



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 – 2 Apr 2026	6 weeks	
Easter Break	3 Apr – 17 Apr 2026	2 weeks	



Late Spring Block (5)	20 Apr – 29 May 2026	6 weeks	
Self Study	1 Jun – 31 Aug 2026	3 months	Practicum/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
 - 16-20 Feb 2026



Weekly Schedule Lessons during :
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



Long Weekends Schedule

Saturday		
Time	Activity	Duration
9:00 AM – 10:30 AM	Art	1.5 hour
10:30 AM – 10:45 AM	Break	15 min
10:45 AM – 11:45 PM	Handwork	1 hour
11:45 AM - 12:00 PM	Break	15 min
12:00 PM – 1:15 PM	Literacy (puppetry)	1 hour 15 min
1:15 PM -2 PM	Lunch	45 min
2:00 PM – 3:00 PM	Meditation	1 hour
3:00 PM - 4.30 PM	Break	1 hour 30 min
4.30 PM – 5.30 PM	Lecture	1 hour
5.30 PM - 5.45 PM	Break	15 min
5.45 PM - 6.45 PM	Lecture	1 hour
6.45 PM – 7:00 PM	Break	15 min



Sunday		
Time	Activity	Duration
9:00 AM – 11:00 AM	Handwork	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. 30PM	Break	1 hour 30 min
4:30 PM – 6:00 PM	Lecture	1 hour 30 min
6:00 PM – 6:15 PM	Break	15 min
6:15 PM – 7:45 PM	Lecture	1 hour 30 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	Break
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
- 7.

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 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
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 2 hours
6. Week 6: Intensive Week: Lectures 10 hours; Meditation 5 hours; Art: 7 hours 30 hours;
Handwork: 7 hours 30 hours; Literacy: 3 hours 45min

Spring Block: 23 Feb – 2 Apr 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 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 6: Art 2 hours; Meditation 1 hour; Handwork: 2 hours; Lecture: 2 hours