

# 4-Month Wellness Workshop Calendar

Saturdays at 11:00 AM | Start Date: January 31

Skips: February 14 • April 4 • April 11

## MONTH 1 — DIGESTION (FOUNDATION)

Saturday, January 31 — Week 1: The Hidden Truths of the Digestive System

Saturday, February 7 — Week 2: Stress & Digestion

Saturday, February 21 — Week 3: Sleep & Digestion

Saturday, February 28 — Week 4: Digestive Support & Integration

## MONTH 2 — HORMONES

Saturday, March 7 — Week 5: Hormones 101: Why Your Body Feels Out of Balance

Saturday, March 14 — Week 6: Digestion & Hormone Clearance

Saturday, March 21 — Week 7: Stress, Cortisol & Hormones

Saturday, March 28 — Week 8: Hormone Support & Integration

## MONTH 3 — STRESS & THE NERVOUS SYSTEM

Saturday, April 18 — Week 9: Stress & the Nervous System

Saturday, April 25 — Week 10: Stress & Digestive Breakdown

## MONTH 4 — SLEEP & CIRCADIAN HEALTH

Saturday, May 2 — Week 11: Stress, Sleep & Hormones

Saturday, May 9 — Week 12: Nervous System Regulation & Integration

Saturday, May 16 — Week 13: The Healing Power of Sleep

Saturday, May 23 — Week 14: Sleep, Blood Sugar & Hormones

Saturday, May 30 — Week 15: Circadian Rhythm, Digestion & Timing

Saturday, June 6 — Week 16: Restorative Sleep Integration