

| London | Livestream via Zoom | Hours |
|---------------|----------------------------|--------------|
| Thursday | 10:30-1:30pm Day 1.1 | 6 |
| | 2:30-5:30pm Day 1.2 | |
| Friday | 11-1:30pm Day 2.1 | 5.5 |
| | 2:30-5:30pm Day 2.2 | |
| Saturday | 10:30-1:30pm Day 3.1 | 6 |
| | 2:30-5:30pm Day 3.2 | |
| Thursday | 10:30-1:30pm Day 4.1 | 6 |
| | 2:30-5:30pm Day 4.2 | |
| Friday | 11-1:30pm Day 5.1 | 5.5 |
| | 2:30-5:30pm Day 5.2 | |
| Saturday | 10:30-1:30pm Day 6.1 | 6 |
| | 2:30-5:30pm Day 6.2 | |

TOTAL 35

Relax and Restore Series 1 (Asynchronous)Hrs