



Keeping Connected

Curriculum

Week One

Relaxing into Home

Core Teachings:

- The practice of being present in the moment
- The four pillars of self-care

Share call: Wednesday, 7:00-8:00pm

Week Two

Allowing the Moment

Core teachings:

- Breathe, Relax
- Yoga off the mat

Share call: Wednesday, 7:00-8:00pm

Week Three

Befriending Obstacles

Core teachings:

- Feel, watch, allow
- The power of willingness

Share call: Wednesday, 7:00-8:00pm

Week Four

Living Your Practice

Core teachings:

- Permission to be Human
- Radical compassion plus the right and rigorous use of will

Share call: Wednesday, 7:00-8:00pm