



# Keeping Connected

## Curriculum

Week One-(October 1 - October 7)

### **Relaxing into Home**

Core Teachings:

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

Share call: Wednesday, October 4, 7:00-8:00pm

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Week Two—(October 8 - October 14)

### **Allowing the Moment**

Core teachings:

- Breathe, Relax
- Yoga off the mat

Share call: Wednesday, October 11, 7:00-8:00pm

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Week Three—(October 15 - October 21)

### **Befriending Obstacles**

Core teachings:

- Feel, watch, allow
- The power of willingness

Share call: Wednesday, October 18, 7:00-8:00pm

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Week Four –(October 22- October 28)

### **Living Your Practice**

Core teachings:

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

Share call: Wednesday, October 25, 7:00-8:00pm