

6am PT, 9am ET, 2pm GMT, 3pm CET, 10pm WA - **Introductions and Theory Module**

6.55am PT, 9.55am ET, 2.55pm GMT, 3.55pm CET, 10.55pm WA - **10 Minute Break**

7.05am PT, 10.05am ET, 3.05pm GMT, 4.05pm CET, 11.05pm WA - **Session Module**

8.20am PT, 11.20am ET, 4.20pm GMT, 5.20pm CET, 1.20am WA - **10 Minute Break**

8.30am PT, 11.30am ET, 4.30pm GMT, 5.30pm CET, 1.30am WA - **Breathing Analysis Module**

10am PT, 1pm ET, 6pm GMT, 7pm CET, 3am WA - **Finish**