

The Tao of the Seasons

In the Taoist 5 Elements each season holds its own energetic tendency. We will identify what we want to create for our lives. We will examine how we can use the energy of the seasons to bring in what we want and to let go of what we no longer need, to create lasting change with the support and safety of likeminded explorers. Become part of a group that over the next year will meet one Saturday each month from 1pm to 3:30 using movement, foods, guided visualization, fun exercises and discussion to enrich our hearts, bodies and minds to have the best year ever!

The Group will start on Saturday 9/25/21, after the Fall Equinox on 9/22 and we will begin with the Earth Element. The exact date for the subsequent months will be determined by the group.

10/2021 – Earth/Metal element

11/2021 – Metal element

12/2021 – Metal/Water elements

1/2022 – Water element

2/2022 – Water element

3/2022 – Water/Wood elements

4/2022 – Wood element

5/2022 – Wood element

6 /2022– Wood/Fire elements

7 /2022– Fire element

8 /2022– Fire element

The costs is \$60 per month, or \$675 for the year (if paid in advance)

After this long period of quarantine and isolation, this class will be in person so the number will be limited. If you are interested in joining, or for additional information please contact me.

