

# Wild Wellness Schedule

Wednesdays  
6-7pm Pacific

Thursdays  
9-10am Pacific

09.15

09.09

09.29

09.23

10.13

10.07

10.27

10.21

11.10

11.04

11.17

11.18

Saturdays

10am-noon Pacific

09.25 10.09 11.06

# F a l l

# Wild Wellness curriculum

::Halves of the Whole::

The opposing energies of  
Equinox season invite us to  
grow deeper roots and tend to  
our nervous systems.

::Heart::

Love and Grief

**IMMUNITY IS AN ILLUSION**

# September

# Wild Wellness curriculum

::The Veil::

As Nature draws her energy ever closer, we are invited to see things as they are, rather than appear... even ourselves.

::Sacral::

Freedom and Shame

**THE WITCH IN THE MATRIX**

O c t o b e r

# Wild Wellness curriculum

::All Are Relatives::

On the cusp of winter, we harvest the space and warmth that will carry us through months of density and cold.

::Solar Plexus::

Pleasure and Guilt

**THE HONORABLE HARVEST**

# November