



Mindful Outdoor Guide Certification Level 1: Forest Community  
October 21–December 18, 2022  
Micah Mortali, Katie Hagel, Dale Abrams, and Zach Adams

OCTOBER	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2022							1
	2	3	4	5	6	7	8
	9	10	11	12	13	14	15
	16	17	18	19	20	21	22 9:00–12:00 pm 2:00–4:00 pm
	23 9:00–12:00 pm 2:00–4:00 pm	24 6:30–7:30 am*	25	26	27	28 7:30–9:00 pm	29
	30	31 12:00–1:00 pm*					

**Please note** Times are subject to change. All times are EST and will be streamed live via Zoom. Sessions marked with an asterisk are optional but encouraged.



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NOVEMBER	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2022			1 8:00–9:00 pm*	2	3	4	5 9:00–12:00 pm 2:00–4:00 pm 7:30–9:00 pm
	6 9:00–12:00 pm 2:00–4:00 pm	7 6:30–7:30 am*	8	9	10	11	12
	13	14 12:00–1:00 pm*	15 8:00–9:00 pm*	16	17	18	19 9:00–12:00 pm 2:00–4:00 pm
	20 9:00–12:00 pm 2:00–4:00 pm	21 6:30–7:30 am*	22	23	24	25	26
	27	28 12:00–1:00 pm*	29 8:00–9:00 pm*	30			

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DECEMBER	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2022					1	2	3 9:00–12:00 pm 2:00–4:00 pm 7:30–9:00 pm
	4 9:00–12:00 pm 2:00–4:00 pm	5 6:30–7:30 am*	6	7	8	9	10
	11	12 12:00–1:00 pm*	13 8:00–9:00 pm*	14	15	16	17 9:00–12:00 pm 2:00–4:00 pm
	18 9:00–12:00 pm	19	20	21	22	23	24
	25	26	27	28	29	30	31

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