

RECOMMENDED SCHEDULE FOR EATING UP THIS *DELICIOUS* COURSE

Note: This doesn't need to be followed day by day as in Day 1 is Monday and Day 2 is Tuesday. Rather that the videos in each day *go well together* and this is a *suggested* order to follow. So for example, you may do Day 1 and Day 2 and then spend a week just carving that up in different ways and enjoying it before you move on to Day 3.

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7	DAY 8	DAY 9	DAY 10
~90 MINS	~45 MINS	~83 MINS	~17 MINS	~35 MINS	~33 MINS	~90 MINS	~40 MINS	~112 MINS	~26 MINS
Video 1: Introduction 10 mins	Video 4: Divergence 4 mins	Video 8: Convergence and finding an intention - 10 mins	Video 11: Twister tool 15 mins	Video 12: Brain Maps part 1: 13 mins	Video 16: Brain Maps part 2: Movement maps 6 mins	Video 19: Perturbation 6 mins	Video 21: Safety & Prediction & Threat 15 mins	Video 26: "Fragmentor" tool 18 mins	Video 29: Brain-based cueing for creative sequences - 21 mins
Video 2: The Cerebellum ABCs 9 mins	(Optional) Video 5: Meditation for accessing divergent thinking - 17 mins	(Optional) Video 9: Meditation for accessing convergent thinking 14 mins	Read pages 42-43 in the manual ~2 mins	Video 13: Earthquake tool 8 mins	Video 17: Thoracic F•R•I•E•N•D•S tool 14 mins	Video 20: "Perturb ME" tool 8 mins	Video 22: "Off-Piste" tool 9 mins	Video 27: "Smooth it out" tool 9 mins	Read pages 93 - 103 in the manual ~5 mins
Video 3: Novelty & Plasticity 11 mins	Video 6: Core Tool 1 - Get Unstuck 10 mins	Video 10: Sprinkles tool 13 mins	Suggested self-practice: use Sprinkles and Twister tools	Video 14: Stability Swap tool 5 mins	Video 18: Extremity Specialty tool 9 mins	Yoga Class 3: High Payoffs Aparigraha Class 74 mins	Video 23: "Flipper" tool 7 mins	Video 28: Putting it all together 26 mins	Suggested self-practice: use the Fragmentor and Smooth it out tools.
Yoga Class 1: Get Unstuck from Your Preferences 51 mins	Video 7: Core Tools 2 and 3 & 1/2 8 mins	Yoga Class 2: Tiger Pose "Abundance" Class - 40 mins	Suggested self-practice: use tools from the Bonus e-book to theme a class using the Sprinkles tool.	Video 15: Santosha Stance tool 8 mins	Read pages 52 - 59 in the manual ~4 mins	Read pages 60 - 61 in the manual ~3 mins	Video 24: "Elevator" tool 4 mins	Yoga Class Revolved Half Moon "Trust" Class - 51 mins	
Read pages 1-16 in the manual ~5 mins	Suggested self-practice: put into practice the core tools	Read pages 40-41 and pages 79-83 in the manual ~6 mins		Read pages 23- 25 and pages 44 - 51 in the manual ~6 mins	Suggested self-practice: use the "high payoff area" tools		Video 25: "Range and Distance" tool 3 mins	Read pages 72 - 78 and pages 84 - 92 in the manual ~8 mins	
	Read pages 17-20 and pages 29-39 in the manual ~7 mins	Check out the BBCS Theme Selection Template		Suggested self-practice: use the foundation tools			Read pages 26 - 28 and pages 62 - 71 in the manual ~5 mins	Check out the "BBCS Class Creation Template"	
							Suggested self-practice: use the tools covered today.		

Note: The times listed at the top of each column DOES NOT include self-practice. So this course is about 9 & 1/2 hours. But if you're looking for CE credit, you can add on the amount of time you spend on self practice, giving you the ability to earn more like 20 hours of CE credit.