

Trees as Teachers: Connecting the Wisdom of Self and Nature

Using the sequence **observe, investigate, reflect, integrate** as a travel guide on our journey, we will weave these **three themes** through the cycle of seasons.

themes: seasons:	Alliance with Trees	Qualities & Gifts of Each Season	Circles of Relationship
spring	establish connection	awakening, opening	Body Wisdom: me and tree as individuals
summer	explore connection	growth, productivity	Family Wisdom: connection & communication
fall	explore connection	harvest, reserve, release	Community Wisdom: partnership & respect
winter	celebrate connection	dormancy, rest, renewal	Earth Wisdom: integration & celebration

