

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		<p>9:00-10:30AM CARDIO & TONING GUIDED MEDITATION</p> <p>10:30AM-12PM LIVE WOMEN'S MINDFUL LIVING</p> <p>7-8:30PM LIVE ADULT MINDFUL LIVING</p> <p>8:45-9:30PM YOGA/MEDITATION</p>	<p>7:30-8:45PM LIVE YOUNG ADULT MINDFUL LIVING</p>		
	<p>7:15-8:45PM ONLINE ADULT MINDFUL LIVING</p>			 <p>beckymoller.com</p>	
YOUR COURSE MEMBERSHIP GIVES YOU UNLIMITED ACCESS TO OUR FULL SCHEDULE					

Welcome to our 2026 In-person Cohort for Undone Academy!

Welcome! We're so excited to start this year's mindfulness journey with those who are local to Salem, Utah. 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.

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!

Important Info at a glance:

Our Live Location: Undone Academy, 523 UT-198, Salem, UT (shopping area behind FIZZ)
Enter through Salon de la Paz or through the back door entry. (the WayBack Studio)

Online Course Portal: www.beckymoller.com/my-account/
Program: Undone Academy: A Mindful Pathway to Healing Almost Anything



Course Schedule

2026 cohort

Saturday, Jan 10: SILENT RETREAT (Optional)

PART ONE: FOUNDATIONS OF MINDFULNESS

Jan 14: Our Purpose
Jan 21: 1.1 - Accepting & Allowing
Jan 28: 1.2 - Recognizing Resistance
Feb 4: 2.1 - Becoming the Observer
Feb 11: 2.2 - Observing Thought Patterns
Feb 18: 3.1 - Exploring the Human Condition
Feb 25: 3.2 - Interbeing & Contemplation
Mar 4: 4.1 - Finding Our Center
Mar 11: 4.2 - The Art of Surrender
Mar 18: 5.1 - Subconscious Mind (the Ego)
Mar 25: 5.2 - Subconscious Mind (Rules, Beliefs, Values)
Apr 1: 6.1 - Trauma & Triggers
Apr 8: SPRING BREAK
Apr 15: 6.2 - RAIN
Apr 22: 7 - PART I Review & Synthesize

PART TWO: PERSONAL TRANSFORMATION

Apr 29: 8.1 - Craving & Alignment
May 6: 8.2 - Manifesting Abundance
May 13: 8.3 - Scarcity Mindsets

May 20: END OF SCHOOL YEAR BREAK

May 27: 9.1 - Self-care & Savoring
June 3: 9.2 - The Wisdom of the Body

June 10: 10.1 - Self-Defeating Behaviors
June 17: 10.2 - Life Laws
June 24: 10.3 - The Wheel of Karma
July 1: 10.4 - Conducting Self-Inventories
July 8: 11.1 - Acknowledging Our Strengths
July 15: 11.2 - Accessing Grace
July 22: 12.1 - Moving Toward Oneness
July 29: 12.2 - IFS: Embracing All Parts of Ourselves
Aug 5: 12.3 - 12.3 - Bringing Oneness to Embodiment
Aug 12: START OF SCHOOL YEAR BREAK
Aug 19: 13.1 - Taking Ownership
Sept 2: 13.2 - Making Amends
Sept 9: 14 - PART 2 Review & Synthesize

PART THREE: INTO THE WORLD WITH COMPASSION

Sept 9: 15.1 - Mindful Communication (Listening)
Sept 16: 15.2 - Offering Mindful Communication
Sept 23: 16.1 - Mindful Relationships (Drama Triangle)
Sept 30: 16.2 - Exploring Intimacy
Oct 7: 17.1 - Deepening Compassion
Oct 14: FALL BREAK
Oct 21: 17.2 - The Steps of Self-Compassion
Oct 28: 17.3 - Meta, Loving-Kindness for the World
Nov 4: 18.1 - Power Dynamics
Nov 11: 18.2 - Do's & Don'ts of Mindful Inclusion
Nov 18: 19.1 - Lifelong Awakening
Nov 25: THANKSGIVING BREAK
Dec 2: 19.2 - Maintaining the Change
Dec 9: 20 - Reflections & Celebrations!
Dec 16: 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 5-7, 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.