



THE ART OF LIVING SACRED DAILY

Our 2023 Course Workshop Schedule | With Cathy Mines

WE HAVE 12 CORE MODULES

WORKSHOP CALL DATES | THURSDAY'S 7-8:30pm

- 1 Orientation | The Mindset of Change
- 2 Earlier Lighter Dinner
- 3 Early to Bed
- 4 Start the Day Right
- 5 Breath-Body Practice
- 6 Plant Based Diet
- 7 Self Massage
- 8 Sit in Silence
- 9 Rhythmic Eating
- 10 Come to Your Senses
- 11 Easeful Living
- 12 Wrap Party Get it. Work it. Live it. Be it.

2023 Session One	2023 Session Two	2023 Session Three
January 26th	May 11th	September 28th
February 2nd	May 18th	October 5th
February 9th	May 25th	October 12th
February 16th	June 1st	October 19th
February 23rd	June 8th	October 26th
March 2nd	June 15th	November 2nd
March 9th	June 22nd	November 9th
March 16th	June 29th	November 16th
March 23rd	July 6th	November 23rd
March 30th	July 13th	November 30th
April 6th	July 20th	December 7th
April 13th	July 27th	December 14th