

## Part 1: Foundations of IFS Practice

### February 2026 Schedule – Tuesday Mornings

This course runs from February 10 to April 14, 2026.

**Please note that there is no class on March 17 for March Break.**

Week 1 – February 10-15			
Dates	Activity	Time	Format
February 10, 2026	Orientation	10:30 a.m. to 12 p.m. ET	Zoom
Week 2 – February 16-22			
Dates	Activity	Time	Format
Must be completed by February 16	Self-directed learning (2 hours)	N/A	Online
February 17, 2026	Class (1 hour for lunch)	9 a.m. to 4 p.m. ET	Zoom
Week 3 – February 23-March 1			
Dates	Activity	Time	Format
Must be completed by February 23	Self-directed learning (2 hours)	N/A	Online
February 24, 2026	Class	9 a.m. to 12 p.m. ET	Zoom
Week 4 – March 2-8			
Dates	Activity	Time	Format
Must be completed by March 2	Self-directed learning (2 hours)	N/A	Online
March 3, 2026	Class	9 a.m. to 12 p.m. ET	Zoom

Week 5 –March 9-15			
Dates	Activity	Time	Format
Must be completed by March 9	Self-directed learning (2 hours)	N/A	Online
March 10, 2026	Class	9 a.m. to 12 p.m. ET	Zoom
Week 6 –March 23-29			
Dates	Activity	Time	Format
Must be completed by March 23	Self-directed learning (2 hours)	N/A	Online
March 24, 2026	Class	9 a.m. to 12 p.m. ET	Zoom
Week 7 –March 30-April 5			
Dates	Activity	Time	Format
Must be completed by March 30	Self-directed learning (2 hours)	N/A	Online
March 31, 2026	Class	9 a.m. to 12 p.m. ET	Zoom
Week 8 –April 6-14			
Dates	Activity	Time	Format
Must be completed by April 6	Self-directed learning (2 hours)	N/A	Online
April 7, 2026	Class	9 a.m. to 12 p.m. ET	Zoom
Tuesday, April 14, 2026	Final assignment due	11:59 p.m. ET	