



*Celestial Forest presents...*



## Sacred Rhythms

# Align Your Body with the Rhythms of the Earth

### Sacred Rhythms Schedule 2019

Because of the nature of our lives these days, sometimes some of you may be able to join us in person or live on our on-line classes. Any time you are not able to attend in person you can simply access the replay.

While you do not need to be on the live on-line classes, you do need to put a time in your calendar each week and set aside time to do the training. This is designed to be a mini monthly moon lodge circle. So you can join us in person or do the recording on the New Moon on your own. The more you are consistent with your training the easier it will be to stay current. If you get behind, just start in the month we are in and catch up the other classes later. Most On-line classes will be at 12:00 pm Central Time unless otherwise specified. Please watch the time as this was not always possible.

Sacred Rhythms Module 1 with Kathy Forest, January 6, 2019, 12:00 p.m. Central Time  
Sacred Rhythms Module 2 with Kathy Forest, February 1, 2019, **9:00 a.m.** Central Time  
Sacred Rhythms Module 3 with Kathy Forest, March 4, 2019, **7:00 p.m.** Central Time  
Sacred Rhythms Module 4 with Kathy Forest, April 2, 2019, **1:00 p.m.** Central Time  
Sacred Rhythms Module 5 with Kathy Forest, May 2, 2019, 12:00 p.m. Central Time  
Sacred Rhythms Module 6 with Kathy Forest, May 31, 2019, 12:00 p.m. Central Time  
Sacred Rhythms Module 7 with Kathy Forest, June 28, 2019, 12:00 p.m. Central Time  
Sacred Rhythms Module 8 with Kathy Forest, July 29, 2019, 12:00 p.m. Central Time  
Sacred Rhythms Module 9 with Kathy Forest, August 27, 2019, **1:00 p.m.** Central Time  
Sacred Rhythms Module 10 with Kathy Forest, September, 12:00 p.m. Central Time  
Sacred Rhythms Module 11 with Kathy Forest, October 25, 2019, 12:00 p.m. Central  
Sacred Rhythms Module 12 with Kathy Forest, November 25, 2019, 12:00 p.m. Central  
**Sacred Rhythms Module 13 with Kathy Forest, December 23, 2019, 12:00 p.m. Central**  
This is a very special bonus as we only get 13 cycles about every 3 or 4 years!