

Thursday	Friday	Saturday	Sunday
<b>January 4</b>	<b>January 5</b>	<b>January 6</b>	<b>January 7</b>
	<b>Doula Training &amp; Ethics</b> 3:45pm - 7:00pm <i>Marika Hall</i>	<b>Intro to Midwifery &amp; Primary Health Providers</b> 9am - 5pm <i>Kaitlyn Whitworth</i>	<b>Research &amp; Presentations</b> 9am – 12pm <i>Marika Hall</i>  <b>Yogatherapy for Doulas</b> 1pm - 4pm <i>Alex Greenwood</i>
<b>January 11</b>	<b>January 12</b>	<b>January 13</b>	<b>January 14</b>
<b>Fundamentals of Anatomy &amp; Physiology</b> 3:45pm - 7:00pm <i>Dr. Carrie Watkins</i>	<b>Doula Training &amp; Ethics</b> 3:45pm - 7:00pm <i>Marika Hall</i>	<b>Herbal Medicine</b> 9am - 5pm <i>Amy Klazek</i>	<b>Yogatherapy for Doulas</b> 9am – 12pm <i>Alex Greenwood</i>  <b>Tai Qi for Doulas</b> 1pm - 5:30pm <i>Malcolm Clark</i>
<b>January 18</b>	<b>January 19</b>	<b>January 20</b>	<b>January 21</b>
<b>Fundamentals of Anatomy &amp; Physiology</b> 3:45pm - 7:00pm <i>Dr. Carrie Watkins</i>	<b>Doula Training &amp; Ethics</b> 3:45pm - 7:00pm <i>Marika Hall</i>	<b>The Energetics of Doula Work</b> 9am - 5pm <i>Jennifer Apedaile</i>	<b>Doula Clinic</b> 9am - 12pm <i>Marika Hall</i>  <b>Holistic Nutrition</b> 1pm – 5pm <i>Amber Baker</i>
<b>January 25</b>	<b>January 26</b>	<b>January 27</b>	<b>January 28</b>
<b>Fundamentals of Anatomy &amp; Physiology</b> 3:45pm - 7:00pm <i>Dr. Carrie Watkins</i>	<b>Tai Qi for Doulas</b> 3:45pm - 6:45pm <i>Malcolm Clark</i>	<b>Intro to Midwifery &amp; Primary Health Providers</b> 9am - 5pm <i>Kaitlyn Whitworth</i>	<b>Acupressure for Pregnancy &amp; Childbirth</b> 9am – 12pm <i>Celina Lyons</i>  <b>Holistic Nutrition</b> 1pm – 4pm <i>Amber Baker</i>
<b>February 1</b>	<b>February 2</b>	<b>February 3</b>	<b>February 4</b>
<b>Fundamentals of Anatomy &amp; Physiology</b> 3:45pm - 7:00pm <i>Dr. Carrie Watkins</i>	<b>Doula Training &amp; Ethics</b> 3:45pm - 7:00pm <i>Marika Hall</i>	<b>Acupressure for Pregnancy &amp; Childbirth</b> 9am – 5pm <i>Celina Lyons</i>	<b>Doula Clinic</b> 9am - 12pm <i>Jennifer Apedaile</i>  <b>Holistic Nutrition</b> 1pm – 5pm <i>Amber Baker</i>

Thursday	Friday	Saturday	Sunday
<b>February 8</b>	<b>February 9</b>	<b>February 10</b>	<b>February 11</b>
<b>Fundamentals of Anatomy &amp; Physiology</b> 3:45pm - 7:00pm <i>Dr. Carrie Watkins</i>	<b>Doula Training &amp; Ethics</b> 3:45pm - 7:00pm <i>Marika Hall</i>	<b>Herbal Medicine</b> 9am - 5pm <i>Amy Klazek</i>	<b>Holistic Nutrition</b> 9am - 12pm <i>Amber Baker</i>  <b>Tai Qi for Doulas</b> 1pm - 5:30pm <i>Malcolm Clark</i>
<b>February 15</b>	<b>February 16</b>	<b>February 17</b>	<b>February 18</b>
<b>Fundamentals of Anatomy &amp; Physiology</b> 3:45pm - 7:00pm <i>Dr. Carrie Watkins</i>	<b>Doula Training &amp; Ethics</b> 3:45pm - 7:00pm <i>Marika Hall</i>	<b>The Energetics of Doula Work</b> 9am - 5pm <i>Jennifer Apedaile</i>	<b>Doula Clinic</b> 9am - 12pm <i>Malcolm Clark</i>
<b>February 22</b>	<b>February 23</b>	<b>February 24</b>	<b>February 25</b>
<i>Reading Break</i> <i>No Classes</i>	<i>Reading Break</i> <i>No Classes</i>	<i>Reading Break</i> <i>No Classes</i>	<i>Reading Break</i> <i>No Classes</i>
<b>February 29</b>	<b>March 1</b>	<b>March 2</b>	<b>March 3</b>
<b>Fundamentals of Anatomy &amp; Physiology</b> 3:45pm - 7:00pm <i>Dr. Carrie Watkins</i>	<b>Tai Qi for Doulas</b> 3:45pm - 6:45pm <i>Malcolm Clark</i>	<b>Intro to Family Support</b> 9am - 5pm <i>Jennifer Apedaile</i>	<b>Doula Clinic</b> 9am - 12pm <i>Marika Hall</i>  <b>Holistic Nutrition</b> 1pm – 5pm <i>Amber Baker</i>
<b>March 7</b>	<b>March 8</b>	<b>March 9</b>	<b>March 10</b>
<b>Fundamentals of Anatomy &amp; Physiology</b> 3:45pm - 7:00pm <i>Dr. Carrie Watkins</i>	<b>Doula Training &amp; Ethics</b> 3:45pm - 7:00pm <i>Marika Hall</i>	<b>Business Skills for Doulas</b> 9am - 5pm <i>Amber Thibault</i>	<b>Holistic Nutrition</b> 9am – 12pm <i>Amber Baker</i>

## WINTER 2024 HOLISTIC DOULA CERTIFICATE

Thursday	Friday	Saturday	Sunday
<b>March 14</b>	<b>March 15</b>	<b>March 16</b>	<b>March 17</b>
<b>Fundamentals of Anatomy &amp; Physiology</b> 3:45pm - 7:00pm <i>Dr. Carrie Watkins</i>	<b>Doula Training &amp; Ethics</b> 3:45pm - 7:00pm <i>Marika Hall</i>	<i>No Classes</i>	<b>Doula Clinic</b> 9am - 12pm <i>Malcolm Clark</i>  <b>Yogatherapy for Doulas</b> 1pm - 5pm <i>Alex Greenwood</i>
<b>March 21</b>	<b>March 22</b>	<b>March 23</b>	<b>March 24</b>
<b>Fundamentals of Anatomy &amp; Physiology</b> 3:45pm - 7:00pm <i>Dr. Carrie Watkins</i>	<b>Doula Training &amp; Ethics</b> 3:45pm - 7:00pm <i>Marika Hall</i>	<b>Herbal Medicine</b> 9am - 5pm <i>Amy Klazek</i>	<b>Intro to Midwifery &amp; Primary Health Providers</b> 9am - 5pm <i>Kaitlyn Whitworth</i>
<b>March 28</b>	<b>March 29</b>	<b>March 30</b>	<b>March 31</b>
<b>Fundamentals of Anatomy &amp; Physiology</b> 3:45pm - 7:00pm <i>Dr. Carrie Watkins</i>	<i>Good Friday</i> <i>No Classes</i>	<b>Intro to Family Support</b> 9am - 5pm <i>Jennifer Apedaile</i>	<b>Doula Clinic</b> 9am - 12pm <i>Jennifer Apedaile</i>  <b>Yogatherapy for Doulas</b> 1pm - 5pm <i>Alex Greenwood</i>
<b>April 4</b>	<b>April 5</b>	<b>April 6</b>	<b>April 7</b>
<b>Fundamentals of Anatomy &amp; Physiology</b> 3:45pm - 7:00pm <i>Dr. Carrie Watkins</i>	<b>Doula Training &amp; Ethics</b> 3:45pm - 7:00pm <i>Marika Hall</i>	<b>Infant Feeding</b> 9am - 5pm <i>Candice Wray</i>	<b>Infant Feeding</b> 9am - 5pm <i>Candice Wray</i>
<b>April 11</b>	<b>April 12</b>	<b>April 13</b>	<b>April 14</b>
<b>Fundamentals of Anatomy &amp; Physiology</b> 3:45pm - 7:00pm <i>Dr. Carrie Watkins</i>	<b>Doula Training &amp; Ethics</b> 3:45pm - 7:00pm <i>Marika Hall</i>	<b>Research &amp; Presentations</b> 9am-5pm <i>Marika Hall</i>	<b>Business Skills for Doulas</b> 9am - 5pm <i>Amber Thibault</i>

Thursday	Friday	Saturday	Sunday
<b>April 18</b>	<b>April 19</b>	<b>April 20</b>	<b>April 21</b>
<b>Fundamentals of Anatomy &amp; Physiology</b> 3:45pm - 7:00pm <i>Dr. Carrie Watkins</i>	<b>Doula Training &amp; Ethics</b> 3:45pm - 7:00pm <i>Marika Hall</i>	<i>No Classes</i>	<i>No Classes</i>

Program Totals	
Doula Clinic	18 hours
Doula Training & Ethics	39 hours
Intro to Midwifery & Primary Health Providers	21 hours
Fundamentals of Anatomy & Physiology for Doulas	45 hours
Intro to Family Support for Doulas	14 hours
Intro to Herbal Medicine for Doulas	21 hours
Tai Qi for Doulas	15 hours
Holistic Nutrition for Pregnancy & Childbirth	21 hours
Acupressure for Pregnancy & Childbirth	10 hours
Yogatherapy for Doulas	14 hours
The Energetics of Doula Work: A Hands-on Exploration of Holding Space for Birth	14 hours
Infant Feeding Foundations & Support	14 hours
Doula Research & Presentations	10 hours
Business Skills for Doulas	14 hours
<b>Total</b>	<b>270 hours</b>