



mind.body.alchemy syllabus



WEB CALLS ON THE 3RD MONDAY EVENING EACH MONTH AT 6 PM MST

Topics are subject to change depending on the needs of the group.

MONTH ONE: INTENTION IS EVERYTHING

Grounding
Creating Sacred Space
Clearing/Smudging
Basic Routines

MONTH TWO: HARNESSING MOON ENERGY

The Influence of the Moon
Moon Rituals Full & New
Basic Evening Routines

MONTH THREE: SIMPLE SELF-CARE

Movement
Meditation and Mindfulness
Personal Care

MONTH FOUR: MANIFESTING MOJO

Mindset
Money
Manifesting

MONTH FIVE: GRATITUDE PRACTICES

Letting Go
Gratitude
Creating
Receiving

MONTH SIX

New Beginnings
Core Desires
Vision Board
Next Steps

