



The Process

INSTITUTE FOR PERSONAL CHANGE

www.theprocessworks.org

Tel. 650-737-1368 • Palo Alto, CA

SCHEDULE FOR WINTER PROCESS 2026

January 24 – March 22, 2026

Online via Zoom, Pacific Time Zone

Dates and times subject to change

WEEK ONE:	Saturday Jan 24	10:00 a.m. – 5:00 p.m.
	Sunday, Jan 25	10:00 a.m. – 5:00 p.m.
WEEK TWO:	Sunday, Feb 1	10:00 a.m. – 5:30 p.m.
WEEK THREE:	Sunday, Feb 8	10:00 a.m. – 5:30 p.m.
WEEK FOUR:	Sunday, Feb 15	1:00 p.m. – 4:00 p.m.
WEEK FIVE:	Friday, Feb 20	5:00 p.m. – 8:00 p.m.
	Saturday, Feb 21	10:00 a.m. – 5:00 p.m.
	Sunday, Feb 21	10:00 a.m. – 5:00 p.m.
	Sunday, Feb 21	6:30 p.m. – 8:30 p.m.
WEEK SIX:	Sunday, Mar 1	10:00 a.m. – 4:30 p.m.
WEEK SEVEN:	Sunday, Mar 8	1:00 p.m. – 4:00 p.m.
WEEK EIGHT:	Sunday, Mar 15	10:00 a.m. – 4:30 p.m.
WEEK NINE:	Sunday, Mar 22	10:00 a.m. – 1:00 p.m. (Closure)
	Sunday, Mar 22	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.