

YOU by design: The Process & The Practice Pacing Guide

<p>WEEK 1</p>	<p>LIVE CLASS: WELCOME & LOGISTICS What is Human Design? (60 min) <ul style="list-style-type: none"> • History of HD • Parts of the Chart </p>	
<p>WEEK 2</p>	<p>THE PROCESS The Centers Part 1 (60-75 min) <ul style="list-style-type: none"> • Head and Mind Centers </p>	<p>THE PRACTICE (15 min) <ul style="list-style-type: none"> • Noticings & Reflections • Common Chart presentations • Intention setting </p>
<p>WEEK 3</p>	<p>THE PROCESS The Centers Part 2 (60-75 min) <ul style="list-style-type: none"> • Throat and Self Centers </p>	<p>THE PRACTICE (15 min) <ul style="list-style-type: none"> • Noticings & Reflections • Common Chart presentations • Famous Charts • Intention setting </p>
<p>WEEK 4</p>	<p>THE PROCESS The Centers Part 3 (60-75 min) <ul style="list-style-type: none"> • Heart and Sacral Centers </p>	<p>THE PRACTICE (15 min) <ul style="list-style-type: none"> • Noticings & Reflections • Common Chart presentations • Famous Charts • Intention setting </p>
<p>WEEK 5</p>	<p>THE PROCESS The Centers Part 4 (60-75 min) <ul style="list-style-type: none"> • Spleen and Emotional Solar Plexus Centers </p>	<p>THE PRACTICE (15 min) <ul style="list-style-type: none"> • Noticings & Reflections • Common Chart presentations • Famous Charts • Intention setting </p>
<p>WEEK 6</p>	<p>THE PROCESS The Centers Part 5 (60-75 min) <ul style="list-style-type: none"> • Root Center; How the Centers Interact </p>	<p>THE PRACTICE (15 min) <ul style="list-style-type: none"> • Noticings & Reflections • Common Chart presentations • Famous Charts • Intention setting </p>

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<p>WEEK 7</p>	<p>THE PROCESS The Types Part 1 (60-75 min) <ul style="list-style-type: none"> • Generators and Manifesting Generators </p>	<p>THE PRACTICE (15 min) <ul style="list-style-type: none"> • Noticings & Reflections • Common Chart presentations • Famous Charts • Intention setting </p>
<p>WEEK 8</p>	<p>THE PROCESS The Types Part 2 (60-75 min) <ul style="list-style-type: none"> • Manifestors, Projectors, and Reflectors </p>	<p>THE PRACTICE (15 min) <ul style="list-style-type: none"> • Noticings & Reflections • Common Chart presentations • Famous Charts • Intention setting </p>
<p>WEEK 9</p>	<p>THE PROCESS The Authorities Part 1 (60-75 min) <ul style="list-style-type: none"> • Emotional Solar Plexus Authority, Sacral Authority, and Splenic Authority </p>	<p>THE PRACTICE (15 min) <ul style="list-style-type: none"> • Noticings & Reflections • Common Chart presentations • Famous Charts • Intention setting </p>
<p>WEEK 10</p>	<p>THE PROCESS The Authorities Part 2 (60-75 min) <ul style="list-style-type: none"> • Heart Manifested, Heart Projected, and Self Projected Authority </p>	<p>THE PRACTICE (15 min) <ul style="list-style-type: none"> • Noticings & Reflections • Common Chart presentations • Famous Charts • Intention setting </p>
<p>WEEK 11</p>	<p>THE PROCESS The Authorities Part 3 (60-75 min) <ul style="list-style-type: none"> • Environmental Authority and Lunar Authority </p>	<p>THE PRACTICE (15 min) <ul style="list-style-type: none"> • Noticings & Reflections • Common Chart presentations • Famous Charts • Intention setting </p>