

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	7:15-8:45PM ONLINE ADULT MINDFUL LIVING		7:00-8:00PM ONLINE SPECIAL BONUS CONTENT - DATES TBA	 beckymoller.com	
YOUR COURSE MEMBERSHIP GIVES YOU UNLIMITED ACCESS TO OUR FULL SCHEDULE					

## Welcome to our 2026 Online Cohort for Undone Academy!

Welcome! We're so excited to start this year's mindfulness journey with like-minded seekers from all over the world. The purpose of Undone Academy is to provide a structured framework to live daily life with more awareness and compassion, bringing healing over time to our past wounds and present relationships.

Our year-round course schedule aligns with our online groups, simplifying our program into ONE course, accessible to anyone, anywhere. As a program member, you have full, interchangeable access to all online as well as in-person meetings, including all BONUS material and LIVE PRACTICE classes, including weekly workouts, yoga, and monthly sound baths. You will find our weekly class schedule above.

From time to time, we'll offer additional trainings at no additional cost to our community. These free events will take place on Thursday evenings, 7-8pm MDT.

The more you put into this program and practice, the more you will get out of it. Aim to attend a weekly meeting as a high priority, and try to integrate some daily practice of mindful movement or meditation, even if it's as small as a 2-minute daily sit. If you cannot make a live class, there will be replays of our online meetings each week which will be available for up to one month after the meeting.

Watch for announcements and updates through GroupMe and weekly emails, which will be the primary platforms for communication regarding in-person activities. You might also want to follow us on social media:

Instagram @undoneacademy  
Facebook @beckymoller.com  
YouTube "The Undone Path with Becky Moller"

Don't hesitate to reach out with any questions to support@beckymoller.com. Welcome to the Practice – we hope to see you in class soon!

### First Steps at a glance:

**Online Course Portal:** [www.beckymoller.com/my-account/](http://www.beckymoller.com/my-account/)

**Program: Undone Academy: A Mindful Pathway to Healing Almost Anything**

Step 1: Log on at your earliest convenience to find your online portal.

Step 2: Set up your account login as a webapp on your phone for easy access.

Step 3: Check out your BONUS material and complete the Welcome & Orientation module.

Step 4: Log on for your first LIVE class on Monday or Tuesday nights.



# Course Schedule

## 2026 cohort

Saturday, Jan 10: SILENT RETREAT (Optional)

### **PART ONE: FOUNDATIONS OF MINDFULNESS**

Jan 12/13: ORIENTATION

Jan 19/20: 1.1 – Accepting & Allowing

Jan 26/27: 1.2 – Recognizing Resistance

Feb 2/3: 2.1 - Becoming the Observer

Feb 9/10: 2.2 - Observing Thought Patterns

Feb 16/17: 3.1 - Exploring the Human Condition

Feb 23/24: 3.2 - Interbeing & Contemplation

Mar 2/3: 4.1 - Finding Our Center

Mar 9/10: 4.2 - The Art of Surrender

Mar 16/17: 5.1 - Subconscious Mind (the Ego)

Mar 23/24: 5.2 - Subcon Mind (Rules,Beliefs,Values)

Mar 30/31: 6.1 - Trauma & Triggers

Apr 6/7: SPRING BREAK

Apr 13/14: 6.2 - RAIN

Apr 20/21: 7 - PART I Review & Synthesize

### **PART TWO: PERSONAL TRANSFORMATION**

Apr 27/28: 8.1 - Craving & Alignment

May 4/5: 8.2 - Manifesting Abundance

May 11/12: 8.3 - Scarcity Mindsets

May 18/19: END OF SCHOOL YEAR BREAK

May 25/26: 9.1 - Self-care & Savoring

June 1/2: 9.2 - The Wisdom of the Body

June 8/9: 10.1 - Self-Defeating Behaviors

June 15/16: 10.2 - Life Laws

June 22/23: 10.3 - The Wheel of Karma

June 29/30: 10.4 - Conducting Self-Inventories

July 6/7: 11.1 - Acknowledging Our Strengths

July 13/14: 11.2 - Accessing Grace

July 20/21: 12.1 - Moving Toward Oneness

July 27/28: 12.2 - IFS: Embracing All Parts of Ourselves

Aug 3/4: 12.3 - 12.3 - Bringing Oneness to Embodiment

Aug 10/11: START OF SCHOOL YEAR BREAK

Aug 17/18: 13.1 - Taking Ownership

Sept 24/25: 13.2 - Making Amends

Aug 31/Sept 1: 14- PART 2 Review & Synthesize

### **PART THREE: INTO THE WORLD WITH COMPASSION**

Sept 7/8: 15.1 - Mindful Communication (Listening)

Sept 14/15: 15.2 - Offering Mindful Communication

Sept 21/22: 16.1 - Mindful Relationship (Drama Triangle)

Sept 28/29: 16.2 - Exploring Intimacy

Oct 5/6: 17.1 - Deepening Compassion

Oct 12/13: FALL BREAK

Oct 19/20: 17.2 - The Steps of Self-Compassion

Oct 26/27: 17.3 - Meta, Loving-Kindness for the World

Nov 2/3: 18.1 - Power Dynamics

Nov 9/10: 18.2 - Do's & Don'ts of Mindful Inclusion

Nov 16/17: 19.1 - Lifelong Awakening

Nov 23/24: THANKSGIVING BREAK

Nov 30/Dec 1: 19.2 - Maintaining the Change

Dec 7/8: 20 - Reflections & Celebrations!

Dec 14/15: Gifts of the Practice

NEW YEAR BREAK: NEXT SESSION STARTS JAN 13, 2027

SILENT RETREAT ON JANUARY 9TH, 2027

### **ANNUAL RETREATS - SAVE THE DATE**

**SILENT RETREAT - JAN 10, 2026**

**MEN'S RETREAT - FEB 26-28, 2026**

**WOMEN'S RETREAT - MAR 12-14, 2026**

**COUPLE'S RETREAT - SEPT 3-6, 2026**

**SILENT RETREAT - JAN 9, 2027**

**Course Members get 10% off ALL RETREATS with code RETREATS10 at checkout.**