

1



Book a course online

2



Complete 2 hours  
of course pre-work

**IN PERSON**

Attend the 2.5 day  
immersive training  
workshop

3



4



**ONLINE**

Attend 7.5 hrs of  
live online group  
sessions & watch  
3hrs video content

5



Start practicing and teaching  
Ovio mindfulness to grow  
yourself and your business