The Practice Nest

2026 Schedule

January

Sunday	January 4, 2026	Study Lab [11am - 12:30pm EST]
Sunday	January 11, 2026	Body Lab [11am - 12pm EST]
Sunday	January 18, 2026	Presencing [11am - 1pm EST]
Sunday	January 25, 2026	Community Campfire [11am - 12:30pm EST] with Tanja & Galina

February

Sunday	February 1, 2026	Study Lab [12pm - 1:30pm EST]
Sunday	February 8, 2026	Body Lab [12pm - 1pm EST]
Sunday	February 15, 2026	Presencing [12pm - 2pm EST]
Sunday	February 22, 2026	Community Campfire [12pm - 1:30pm EST] with Tanja & Galina

March

Sunday	March 1, 2026	Study Lab [12pm - 1:30pm EST]
Sunday	March 8, 2026	Body Lab [12pm - 1pm EST]
Sunday	March 15, 2026	Presencing [12pm - 2pm EST]
Sunday	March 22, 2026	Community Campfire [12pm - 1:30pm EST] with Tanja & Galina
Sunday	*March 29, 2026*	*WEEK OFF*

April

Sunday	April 5, 2026	Study Lab [12pm - 1:30pm EST]
Sunday	April 12, 2026	Body Lab [12pm - 1pm EST]
Sunday	April 19, 2026	Presencing [12pm - 2pm EST]
Sunday	April 26, 2026	Community Campfire [12pm - 1:30pm EST] with Tanja & Galina

The Practice Nest

2026 Schedule

May

Sunday	May 3, 2026	Study Lab [12pm - 1:30pm EST]
Sunday	May 10, 2026	Body Lab [12pm - 1pm EST]
Sunday	May 17, 2026	Presencing [12pm - 2pm EST]
Sunday	May 24, 2026	Community Campfire [12pm - 1:30pm EST] with Tanja & Galina
Sunday	*May 31, 2026*	*WEEK OFF*

June

Sunday	June 7, 2026	Study Lab [12pm - 1:30pm EST]
Sunday	June 14, 2026	Body Lab [12pm - 1pm EST]
Sunday	June 21, 2026	Presencing [12pm - 2pm EST]
Sunday	June 28, 2026	Community Campfire [12pm - 1:30pm EST] with Tanja & Galina

July

Sunday	July 5, 2026	Study Lab [12pm - 1:30pm EST]
Sunday	July 12, 2026	Body Lab [12pm - 1pm EST]
Sunday	July 19, 2026	Presencing [12pm - 2pm EST]
Sunday	July 26, 2026	Community Campfire [12pm - 1:30pm EST] with Tanja & Galina

August

Sunday	August 2, 2026	Study Lab [12pm - 1:30pm EST]
Sunday	August 9, 2026	Body Lab [12pm - 1pm EST]
Sunday	August 16, 2026	Presencing [12pm - 2pm EST]
Sunday	August 23, 2026	Community Campfire [12pm - 1:30pm EST] with Tanja & Galina
Sunday	*August 30, 2026*	*WEEK OFF*

The Practice Nest

2026 Schedule

September

Sunday September 6, 2026 Study Lab [12pm - 1:30pm EST]
Sunday September 13, 2026 Body Lab [12pm - 1pm EST]
Sunday September 20, 2026 Presencing [12pm - 2pm EST]
Sunday September 27, 2026 Community Campfire [12pm - 1:30pm EST] with Tanja & Galina

October

Sunday October 4, 2026 Study Lab [12pm - 1:30pm EST]
Sunday October 11, 2026 Body Lab [12pm - 1pm EST]
Sunday October 18, 2026 Presencing [12pm - 2pm EST]
Sunday October 25, 2026 Community Campfire [12pm - 1:30pm EST] with Tanja & Galina

November

Sunday November 1, 2026 Study Lab [12pm - 1:30pm EST]
Sunday November 8, 2026 Body Lab [12pm - 1pm EST]
Sunday November 15, 2026 Presencing [12pm - 2pm EST]
Sunday November 22, 2026 Community Campfire [12pm - 1:30pm EST] with Tanja & Galina
Sunday November 29, 2026 WEEK OFF

December

Sunday December 6, 2026 Study Lab [12pm - 1:30pm EST]
Sunday December 13, 2026 Body Lab [12pm - 1pm EST]
Sunday December 20, 2026 Presencing [12pm - 2pm EST]
Sunday December 27, 2026 Community Campfire [12pm - 1:30pm EST] with Tanja & Galina