

TA Process Groups

Awareness. Authenticity. Wholeheartedness.

Specifics of the programme

Each group consists of 8-10 people and meets for 2 hours once a week, currently on Zoom. Potentially there will be some groups that meet face-to-face for those who live in London; this will be confirmed once we know how things are shaping up with the pandemic. Some groups will continue online, and everyone is welcome to join these irrespective of where you live (time zones permitting).

I run the group in 12-week cycles and ask for a commitment from participants to attend once a week for the duration of each 12-week cycle. This provides a regular window every 12 weeks for some people to leave, and for new people to join the group. People are welcome to join for just one 12-week cycle or continue for several cycles.

Timetable for Autumn 2021 - Spring 2022

Day	Location	Time*	Dates
Sunday	Online	17.15-19.15	5 th September – 12 th December 9 th January – 17 th April
Wednesday	Online	10.00 – 12.00	16 th September – 1 st December 12 th January – 30 th March
Wednesday	F2F in London (depending on covid restrictions)	18.00 – 20.00	16 th September – 1 st December 12 th January – 30 th March

*UK time zone: We switch from BST to GMT in October and back to BST in March

The fee is £30 per session. For the online groups, I offer a sliding scale fee structure to make the group accessible to as many people around the world as possible. I invite you to choose what you can pay between £15 and £30 per session.

To register interest in the group please write to me at anjaliपुरी.akhaldans@gmail.com letting me know which days and time slots you prefer. We will run the group only if there is interest from at least 8 people for a particular time slot, and I will get in touch with everyone who has registered interest once I have confirmation of this.