

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/

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.