



# ECO-SOMATICS

3 Month Advanced Practitioner Training

**Symbiotic Movement with Dr Azra & Lorena** - January 21<sup>st</sup>, 10AM-1PM EST WED

**Advanced Training with Dr Azra** - January 28th, 2-5 PM EST WED

**Advanced Training with Dr Azra** - February 4th, 2-5PM EST WED

**Symbiotic Movement with Dr Azra & Lorena** - February 11<sup>th</sup>, 10AM-1PM EST, WED

**Apex Predator (Core Power) Somatic Session with Dr Azra & Lizzy Zima** February 18<sup>th</sup>, 12:30-3PM EST WED

**Advanced Training with Dr Azra** - February 25th, 2-5PM EST WED

**Apex Predator (Core Power) Somatic Session with Dr Azra & Lizzy Zima** - March 5<sup>th</sup>, 12:30-3PM EST, THURS

**Advanced Training with Dr Azra** - March 11th, 2-5 PM EST WED

**Symbiotic Movement with Lorena and Azra** - March 18<sup>th</sup>, 10AM-1PM EST, WED

**Advanced Training with Dr Azra** - March 25th, 2-5 PM EST WED

**Apex Predator (Core Power) Somatic Session with Dr Azra & Lizzy Zima** - April 1<sup>st</sup>, 12:30-3PM EST, WED

**Advanced Training with Dr Azra** - April 8th, 2-5 PM EST WED

**Closing Ceremony with Dr Azra** - April 15th, 2-5 PM EST WED



**Dr Azra Bertrand, MD**



**Lizzy Zima**



**Lorena Bousquet-Kacera**