

Wings Online Seminars 2020

Foundations of WellBeing

October 16-17
November 6-7
December 4-5

CrossOver Intensive

(prerequisite: CrossOver)
October 24

Fundamentals of WorkLife Success

November 10

Grace and Gratitude

November 13-14

Essential Practices of Equity and Agility

October 28 and November 4, 11

NEST Group

October 8, 15, 22, 29 - 10:30 a.m. to noon
November 3, 10, 17, 24 - 10:30 a.m. to noon
December 1, 8, 15, 22 - 10:30 a.m. to noon

Free Wings Online Offerings 2020

Mondays

Noon - 1 p.m.

September 14 -
Path to Personal Power
September 21 - Contemplative
September 28 - Lantern

October 5 -
Path to Personal Power
October 12 - Contemplative
October 19 - Lantern

November 2 -
Path to Personal Power
November 9 - Contemplative
November 16 - Lantern

December 7 -
Path to Personal Power
December 14 - Contemplative
December 21 - Lantern

Wednesdays

7 - 8 p.m.

September 2 - Meditation
September 9 - Meditation
September 16 - Meditation
September 23 - Meditation

October 7 - Meditation
October 14 - Meditation
October 21 - Meditation
October 28 - Meditation

November 4 - Meditation
November 11 - Meditation
November 18 - Meditation

December 2 - Meditation
December 9 - Meditation
December 16 - Meditation
December 30 - Meditation

Fridays

7 - 8 p.m.

September 25 - Game Night

October 23 - Game Night

November 20 - Game Night

December 18 - Game Night

For more information or to be added to our weekly emails, contact us at

wings@wings-seminars.com



Where the desire for life meets the skills to live it!

www.wings-seminars.com 541-683-8540