

Join AJ Durand :: On the Mat for his signature offering

The Wheel of the Year Workshop

How do the months and weeks pass by with so many forgotten items left on the TO DO LIST?

I want to go back to School/Quit My Job/Save for a down payment on a house but I need to get ORGANIZED...

I want to be in a ROUTINE of practicing yoga and meditation but I can't seem to get into the habit and stay in the habit...

It's a simple, easy to use system that helps you:

- **Connect Spiritually**
- **Get Organized**
- **Stay on Task**
- **Manage your Goals**
- **See results!**

In this Program you will learn how to *utilize* the energies of the Sun and Moon using the template of your Personal Astrology and the Pagan Calendar to help you align your individual intentions with the nature of the world around you every single day, every month, for 3 months at a time.

I will help you map out a design for living that helps you stay on the beam and reach for balance in your mind, body, spirit, work, life, kids, savings account, doctor's appointments, sleeping, waking, having fun, tackling hard stuff and sweating the small stuff.

"To everything there is a season, and a time to every purpose under heaven" – Ecclesiastes 3:1 (also, The Byrds)

Start by Learning the Basic Methodology

Intro Group Workshop **\$79**

Individual WOTY Preliminary Session **\$108**

The preliminary session or workshop gives you the basic tools to incorporate this organizational methodology into your wheelhouse as well as access to the online companion for reminders. It's a necessary 1st step to set the foundation of the deeper work that we can do together.

We use the timeline of the Solstices and Equinoxes to map out your goals each quarter and a simple system of “rapid logging” to give you the task management data that marks your progress and reflects your results...

These methods along with Yoga and Wellness are the central figures of this program and form the axle in your Wheel of the Year...

<p><u>WOTY JOURNAL</u></p> <p>We'll start by taking some time to set up your WOTY Journal - for this <u>you will need</u> a blank journal with pages blank, dotted or grid but NOT ruled, no way! My Favorite is the Leuchtturm 1917 but you can use any similar journal. Amazon has several that are half the price.</p>	<p><u>GOAL ASSESSMENT</u></p> <p>Then we'll work through some exercises to determine your hierarchy of goals and gain insight into your vision for yourself. So start thinking about how you want to upgrade!</p> <p>Then we'll create timelines based in your own personal astrology to help you lay out the landscape so you don't feel like you have to tackle everything at once.</p>
<p><u>JUST ADD MAGIC!</u></p> <p>Discover how the elements and modalities affect our cycles. How to align our bodies with the celestial movements, what time of day is <i>optimal for you</i> to get things done.</p> <p>Learn the essence of Psychic Momentum and Unlock your Intuitive Potential!</p>	<p><u>COMMUNITY SUPPORT</u></p> <p>You'll have access to my Private Mighty Network - which is a feminist forward Facebook alternative where you can have all the benefits of an online group forum, create posts, network with others, and get exclusive WOTY updates without any ads or distractions.</p>

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AJ Durand has been a student of Yoga since 2003. He is known most for his sense of humor, playfulness and his genuine enthusiasm while teaching. He creates a casual but focused environment and he encourages you to ask questions, explore new techniques, and work your personal edge. He studied under the tutelage of Quinn Kearney, Claire Mark, Geri Bleier, and Tom Quinn at Yogaview in Chicago where he completed 500 hours of Certification. He began his focus for alignment oriented and therapeutic yoga in 2010 inspired by Iyengar Master Teacher, Gabriel Halpern and has since acquired over 900 hours of cumulative study. He leads the Yoga Matside™ Teacher Training and founded the Wheel of the Year Workshop.

He is currently pursuing a Science Degree in Human Performance from the University of New Orleans with a research focus in the Cognitive Science behind Intuition and Empathy. He's a cat mom, non-binary burlesque sensation, and a fierce advocate for Queer and Trans visibility. He makes video content around Astrology, Eclectic Paganism, and the precarious state of Modern Yoga in the West.