



THE
recapture
SELF
village
WITH BERYL AYN YOUNG



syllabus



quarterly bonfire

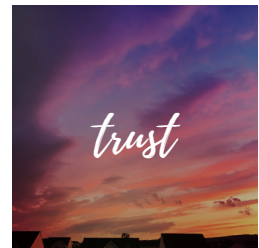
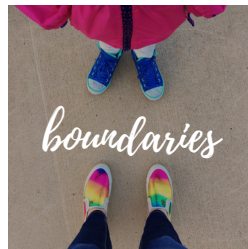
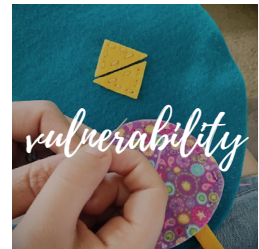
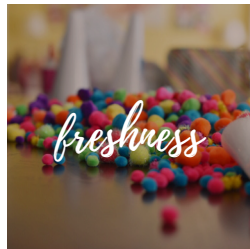
A ONE-WEEK CLASS TO EXPLORE INTERESTS,
VALUES AND GOALS AND CHOOSE A PERSONAL
PROJECT FOCUS FOR THE UPCOMING 12 WEEKS





monthly themes

AS WE WORK TOWARDS OUR PERSONAL BONFIRE GOALS INDIVIDUALLY, WE WILL CONNECT TOGETHER OVER A MONTHLY 'CREATIVE LIVING' THEME.





weekly focus

YOU'LL BE GUIDED THROUGH OUR FOCUS THEME THROUGH DIFFERENT ASPECTS OF THE CREATIVE PROCESS EACH WEEK.



WEEK ONE *exploration focus*

Learn about the theme for the month and get curious about how it fits into your own life experience.



WEEK TWO *writing focus*

Journaling prompts and questions to support you in diving a bit deeper into the monthly focus theme.



WEEK THREE *photography focus*

Photography prompts to support you in diving a bit deeper into the monthly focus theme.



WEEK FOUR *celebration focus*

A monthly check in to seek gratitude in your life, check in with your bonfire goals, and celebrate wins (big or small!)

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