

Choosing the Present Moment

*How Accepting What Is and Connecting with Others
Transforms Your Life*

Pilot Course Dates

Thursdays, October 5, 12, 19, 26
8-9pm Eastern Daylight Time

Course Outline

Lesson One - Opening to New Expressions of You

- Haiku's flexibility
- Mind Haiku
- Crafting our first haiku
- Q&A, Weekly Home Haiku Practice

Lesson Two - Creating Space for Your Life

- Sharing personal haiku from group
- Heart Haiku
- Haiku writing together
- Q&A, Weekly Home Haiku Practice

Lesson Three - Honoring Your Life Journey

- Sharing personal haiku from group
- Soul Haiku
- Inspired writing
- Q&A, Weekly Home Haiku Practice

Lesson Four - The Present Moment – A Conscious Choice

- Sharing personal haiku from group
- Whole Haiku
- Haiku it all together
- Wrap-up & Takeaway – your next steps



Finding Your Gold, LLC ~ <http://findingyourgold.com>
928-853-5661 ~ robert@findingyourgold.com