



The Process

INSTITUTE FOR PERSONAL CHANGE

www.theprocessworks.org

Tel. 650-737-1368 • Palo Alto, CA

SCHEDULE FOR WINTER PROCESS 2025

January 25 – March 23, 2025

Online via Zoom, Pacific Time Zone

Dates and times subject to change

WEEK ONE:	Saturday Jan 25 Sunday, Jan 26	10:00 a.m. – 5:00 p.m. 10:00 a.m. – 5:00 p.m.
WEEK TWO:	Sunday, Feb 2	10:00 a.m. – 5:30 p.m.
WEEK THREE:	Sunday, Feb 9	10:00 a.m. – 5:30 p.m.
WEEK FOUR:	Sunday, Feb 16	1:00 p.m. – 4:00 p.m.
WEEK FIVE:	Friday, Feb 21 Saturday, Feb 22 Sunday, Feb 23 Sunday, Feb 23	5:00 p.m. – 8:00 p.m. 10:00 a.m. – 5:00 p.m. 10:00 a.m. – 5:00 p.m. 6:30 p.m. – 8:30 p.m.
WEEK SIX:	Sunday, Mar 2	10:00 a.m. – 4:30 p.m.
WEEK SEVEN:	Sunday, Mar 9	1:00 p.m. – 4:00 p.m.
WEEK EIGHT:	Sunday, Mar 16	10:00 a.m. – 4:30 p.m.
WEEK NINE:	Sunday, Mar 23 Sunday, Mar 23	10:00 a.m. – 1:00 p.m. (Closure) 3:30 p.m. – 5:30 p.m. (Commencement Celebration)

PLEASE NOTE : Ending times are approximate

Individual sessions are included in the Process and are by arrangement with your Process therapist.