

Wisdom's Way 2022-2023 Overview

Topics for the Year

Second Saturday Class Exploration (September – May):

- The Circle Way Group Process
- Buddhism
- The Art of Listening
- Journaling
- Meditation and The Practice of Silence
- Judaism
- Familial / Cultural Implications for Spiritual Companionship
- Myers Briggs Type Indicator (MBTI)
- The Intersection of Spiritual Journey and Social Justice
- Recovery or “12 Step” Spirituality
- Paganism
- Spiritual-but-Not-Religious
- Divine Feminine
- Spiritual Direction as Spiritual Midwifery
- Best Practices for Spiritual Companionship

First Saturday Events:

December Retreat: **Embodied Practices** – Movement, Breathwork, Sound, Yoga, Walking, Dance, Art, Reiki, Soul Cards, Nature/Earth Connections. Shamanic Tradition, Sacred Space.

June: Celebratory Ritual for All Students and Graduation for 2nd Year Students