

# What You Need

A comfortable and quiet place  
for listening to the audio  
sessions

15 minutes a day for  
audio-meditation

The ability to use a computer or  
phone for Live Zoom groups

A notebook or journal dedicated  
to written portions of the course

# Live Group Schedule

Foundation I Live Group Meeting on Zoom	Saturday, December 6, 2025	<u>1:00 PM Eastern Standard US Time</u>
Foundation I Live Group Meeting on Zoom	Saturday, December 20, 2025	<u>1:00 PM Eastern Standard US Time</u>
Foundation II Live Group Meeting on Zoom	Saturday, January 3, 2026	<u>1:00 PM Eastern Standard US Time</u>
Foundation II Live Group Meeting on Zoom	Saturday, January 17, 2026	<u>1:00 PM Eastern Standard US Time</u>



Group participation is a highly encouraged part of this course. Meetings will be recorded.  
In the case that you cannot make a certain date or time, please notify by emailing  
[connectcreatewholeness@gmail.com](mailto:connectcreatewholeness@gmail.com)

# Course Schedule



Timeline	Listen	Complete
Week 1 Foundation I Session 1	Audio Session 1	<u>Course Guidebook</u>
Week 2 Foundation I Session 2	Audio Session 2	<u>Course Guidebook</u> December 6, 2025 <b>Live Group Meeting</b>
Week 3 Foundation I Session 3	Audio Sessions 3 and 4	<u>Course Guidebook</u>
Week 4		December 21, 2025 <b>Live Group Meeting</b>
Week 5 & 6 Foundation II Session 1	Audio Session 5	<u>Course Guidebook</u> January 3, 2026 <b>Live Group Meeting</b>
Week 6 & 7 Foundation II Session 2	Audio Session 6	<u>Course Guidebook</u>  January 17, 2026 <b>Live Group Meeting</b>

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You will receive your course materials **November 1** by email.

Our first live group is  
**December 6**

Please complete at least  
Foundation I, Guidebook  
Section 1 and 2 by our first group  
meeting.

There will be discussion around  
the written prompts in the  
guide, so please bring what  
you've written.

Thank you! I look forward to seeing you soon.  
Please contact [connectcreatewholeness@gmail.com](mailto:connectcreatewholeness@gmail.com) or  
go to [wholenesswisdom.com](http://wholenesswisdom.com) to contact for support or questions