120 hours**
- **Self Study: 52 hours**
 - Reading
 - Assignments

2. Dates of intensive weekends and weeks:

- Dates of Weekend Sessions: 10.30am to 6.30pm
 - 6-7 Sep 2025
 - 8-9 Nov 2025
 - 31 Jan - 1 Feb 2026
 - 28 - 29 Mar 2026
 - 16-17 May 2026
- Dates of Week-long intensive (Monday - Friday):
 - 1-5 Dec 2025
 - 23-27 Feb 2026



Weekly Schedule lessons during Harvest and Autumn Blocks 2025:

Tuesday and Friday

| Weeks | Tuesday | Friday (online) |
|--------------|--|--|
| Lecture Week | Handwork 2.00pm - 3.00pm (1 hr) in-person Art 3.15pm - 5.15pm (2 hours) in-person | Meditation 2pm -3pm (1 hr) online Handwork 3.15pm - 4.15pm (1 hr) online Lecture 5pm - 7pm (2 hr) online |
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Weekly Schedule lessons during Winter Block 2026:

Tuesday, Thursday and Friday

| Weeks | Tuesday (4 hours) | Thursday (2 hours) | Friday (online) (3 hours) |
|--------------|--|--|---|
| Lecture Week | Handwork 2.00pm - 3.00pm (1 hr) in-person Art and Making Learning Resources 3.15pm - 5.15pm (2 hours) in-person | Lecture 4pm - 5pm Lecture 5.15pm - 6.15pm | Meditation 2pm -3pm (1 hr) online Handwork 3.15pm - 4.15pm (1 hr) online Lecture 5pm - 6pm Personal Development and Review 6.15pm - 7.15pm |
| | | | |



Long Weekends Schedule

| Saturday | | |
|---------------------|------------|---------------|
| Time | Activity | Duration |
| 9:00 AM – 10:30 AM | Handwork | 1.5 hour |
| 10:30 AM – 10:45 AM | Break | 15 min |
| 10:45 AM – 11:45 PM | Handwork | 1 hour |
| 11:45 AM – 2:00 PM | lunch | 2 hour 15 min |
| 2:00 PM – 3:00 PM | Meditation | 1 hour |
| 3:00 PM – 4:00 PM | Break | 1 hour |
| 4:00 PM – 5:00 PM | Lecture | 1 hour |
| 5:00 PM – 5:15 PM | Break | 15 min |
| 5:15 PM – 6:15 PM | Lecture | 1 hour |
| 6:15 PM – 6:30 PM | Break | 15 min |
| 6:30 PM – 7:10 PM | Lecture | 40 min |



| Sunday | | |
|---------------------|-------------|---------------|
| Time | Activity | Duration |
| 9:00 AM – 11:00 AM | Art | 2 hour |
| 11:00 AM – 11:15 AM | Break | 15 min |
| 11:15 AM – 12:45 PM | Art | 1 hour 30 min |
| 12:45 PM – 2:00 PM | Lunch Break | 1 hour 15 min |
| 2:00 PM – 3:00 PM | Meditation | 1 hour |
| 3:00 PM – 4.00PM | Break | 1 hour |
| 4.00 PM – 5.00 PM | Lecture | 1 hour |
| 5:00 PM – 5:15 PM | Break | 15 min |
| 5:15 PM – 6:15 PM | Lecture | 1 hour |
| 6:15 PM – 6:30 PM | Break | 15 min |
| 6:30 PM – 7:10 PM | Lecture | 40 min |



Intensive Weeks Schedule

| Time | Monday | Tuesday | Wednesday | Thursday | Friday |
|---------------------|------------|------------|------------|------------|------------|
| 9:00 AM – 10:30 AM | Art | Art | Art | Art | Art |
| 10:30 AM – 10:45 AM | Break | Break | Break | Break | Break |
| 10:45 AM – 11:45 PM | Handwork | Handwork | Handwork | Handwork | Handwork |
| 11:45 AM - 12:00 PM | Break | Break | Break | Break | Break |
| 12:00 PM – 1:15 PM | Literacy | Handwork | Literacy | Handwork | Literacy |
| 1:15 PM -2 PM | Lunch | Lunch | Lunch | Lunch | lunch |
| 2:00 PM – 3:00 PM | Meditation | Meditation | Meditation | Meditation | Meditation |
| 3:00 PM - 4.30 PM | Break | Break | Break | Break | Break |
| 4.30 PM – 5.30 PM | Lecture | Lecture | Lecture | Lecture | Lecture |
| 5.30 PM - 5.45 PM | Break | Break | Break | Break | Break |
| 5.45 PM - 6.45 PM | Lecture | Lecture | Lecture | Lecture | Lecture |



Calendar Sep 2025- May 2026

Harvest Block: 1 Sept – 10 Oct 2025

1. Week 1: Lectures 2 hours; Meditation 1 hour; Handwork: 2 hours; Arts 2 hours
2. Week 2: Art 2 hours; Meditation 1 hour; Handwork 2 hours lecture 2 hours
3. Long weekend (Sat and Sun): Lectures 5 hours; Meditation 2 hour; Art: 3 hours; Handwork: 3 hours ; Literacy: 1hr 15min
4. Week 3: Art 2 hours; Meditation 1 hour; Handwork 2 hours lecture 2 hours
5. Week 4: Art 2 hours; Meditation 1 hour; Handwork 2 hours lecture 2 hours
6. Week 5: Art 2 hours; Meditation 1 hour; Handwork 2 hours lecture 2 hours
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Autumn Block: 27 Oct – 12 Dec 2025

1. Week 1: Art 2 hours; Meditation 1 hour; Handwork 2 hours lecture 2 hours
2. Week 2: Art 4 hours; Meditation 1 hour; Handwork 2 hours (split into two lessons)
Long weekend: Lectures 6 hours; Meditation 2 hours; Art: 3 hours; Handwork: 3 hours;
Literacy 1 hour 15 min
3. Week 3: Art 2 hours; Meditation 1 hour; Handwork 2 hours lecture 2 hours
4. Week 4: Art 2 hours; Meditation 1 hour; Handwork 2 hours: Lecture: 2 hours
5. Week 5: Intensive Week: Lectures 10 hours; Meditation 5 hours; Art: 7 hours 30 hours;
Handwork: 7 hours 30 hours; Literacy: 3 hours 45min
6. Week 6: Art 2 hours; Meditation 1 hour; Handwork 2 hours; Lecture 2 hours
7. Week 7: Art 2 hours; Meditation 1 hour; Handwork 2 hours; Lecture 2 hours

Winter Block: 5 Jan – 13 Feb 2026

1. Week 1: Art 2 hours; Meditation 1 hour; Handwork 2 hours; lecture 3 hours; Personal development 1 hour
2. Week 2: Art 2 hours; Meditation 1 hour; Handwork 2 hours; lecture 3 hours; Personal development 1 hour
3. Week 3: Art 2 hours; Meditation 1 hour; Handwork 2 hours lecture 3 hours Personal development 1 hour
4. Week 4: Art 2 hours; Meditation 1 hour; Handwork 2 hours lecture 3 hours Personal development 1 hour
Long weekend: Lectures 6 hours; Meditation 2 hour; Art: 3 hours; Handwork: 3 Hours
5. Week 5: Art 2 hours; Meditation 1 hour; Handwork 2 hours lecture 3 hours Personal development 1 hour
6. Week 6: Art 2 hours; Meditation 1 hour; Handwork 2 hours lecture 3 hours Personal development 1 hour

Spring Block: 23 Feb – 3 Apr 2026



1. Week 1: Intensive Week: Lectures 10 hours; Meditation 5 hours; Art: 7 hours 30 min; Handwork: 7 hours 30 min; Literacy: 3 hours 45min
2. Week 2: Art 2 hours; Meditation 1 hour; Handwork 2 hours lecture 2 hours
3. Week 3: Art 2 hours; Meditation 1 hour; Handwork 2 hours lecture 2 hours
4. Week 4: Art 2 hours; Meditation 1 hour; Handwork 2 hours lecture 2 hours
5. Week 5: Art 2 hours; Meditation 1 hour; Handwork 2 hours lecture 2 hours
Long weekend: Lectures 6 hours; Meditation 2 hours; Art: 3 hours; Handwork: 3 hours; Literacy: 1 hour 15 min
6. Week 6: Art 2 hours; Meditation 2 hour; Handwork 2 hours; Lecture: 2 hours

Late Spring Block: 20 Apr – 29 May 2026

1. Week 1: Art 2 hours; Meditation 1 hour; Handwork 2 hours lecture 2 hours
2. Week 2: Art 2 hours; Meditation 1 hour; Handwork 2 hours lecture 2 hours
3. Week 3: Art 2 hours; Meditation 1 hour; Handwork 2 hours lecture 2 hours
4. Week 4: Art 2 hours; Meditation 1 hour; Handwork 2 hours lecture 2 hours
5. Week 5: Art 2 hours; Meditation 1 hour; Handwork 2 hours lecture 2 hours
Long weekend: Lectures 6 hours; Meditation 2 hour; Art: 3 hours; Handwork: 3 hours
6. Week 4: Art 2 hours; Meditation 1 hour; Handwork 2 hours lecture 2 hours