

Capra Coaching 2011 Yearly Course

| HSC Biology 1.5 hour class/wk | | | |
|--|-------------|------------------------|----------------------------------|
| Term | Week | Dates | Topic |
| 1 | 1 | Mon 31 Jan- Sun 6 Feb | Maintaining a Balance I |
| | 2 | Mon 7 Feb- Sun 13 Feb | Maintaining a Balance II |
| | 3 | Mon 14 Feb- Sun 20 Feb | Maintaining a Balance III |
| | 4 | Mon 21 Feb- Sun 27 Feb | Maintaining a Balance IV |
| | 5 | Mon 28 Feb- Sun 6 Mar | Maintaining a Balance V |
| | 6 | Mon 7 Mar- Sun 13 Mar | Blueprint of Life I |
| | 7 | Mon 14 Mar- Sun 20 Mar | Blueprint of Life II |
| | 8 | Mon 21 Mar- Sun 27 Mar | Blueprint of Life III |
| | 9 | Mon 28 Mar- Sun 3 Apr | Blueprint of Life IV |
| | 10 | Mon 4 Apr- Sun 10 Apr | Blueprint of Life V |
| April Holiday Revision Course | | | |
| 2 | 1 | Mon 25 Apr-Sun 1 May | Blueprint of Life VI |
| | 2 | Mon 2 May- Sun 8 May | Blueprint of Life VII |
| | 3 | Mon 9 May- Sun 15 May | Blueprint of Life VIII |
| | 4 | Mon 16 May- Sun 22 May | Capra Exam I |
| | 5 | Mon 23 May-Sun 29 May | Review of Exam I |
| | 6 | Mon 30 May- Sun 5 Jun | The search for Better Health I |
| | 7 | Mon 6 Jun- Sun 12 Jun | The search for Better Health II |
| | 8 | Mon 13 Jun- Sun 19 Jun | The search for Better Health III |
| | 9 | Mon 20 Jun- Sun 26 Jun | The search for Better Health IV |
| | 10 | Mon 27 Jun- Sun 3 Jul | The search for Better Health V |
| July Holiday Revision Course | | | |
| 3 | 1 | Mon 18 Jul- Sun 24 Jul | Capra Exam II |
| | 2 | Mon 25 Jul- Sun 31 Jul | Review of Exam II |
| | 3 | Mon 1 Aug- Sun 7 Aug | Optional I |
| | 4 | Mon 8 Aug- Sun 14 Aug | Optional II |
| | 5 | Mon 15 Aug- Sun 21 Aug | Optional III |
| | 6 | Mon 22 Aug- Sun 28 Aug | Optional IV |
| | 7 | Mon 29 Aug- Sun 4 Sep | Capra Exam III |
| | 8 | Mon 5 Sep- Sun 11 Sep | Review of Exam III |
| | 9 | Mon 12 Sep- Sun 18 Sep | Capra Exam IV |
| | 10 | Mon 19 Sep- Sun 25 Sep | Review of Exam IV |
| October Holiday Revision Course | | | |

Workshops are held on weekends from 2-4 pm