

# Training

Blue Light provides three types of training:

- A **class** is over several weeks or months, conducted one or two times a week, for an hour or two. In addition to an overview and a theoretical framework, there are hands-on practical exercises during the class and homework to enhance what is learned during class-time. Regular /consistent participation and doing the homework is required.
- A **workshop** is usually an afternoon concentrating on a certain theme. The key element of the workshop is the hands-on practical exercises which constitute the majority of the time.
- A **seminar** is a presentation. The majority of the time may be given to questions and answers; there are no hands-on exercises.