

Journey Within Series

February 2025: Tending to our Grief with Kinde

- Saturday, February 8th, 2025, 10:00am-12:00pm MT
- Come learn about and experience grief in a sacred container of community.

March 2025: Fields of Energy with Kinde

- Saturday, March 8th, 2025, 10:00am-11:30am MT
- Join us to learn about and practice sensing your own energy field, and the field of energy that is created by a group. Learn more about these invisible fields and why they are foundational to your own well-being and fundamental to the unity and coherence of groups.

April 2025: Astrology with Bruna

- Monday, April 7th, 2025, 6:30pm-8:00pm MT
- Join us with Bruna Maia, one of Rooted Expansion's Astrologers to learn more about the fundamentals of Astrology. Not only will you learn about the essence of the Natal Chart and planetary archetypal energies, but you'll also understand how Astrology intersects with transpersonal experiences and how it can be a guide for healing.

May 2025: Psycho-Spiritual Inquiry with Plant Medicine and Ute

- Sunday, May 18th, 2025, 10:00am - 11:30am MT
- Let's use curiosity and openness to integrate, digest, and learn with Plant Medicine.

June 2025: Dreamwork with Bruna

- Wednesday, June 25th, 2025, 6:30pm - 8:00pm MT
- Dreams are a gateway to self-discovery, emotional healing, and spiritual growth. In this workshop, we'll explore the archetypal language of dreams and their ability to help us access parts of our unconscious. We'll also review various dream methodologies and the best way to work with each of them throughout our healing journey.

July 2025: Somatic Practices in Sama with Ute

- Saturday, July 19th, 2025, 10:00am - 11:30am MT
- Our body carries profound wisdom and can open doors to a deeper experience on the path with the plants. Especially for people who are regularly dieting plants, somatic awareness can help you to be in connection with our plant teachers.

August 2025: Sensitivity with Ute

- Saturday, August 9th, 2025, 10:00am - 11:30am MT
- Together we'll explore sensitivity as our compass to live an aligned and authentic life.

September 2025: Attention as a Superpower: Meditation, Attunement, & Mirroring with Kinde

- Saturday, September 13, 2025, 10:00am - 11:30am MT
- Have you considered what we do when we pay attention? This workshop is a closer look at this hidden yet powerful innate capacity of our amazing minds — attention— and points to how the mastery of our own attention can open whole new worlds to us.

October 2025: Ancestral Healing with Kinde

- Saturday, October 18, 2025, 10:00am - 12:00pm MT
- This short workshop will introduce you to the concepts and practice of Ancestral Healing. We are able to successfully tap into our genetic ancestral lines after we have done our own work, and are available to feel both the resilience and un-metabolized trauma in our ancestors through our own bodies — healing both ourselves and the collective trauma field. Important work for this time!