

# Wings Online Seminars 2021

## Foundations of WellBeing

Jan. 15-16  
Feb. 5-6  
March 12-13  
April 2-3  
May 14-15  
June 4-5

July 9-10  
Aug. 13-14  
Sept. 10-11  
Oct. 8-9  
Nov. 5-6  
Dec. 3-4

## CrossOver Intensive

(Prerequisite: CrossOver)

March 6-7  
June 26-27

Oct. 16-17

## Fundamentals of WorkLife Success

Jan. 7  
March 9  
May 11

Aug. 3  
Nov. 2

## Calling the Circle

March 20-21

## Essential Practices of Equity and Agility

Feb. 14, 20, 27, and March 6  
July 7, 14, 21, 28  
Oct. 14, 21, 28, and Nov. 4

## Grace and Gratitude

Nov. 12-13

## InSight 1

April 15-16 and 22-23  
Aug. 19-20 and 26-27

## Free Online Offerings

### Mondays, noon to 1 p.m.

Jan. 4 - Wellness  
Jan. 11 - Contemplative  
Jan. 18 - Lantern  
Feb. 1 - Wellness  
Feb. 8 - Contemplative  
Feb. 15 - Lantern  
March 1 - Wellness  
March 8 - Contemplative  
March 15 - Lantern

### Wednesdays, 7-8 p.m.

Jan. 6 - Meditation  
Jan. 13 - Meditation  
Jan. 20 - Meditation  
Jan. 27 - Meditation  
Feb. 3 - Meditation  
Feb. 10 - Meditation  
Feb. 17 - Meditation  
Feb. 24 - Meditation

### NEST, 10:30 a.m. to noon

Jan. 9, 16, 23, 30  
Feb. 3, 10, 17, 24  
March 2, 9, 16, 23

### Assist Team Training

Feb. 3  
May 21  
Aug. 7  
Nov. 17