Expedition 1: Healing the Self

| **Lesson 1: Roots of Healing** | | | | | | | |
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| **LESSONS** | **DAY 1** | **DAY 2** | **DAY 3** | **DAY 4** | **DAY 5** | **DAY 6** | **GROUP TITLE** |
| **WEEK 1** | What Does Healing Mean? | Difference Between Healing and Coping | Inner Compass | Grounding in Values | Cultivating the Observer | Curiosity, Openness, and Wonder as a Path to Wholeness |  |
| **WEEK 2** | Creating Safety Within | Trusting the Process: The Power of Patience | Resilience and Renewal | The Inner Healer | Self-Compassion as Radical Acceptance | Small Steps and Microshifts |  |
| **GOING DEEPER:** |  | | | | | | |

| **Lesson 2: The Body as Healer** | | | | | | | |
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| **LESSONS** | **DAY 1** | **DAY 2** | **DAY 3** | **DAY 4** | **DAY 5** | **DAY 6** | **GROUP TITLE** |
| **WEEK 1** | Somatic Awareness | Nervous System Awareness: Polyvagal Theory | Finding Safety in the Body: Co-Regulation and Self-Regulation | Cycles of the Body: Rest, Activation, and Renewal | Listening to the Body | The Subtle Body |  |
| **WEEK 2** | Body as Teacher | Body Memory: How the Body Holds Experience | Body Wisdom | The Gut as Our Inner Compass | Pleasure and Joy in the Body | Somatic Resources |  |
| **GOING DEEPER:** |  | | | | | | |

| **Lesson 3: Resistance, Acceptance, and Surrender** | | | | | | | |
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| **LESSONS** | **DAY 1** | **DAY 2** | **DAY 3** | **DAY 4** | **DAY 5** | **DAY 6** | **GROUP TITLE** |
| **WEEK 1** | Resistance as a Teacher | Meeting Resistance with Curiosity | Resistance as the Ego’s Bodyguard | Control and the Illusion of Safety | What We Resist Grows | Compassionate Acceptance |  |
| **WEEK 2** | The Power of Yes | Radical Acceptance | Letting Go Without Abandoning Self | Surrender as Trust | Softening versus Forcing | Trusting the Unknown |  |
| **GOING DEEPER:** |  | | | | | | |

| **Lesson 4: Rhythms of Healing** | | | | | | | |
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| **LESSONS** | **Day 1** | **Day 2** | **Day 3** | **Day 4** | **Day 5** | **Day 6** | **Group Title** |
| **WEEK 1** | Stress and Recovery Cycles | Rest and Digest: The Power of Restoration | Sleep and Dreams in Healing | Rituals as Anchors of Rhythm | Honoring Life Transitions | Seasonal and Daily Cycles |  |
| **WEEK 2** | Listening the the Body’s Rhythms | Creativity and Flow States | Balancing Activity and Stillness | Death and Rebirth | Rhythms in Integration | Living in Harmony with Cycles |  |
| **GOING DEEPER** |  | | | | | | |

| **Lesson 5: Emotions and Resilience** | | | | | | | |
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| **LESSONS** | **Day 1** | **Day 2** | **Day 3** | **Day 4** | **Day 5** | **Day 6** | **Group Title** |
| **WEEK 1** | Emotions as Signals and Data | Emotional Embodiment | Working with Difficult Emotions | Anger as a Guide | Shame, Guilt and the Path to Self-Worth | Grief in Transformation |  |
| **WEEK 2** | At the Edge of Comfort: Working with Fear | Expanding Our Capacity for Joy | Emotional Regulation | Practices for Emotional Resilience | The 7 C’s of Resilience | Befriending All Emotions |  |
| **GOING DEEPER** |  | | | | | | |

| **Lesson 6: Wholeness: The Shadow and Parts Work** | | | | | | | |
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| **LESSONS** | **Day 1** | **Day 2** | **Day 3** | **Day 4** | **Day 5** | **Day 6** | **Group Title** |
| **WEEK 1** | What is the Shadow? | Recognizing the Shadow’s Influence | Mirrors of the Shadow: Seeing Ourselves in Others | The Drama Triangle and the Path to Empowerment | The Collective Shadow | Befriending the Shadow |  |
| **WEEK 2** | Introduction to Internal Family Systems | Exiles, Managers, and Firefighters | The Self: Inner Leader and Source of Compassion | Burdens: What the Parts Carry and How They Let Go | Unblending: Creating Space for Self to Lead | Healing the Inner Family and LIving From Self |  |
| **GOING DEEPER** |  | | | | | | |

| **Lesson 7: Authenticity: Coming Home to Ourselves** | | | | | | | |
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| **LESSONS** | **Day 1** | **Day 2** | **Day 3** | **Day 4** | **Day 5** | **Day 6** | **Group Title** |
| **WEEK 1** | The Courage to Be Seen | The Masks We Wear | Belonging to Self First | LIving in Integrity | Embodied Authenticity | The Voice of Truth |  |
| **WEEK 2** | Living From Inner Alignment | Self-Acceptance | Self-Forgiveness | Loving Ourselves | Trauma and Authenticity | The Freedom of Being Real |  |
| **GOING DEEPER** |  | | | | | | |

| **Lesson 8: Stories** | | | | | | | |
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| **LESSONS** | **Day 1** | **Day 2** | **Day 3** | **Day 4** | **Day 5** | **Day 6** | **Group Title** |
| **WEEK 1** | The Power of Stories: How Narrative Shapes Us | Identifying Old Stories | Questioning the Stories that Hold Us Back | Myth and Archetypes as Guides | Re-Authoring the Self | Living as the Storyteller |  |
| **WEEK 2** | The Inner Critic’s Story: Reframing the Voice of Judgment | Story and Identity: Exploring How Roles Shape Us | Resilience: Reframing the Story of Struggle | Stories in Integration | Collective and Cultural Stories | The Future Self Story |  |
| **GOING DEEPER** |  | | | | | | |

| **Lesson 9: Visioning the Future Self** | | | | | | | |
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| **LESSONS** | **Day 1** | **Day 2** | **Day 3** | **Day 4** | **Day 5** | **Day 6** | **Group Title** |
| **WEEK 1** | Meeting the Future Self | Aligning Habits with Future Self | The Compass Within: Living Our Values | Creativity as a Path to Becoming | Releasing Fear for the Journey Ahead | Embodying Possibility |  |
| **WEEK 2** | Clearing Old Patterns for New Growth | Practices of Becoming | Dreaming As Guidance | Walking Each Other Home | Meeting Setbacks with Resilience and Grace | Integration and Ritual: Weaving the Journey Forward |  |
| **GOING DEEPER** |  | | | | | | |

Expedition 2: Connection to Others

| **Lesson 1: Foundations of Connection** | | | | | | | |
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| **LESSONS** | **Day 1** | **Day 2** | **Day 3** | **Day 4** | **Day 5** | **Day 6** | **Group Title** |
| **WEEK 1** | Authentic Connection | Values as Anchors and Guides | Relational Vision | Beyond Story and Assumption | Respect and Presence as Foundations | Empathy, Trust, and Self Disclosure |  |
| **WEEK 2** | Self-Awareness as the Basis for Connection | It’s Not You, It’s Me: Recognizing Triggers | How Projection Clouds Authenticity | The Role of Curiosity in Connection | Balancing Independence and Togetherness | The 5 A’s of Mindful Loving |  |
| **GOING DEEPER** |  | | | | | | |

| **Lesson 2: Communication as a Bridge** | | | | | | | |
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| **LESSONS** | **Day 1** | **Day 2** | **Day 3** | **Day 4** | **Day 5** | **Day 6** | **Group Title** |
| **WEEK 1** | Listening with Presence | Assertive, Aggressive, and Passive-Aggressive Communication | The Four Horsemen of Communication and Their Antidotes | Speaking Truth With Care | Conflict Resolution and Repair After Rupture | Communication as a Bridge |  |
| **WEEK 2** | Nonviolent Communication Principles | Nonviolent Communication:Observations Without Judgment | Nonviolent Communication: Feelings Versus Interpretations | Nonviolent Communication: Needs Versus Strategies | Nonviolent Communication: Requests Versus Demands | Communication Tool |  |
| **GOING DEEPER** |  | | | | | | |

| **Lesson 3: Wholeness in Relationships** | | | | | | | |
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| **LESSONS** | **Day 1** | **Day 2** | **Day 3** | **Day 4** | **Day 5** | **Day 6** | **Group Title** |
| **WEEK 1** | Autonomy Versus Enmeshment | Losing Ourselves in Relationships | Differentiation: Staying True to Ourselves in Connection | The Myth of “Losing Ourselves in Love” | Interdepedences | Interdependence in Practice |  |
| **WEEK 2** | Interdependence with Nature | Freedom Within Commitment | The Cost of Connection: Trading Authenticity for Attachment | Personal Responsibility in Relationships | Healthy Support Versus Rescuing | Creating Conscious Relationships |  |
| **GOING DEEPER** |  | | | | | | |

| **Lesson 4: Attunement and Safety** | | | | | | | |
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| **LESSONS** | **Day 1** | **Day 2** | **Day 3** | **Day 4** | **Day 5** | **Day 6** | **Group Title** |
| **WEEK 1** | Safety, Connection, and the Nervous System | Attunement | Co-Regulation Practices | Reading Emotional Cues | Misattunement and Repair | Accountability and Attunement |  |
| **WEEK 2** | Building Secure Relational Environments | Micromoments of Safety | The Role of Ritual in Safety and Trust | Containment | Feeling Safe in an Uncertain World | Self Attunement as the Root of Safety |  |
| **GOING DEEPER** |  | | | | | | |

| **Lesson 5: Intimacy and Vulnerability** | | | | | | | |
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| **LESSONS** | **Day 1** | **Day 2** | **Day 3** | **Day 4** | **Day 5** | **Day 6** | **Group Title** |
| **WEEK 1** | Emotional Intimacy | What Does it Mean to be Vulnerable? | How Vulnerability Builds Trust | Why It’s so Hard to be Vulnerable | The Difference Between Oversharing and True Intimacy | Physical Intimacy and Vulnerability |  |
| **WEEK 2** | Somatic Awareness in Intimacy | Play as a Pathway to Closeness | Curiosity as an Antidote to Stagnation | Working Through Blocks to Intimacy | The Courage to Ask for What We Want | Balancing Vulnerability with Boundaries |  |
| **GOING DEEPER** |  | | | | | | |

| **Lesson 6: Attachment, Love, and Belonging** | | | | | | | |
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| **LESSONS** | **Day 1** | **Day 2** | **Day 3** | **Day 4** | **Day 5** | **Day 6** | **Group Title** |
| **WEEK 1** | Love Styles | Working With Differences in Love Styles | Why We Trade Authenticity for Belonging | Attachment | How Adult Relationships Mirror the Parent-Child Bond | Navigating Triggers and Old Patterns |  |
| **WEEK 2** | The Inner Child in Relationships | Reparenting Ourselves | Self-Compassion in Attachment Healing | Loneliness and the Longing for Connection | Belonging in Community | Belonging to the Earth |  |
| **GOING DEEPER** |  | | | | | | |

| **Lesson 7: Boundaries and Needs** | | | | | | | |
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| **LESSONS** | **Day 1** | **Day 2** | **Day 3** | **Day 4** | **Day 5** | **Day 6** | **Group Title** |
| **WEEK 1** | Identifying Needs | Needs Versus Wants | Expressing Needs Clearly | What Happens When Needs Go Unmet | Expressing and Protecting Boundaries | Types of Boundaries |  |
| **WEEK 2** | Fear of Setting Boundaries | Boundary Violation and Repair | Negotiating Differences With Respect | The Link Between Boundaries and Intimacy | Practicing Saying “No” with Love | Boundaries as Acts of Love and Trust |  |
| **GOING DEEPER** |  | | | | | | |

| **Lesson 8: The Ongoing Dance: Growth and Maintenance** | | | | | | | |
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| **LESSONS** | **Day 1** | **Day 2** | **Day 3** | **Day 4** | **Day 5** | **Day 6** | **Group Title** |
| **WEEK 1** | Keeping Relationships Alive | Novelty and Surprise | Rituals of Connection | Everyday Practices of Presence | The Seasons of Relationships | Forgiveness and Letting Go |  |
| **WEEK 2** | Holding Freedom and Togetherness | Relationships As LIving Systems | Growth Edges as Opportunities | Long-Term Relational Vision | Connection as Service | Love as a Practice, Not a Destination |  |
| **GOING DEEPER** |  | | | | | | |

| **Lesson 9: Expanding Connection** | | | | | | | |
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| **LESSONS** | **Day 1** | **Day 2** | **Day 3** | **Day 4** | **Day 5** | **Day 6** | **Group Title** |
| **WEEK 1** | Why Difference Challenges Us | The Role of Curiosity in Bridging Differences | Conflict as a Teacher | Power, Privilege and Perspective Taking | Compassionate Boundaries Across Differences | Building Bridges Without Self Betrayal |  |
| **WEEK 2** | Remembering Ourselves as Part of the Natural World | Nervous System Regulation with Nature | Animals as Teacher | Reciprocity and Gratitude for the Earth | Honoring Ecological Grief | Living Relationally in the Wider Web |  |
| **GOING DEEPER** |  | | | | | | |

Expediton 3: Connection with Awe

| **Lesson 4** | | | | | | | |
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| **LESSONS** | **Day 1** | **Day 2** | **Day 3** | **Day 4** | **Day 5** | **Day 6** | **Group Title** |
| **WEEK 1** |  |  |  |  |  |  |  |
| **WEEK 2** |  |  |  |  |  |  |  |
| **GOING DEEPER** |  | | | | | | |

| **Lesson 4** | | | | | | | |
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| **LESSONS** | **Day 1** | **Day 2** | **Day 3** | **Day 4** | **Day 5** | **Day 6** | **Group Title** |
| **WEEK 1** |  |  |  |  |  |  |  |
| **WEEK 2** |  |  |  |  |  |  |  |
| **GOING DEEPER** |  | | | | | | |

| **Lesson 4** | | | | | | | |
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| **LESSONS** | **Day 1** | **Day 2** | **Day 3** | **Day 4** | **Day 5** | **Day 6** | **Group Title** |
| **WEEK 1** |  |  |  |  |  |  |  |
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| **GOING DEEPER** |  | | | | | | |

| **Lesson 4** | | | | | | | |
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| **LESSONS** | **Day 1** | **Day 2** | **Day 3** | **Day 4** | **Day 5** | **Day 6** | **Group Title** |
| **WEEK 1** |  |  |  |  |  |  |  |
| **WEEK 2** |  |  |  |  |  |  |  |
| **GOING DEEPER** |  | | | | | | |

| **Lesson 4** | | | | | | | |
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| **LESSONS** | **Day 1** | **Day 2** | **Day 3** | **Day 4** | **Day 5** | **Day 6** | **Group Title** |
| **WEEK 1** |  |  |  |  |  |  |  |
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| **GOING DEEPER** |  | | | | | | |

| **Lesson 4** | | | | | | | |
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| **LESSONS** | **Day 1** | **Day 2** | **Day 3** | **Day 4** | **Day 5** | **Day 6** | **Group Title** |
| **WEEK 1** |  |  |  |  |  |  |  |
| **WEEK 2** |  |  |  |  |  |  |  |
| **GOING DEEPER** |  | | | | | | |

| **Lesson 4** | | | | | | | |
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| **LESSONS** | **Day 1** | **Day 2** | **Day 3** | **Day 4** | **Day 5** | **Day 6** | **Group Title** |
| **WEEK 1** |  |  |  |  |  |  |  |
| **WEEK 2** |  |  |  |  |  |  |  |
| **GOING DEEPER** |  | | | | | | |

| **Lesson 4** | | | | | | | |
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| **LESSONS** | **Day 1** | **Day 2** | **Day 3** | **Day 4** | **Day 5** | **Day 6** | **Group Title** |
| **WEEK 1** |  |  |  |  |  |  |  |
| **WEEK 2** |  |  |  |  |  |  |  |
| **GOING DEEPER** |  | | | | | | |

| **Lesson 4** | | | | | | | |
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| **LESSONS** | **Day 1** | **Day 2** | **Day 3** | **Day 4** | **Day 5** | **Day 6** | **Group Title** |
| **WEEK 1** |  |  |  |  |  |  |  |
| **WEEK 2** |  |  |  |  |  |  |  |
| **GOING DEEPER** |  | | | | | | |