

RELAXED MONEY

FULL PROGRAM SCHEDULE

MAY 6 – AUGUST 19, 2026

**Times and dates are subject to change*

<https://relaxedmoney.com/>

COLOR KEY: ■ Kate Northrup ■ TaKisha August ■ Sarah Tacy ■ Support Coach ■ Watch Party

DATE	TIME (ET)	SESSION	FACILITATOR
Tue, Apr 28	2 - 3 pm ET	Nervous System Healing with Sarah Tacy	Sarah Tacy
Wed, Apr 29	12 - 1 PM ET	Orientation Call with Aditi	Aditi Ramchandani
Wed, May 6	12 – 3 PM ET	Money Date 1 — Live Teaching + Implementation	Kate Northrup
Thu, May 7	3 –4 PM ET	Office Hour	Support Coach
Wed, May 13	12 – 3 PM ET	Money Date 2 — Watch Party + Implementation	Watch Party
Thu, May 14	12 – 1 PM ET	Office Hour	Support Coach
Tue, May 19	2 – 3 PM ET	Nervous System Healing with Sarah Tacy	Sarah Tacy
Wed, May 20	12 – 3 PM ET	Money Date 3 — Live Teaching + Implementation	Kate Northrup
Thu, May 21	12 – 1 PM ET	Office Hour	Support Coach
Wed, May 27	12 – 3 PM ET	Money Date 4 — Live Teaching + Implementation	Kate Northrup
Thu, May 28	3 – 4 PM ET	Office Hour	Support Coach
Wed, Jun 3	12 – 3 PM ET	Support Coach Session with TaKisha	TaKisha August
Thu, Jun 4	3 – 4 PM ET	Office Hour	Support Coach
Wed, Jun 10	12 – 3 PM ET	Money Date 5 — Watch Party + Implementation	Watch Party
Thu, Jun 11	12 – 1 PM ET	Q&A with Kate	Kate Northrup
Wed, Jun 17	12 – 3 PM ET	Money Date 6 — Watch Party + Implementation	Watch Party
Thu, Jun 18	12 – 1 PM ET	Office Hour	Support Coach
Tue, Jun 23	2 – 3 PM ET	Nervous System Healing with Sarah Tacy	Sarah Tacy
Wed, Jun 24	12 – 3 PM ET	Money Date 7 — Watch Party + Implementation	Watch Party
Thu, Jun 25	12 – 1 PM ET	Q&A with Kate	Kate Northrup

DATE	TIME (ET)	SESSION	FACILITATOR
Wed, Jul 1	12 – 3 PM ET	Money Date 8 — Watch Party + Implementation	Watch Party
Thu, Jul 2	12 – 3 PM ET	Support Coach Session with TaKisha	TaKisha August
Thu, Jul 9	12 – 1 PM ET	Office Hour	Support Coach
Wed, Jul 15	12 – 3 PM ET	Money Date 9 — Watch Party + Implementation	Watch Party
Thu, Jul 16	12 – 1 PM ET	Kate Q&A	Kate Northrup
Wed, Jul 22	12 – 3 PM ET	Money Date 10 — Live Teaching + Implementation	Watch Party
Thu, Jul 23	12 – 1 PM ET	Office Hour	Support Coach
Tue, Jul 28	2 – 3 PM ET	Nervous System Healing with Sarah Tacy	Sarah Tacy
Wed, Jul 29	12 – 3 PM ET	Money Date 11 — Watch Party + Implementation	Watch Party
Thu, Jul 30	12 – 1 PM ET	Office Hour	Support Coach
Wed, Aug 5	12 – 3 PM ET	Money Date 12 — Watch Party + Implementation	Watch Party
Thu, Aug 6	12 – 1 PM ET	Q&A with Kate	Kate Northrup
Wed, Aug 12	12 – 3 PM ET	Money Date 13 — Live Teaching + Implementation	Kate Northrup
Thu, Aug 13	12 – 1 PM ET	Office Hour	Support Coach
Tue, Aug 18	2 – 3 PM ET	Nervous System Healing with Sarah Tacy	Sarah Tacy
Wed, Aug 19	12 – 3 PM ET	Completion + Celebration Call	Kate Northrup