



MINDFUL OUTDOOR GUIDE CERTIFICATION, LEVEL 1
September 17–November 21, 2021
Micah Mortali and Katie Hagel

SEPTEMBER	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3	4
	5	6	7	8	9	10	11
	12	13	14	15	16	17	18
						7:30–9:00 pm	9:00 am–12:00 pm 2:00–4:00 pm
	19	20	21	22	23	24	25
	9:00 am–12:00 pm 2:00–4:00 pm	6:30–7:30 am*					
	26	27	28	29	30		
		12:00–1:00 pm*	8:00–9:00 pm*				

* These sessions are optional but encouraged.

Please note Times are subject to change. All times are EST and will be streamed live via Zoom.



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OCTOBER	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1	2
	3	4	5	6	7	8	9 9:00 am–12:00 pm 2:00–4:00 pm 7:30–9:00 pm
	10 9:00 am–12:00 pm 2:00–4:00 pm	11 6:30–7:30 am*	12	13	14	15	16
	17	18 12:00–1:00 pm*	19 8:00–9:00 pm*	20	21	22	23 9:00 am–12:00 pm 2:00–4:00 pm
	24 9:00 am–12:00 pm 2:00–4:00 pm	25 6:30–7:30 am*	26	27	28	29	30
	31						

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NOVEMBER	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 12:00–1:00 pm*	2 8:00–9:00 pm*	3	4	5	6 9:00 am–12:00 pm 2:00–4:00 pm 7:30–9:00 pm
7 9:00 am–12:00 pm 2:00–4:00 pm	8 6:30–7:30 am*	9	10	11	12	13	
14	15 12:00–1:00 pm*	16 8:00–9:00 pm*	17	18	19	20 9:00 am–12:00 pm 2:00–4:00 pm	
21 9:00 am–12:00 pm	22	23	24	25	26	27	
28	29	30					

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