

Tacheria Syllabus 2024 - 25			
		AM	PM
Sept	14	Opening meditation & housekeeping	Listening practice, class baselines, journaling overview - Betty
Oct	12	into & Ch 1 Ladder to Light	Science & Spirituality - Tom Lindell
Nov	9	L2L Chap 2 - Draw where you are right now	Enneagram - Nancy Siner
Dec	11/30-12/1	Retreat - Listening - (Faith Styles)	
Jan	11	L2L Chap 3 - Listening practice	Hinduism -Sanjay Manchada
Feb	8	L2L Chap 4 - Art as meditation	The self in self compassion - Teresa Cowen Jones
Mar	8	L2L Chap 5 - Listening Practice	Buddhism - Marianna Cacciatore
Apr	12	L2L Chap 6 - Meditate on art/ photo journal it's message to you	12 Steps - virtual with WW -Ken Vorndran & Dave Wehner
May	10	L2L Chap 7 - Let music speak after guided med	Exploring the Kabbalah - Adrienne O'Hare
June	7	year - primary takeaways/sugestions	Life Transitions - Frank Williams

L2L= Ladder to the Light book by Steven Charleston