

JANUARY 2021

guide

SCIENCE & MAGIC

EARTH HOLIDAY Imbolc - February 2nd

SEASON Winter

NEW MOON Capricorn - January 12th

SCIENCE THEME Conscious Creation

FULL MOON Leo - January 28th

LEARN



(30 min CLASS) [Harnessing Neuroplasticity w/ Sophia Bouwens](#)



(22 min CLASS) [Jan Announcements + Learn w/ Amanda Leaveck](#)



(13 min CLASS) [New Moon in Capricorn w/ Kitty Truax](#)



(9 min CLASS) [Message from Archangel Michael w/ Nikki Gomez](#)



(24 min CLASS) [Seasonal Living for January w/ Sophia Bouwens](#)

EMBODY



(10 min PRACTICE) [EFT Tapping with Mantras w/ Liz Andolong](#)



(35 min YOGA) [Flow With Winter's Waters w/ Greg Hines](#)



(20 min PRACTICE) [Yoga Nidra + Sankalpa w/ Meg Elaine](#)



(22 min CLASS) [Visualization + Gentle Asana w/ Chance York](#)



(22 min PRACTICE) [Creativity Requires Faith w/ Nkechi Njaka](#)

ENGAGE



Attend the [Members Zoom Call](#) on January 15th, 7:30-8:30pm CST



Say hi on the Introductions Thread of [our community board](#)



Complete one class survey (located on each class page)



Use Portal Live Pass (coming soon!) & take 1 class of your choice!



QUESTIONS FOR REFLECTION

1. What is your deepest resolve? What is it that you most desire?
2. Are you able to identify anything physical (a person, your home, etc) that is blocking creativity? Your flow? Your general happiness?