

**MONDAY****TUESDAY****WEDNESDAY****THURSDAY****FRIDAY****SATURDAY****7:15-8:45PM**  
ONLINE ADULT  
MINDFUL LIVING**9:00-10:30AM**  
CARDIO & TONING  
GUIDED MEDITATION**10:30AM-12PM**  
LIVE WOMEN'S  
MINDFUL LIVING**7-8:30PM**  
LIVE ADULT MINDFUL  
LIVING  
**8:45-9:30PM**  
YOGA/MEDITATION**7:30-8:45PM**  
LIVE YOUNG ADULT  
MINDFUL LIVING**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/](http://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 26: 13.2 - Making Amends  
Sept 2: 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.**