

MANTHANO

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CLASS COMMITMENTS

18 Weeks

TIME & ENERGY

Your time is valuable. We value YOU. So, our hope for this class is to add value and energy to your life rather than take from it. The class will only require 4 nights away from your home. Each night we meet, IT IS VITAL that you make arrangements to be available for at least 3 hours. Please make every effort to arrive early or on time. In the same vein, please do not plan to leave early. Since we only have three more meetings after tonight, we need to make the most of every minute we are together.

Date 1:

Date 2:

Finale:

Our online curriculum is organized in such a way, that each week should require two hours or less of your personal study time. Of course, if you try to cram it in on the sixth week, you will miss the WHOLE concept of the class, and you may feel as though the class is taking more from your life than giving to it. So we respectfully ask you to stay on top of completing your tasks weekly.