



# Wholality Embodiment Experience

## 2024 Date and Times

### 2024 Dates

#### Live Embodiment Webinars

(Last Thursday in month)

These webinars will be specifically around deepening one's embodiment of Wholality with Q and A, and presentations

26th February (intro, meet and greet)  
28 March  
25 April  
30th May

#### Live Connection Webinars

(Mid Thursday in month)

The connection webinars will be for attendees to interact with the group, connect in one-to-one rooms and do group embodied insight work.

14 March  
11 April  
16 May  
13 June

If you are unable to attend you can watch the recordings, but we suggest you make it live if you are able to.

### 2024 Times

#### Webinar Times

(Times change at fall, but consistently 7.00PM U.K. time)

U.K.: 7:00 PM  
EST: 2:00 PM  
PST: 11:00 AM  
HST: 9:00 AM  
NST: 6:00 AM (next day)  
AEDT: 4:00 AM (next day)

#### Hawaii Immersion

(Attend physically or live-stream in)

October/November 2024

The exact date is booked once the course starts (after we hear from the attendees when they can make it.)

ALSO: You do not have to make the retreat to attend this Wholality experience.

#### One to Ones

One to ones with Rudi or Jules can be booked at a time that suits the students.