

KEY:
BOLD - COMPULSORY
RED & VIOLET - 1 PER MONTH FOR
EACH LAB COMPULSORY

WELCOME TO THE FOREST

SEPTEMBER 2026



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30	31	1	2	3	4	5
6	7	8	9	10	11 NEW MOON	12
13	14 SKOOL OPENS INTENTION SETTING	15 SALON (6 PM - 7:30 PM)	16 THE SANDBOX (5 PM - 6:30 PM)	17 ON-BOARDING 1:30-2:30 PM & 7-8 PM	18	19
20	21 ADMISSION CLOSES	22 ORIENTATION 1:30-3 PM & 7-8:30 PM	23	24 ON-BOARDING 1:30-2:30 PM & 7-8 PM	25	26 FULL MOON
27 THE SANDBOX 5 PM - 6:30 PM	28	29 WAYS OF KNOWING (5 PM - 7 PM)	30	1	2	3

NOTE: ALL TIMES UK/LONDON (WWW.WORLDTIMEBUDDY.COM)

KEY:
BOLD - COMPULSORY
RED & VIOLET - 1 PER MONTH FOR
EACH LAB COMPULSORY

PHASE I: SHEDDING

OCTOBER 2026

NPN

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
27	28	29	30	1	2	3
4	5 INTENTION SETTING (7 PM - 8:30 PM)	6	7 ELEMENTAL JOURNEY (5PM - 7PM)	8	9	10 NEW MOON
11	12 ORIENTING TO THE NEW PARADIGM (4 PM - 5:30 PM)	13 SILENT LAB (10:30 AM - 12:30 PM)	14 EMBODIED PRACTICE (6 PM - 7 PM)	15	16	17 JOURNALLING WITH EMILIANA (3 PM - 4 PM)
18	19	20 SALON (7 PM - 8:30 PM)	21	22 CO-LAB (10:30 AM - 12:30 PM) (5 PM - 7 PM)	23 CHECK-IN WITH EMILIANA (6 PM - 7 PM)	24 THE ART OF SUBTLE CONNECTION (3 PM - 5 PM)
25 FULL MOON ECSTATIC DANCE (5 PM - 7 PM) 	26	27 SILENT LAB (5 PM - 7PM)	28 HEART CIRCLE (7 PM - 8 PM)	29	30 SYNCHRONICITY SHARING CIRCLE (5 PM - 6 PM)	31 HALLOWEEN CREATE A MASK (10:30 AM - 12 PM)

NOTE: ALL TIMES UK/LONDON (WWW.WORLDTIMEBUDDY.COM)

KEY:
BOLD - COMPULSORY
RED & VIOLET - 1 PER MONTH FOR
EACH LAB COMPULSORY

PHASE I: SHEDDING

NOVEMBER 2026

NPN

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 SEASONAL RITUAL (6 PM - 7:30 PM)	3	4 ELEMENTAL JOURNEY (5PM - 7PM)	5 CO-LAB (10:30 AM - 12:30 AM)	6 THE ART OF SUBTLE CONNECTION (6 PM - 8 PM)	7
8	9 NEW MOON INTENTION SETTING (7 PM - 8:30 PM)	10 SILENT LAB (10:30 AM - 12:30 PM)	11 EMBODIED PRACTICE (6 PM - 7 PM)	12	13	14 WHAT MAKES US HUMAN? (4 PM - 5:30 PM)
15	16 SCIENCE: OLD & NEW (6 PM - 7:30 PM)	17 SALON (7 PM - 8:30 PM)	18	19 CO-LAB (10:30 AM - 12:30 PM) (5 PM - 7 PM)	20 CHECK-IN WITH EMILIANA (6 PM - 7 PM))	21
22	23	24 FULL MOON SILENT LAB (5 PM - 7PM)	25 HEART CIRCLE (7 PM - 8 PM)	26	27 SYNCHRONICITY SHARING CIRCLE (5 PM - 6 PM)	28 MANDALA (10:30 AM - 12 PM)
29 ECSTATIC DANCE (5 PM - 7 PM)	30 SHEDDING RITUAL (6 PM - 7:30 PM)	1	2	3 CO-LAB (10:30 AM - 12:30 PM) (5 PM - 7 PM)	4	5

NOTE: ALL TIMES UK/LONDON (WWW.WORLDTIMEBUDDY.COM)