

2022-23

morning

afternoon

	morning	afternoon
Sept	10	Listening practice
		Listening practice; Journaling overview; DEI/ safe space; Partners; Write letter to self -
Oct	8	into & Ch 1 Ladder to Light
		Hinduism
Nov	12	L2L Chap 2 - Present moment meditation
		Science & Sprituality
Dec	2 & 3	Faith Styles
		RETREAT - Faith Style, silence, SD practice
Jan	14	L2L Chap 3 - Listening practice
		Enneagram
Feb	11	L2L Chap 4 - Mudhouse Sabbath
		Contemporary Christianity
Mar	11	L2L Chap 5 - Listening Practice
		Buddhism
Apr	8	L2L Chap 6 - Art/Journaling meditation
		12 Step Spirituality
May	13	L2L Chap 7 - Meditation guided by music
		Judaism
June	3	L2L Chap 8 - reflection on the year - primary takeaways/sugestions
		Life Transitions
June	10	
		Graduation