

## A ReConnecting Thread Topic Outline

	<b>Self</b>	<b>Body system</b>	<b>Products</b>	<b>Herbally speaking...</b>
<b>September</b>	Noticing; Aspirations; Inspirations	Skin and Elimination Part I	Salves, Oils	Wise Woman Tradition & Herbal Allies
<b>October</b>	Movement	Immune	Cold Season Prep	Western Energetics Part I
<b>November</b>	Nutrition/Food	Digestion & Elimination Part II	Bitters	Western Energetics Part II
<b>December</b>	Sex & Down There	Reproductive	:) You'll see!	Ayurvedic Introduction
<b>January</b>	Dreams & Sleep	Nervous	Dream & Sleep Remedies	Adaptogenic herbs
<b>February</b>	Path	Respiratory	Smoke & Smells	Soaks & Steams
<b>March</b>	Creativity	Endocrine	Sweet treats	Bioregionalism & Here and Now
<b>April</b>	Cultivating/ Discovering Your Practice	Muscles and Bones	Broths, Mushroom- inspired magics,	Spring Tonics, Weed Walking
<b>May</b>	Seeds & What's next	Circulatory	Blending Teas	Creating a garden/ building a home apothecary