

📅 Men's Group Biweekly Session Calendar

Start Date: November 5, 2025

Meeting Frequency: Every 2 weeks

Duration per session: ~1 hr. 15 min.

Day: Wednesday

Session 1 — November 5, 2025

Introduction - Box Breathing - Open Dialog - Building Emotional Awareness - Challenge

Agenda:

- Introduction – 5 min
 - Breath Work – 5 min
 - Open Dialogue – Hot Seat - 30–45 min
 - **Topic Focus:** Applying mindfulness in daily life - Emotional Awareness - Mindfulness & Growth Mindset — Why It's Important – Sex Begins in the kitchen. See Mindfulness Docs.
 - **First Challenge: Practice Presence - Begin reading “Attached” by Amir Levine & Rachel Heller**
 - Workout Wednesdays w/Phil - Free, learn gym exercises. Sign-up fee is waived - 2 weeks free if you should sign up.
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Session 2 — November 19, 2025

Introduction / New Members, Box Breathing - Hot Seat Discussions / Open Dialog - Reflections on Mindfulness

- Introduction - 5 - 10 minutes
- Box Breathing - 5 minutes
- Open Dialogue - Hot Seat - 30 - 45 minutes / Group Sharing Progress
- Check-in on reading “Attached”
- **Topic Focus: Check in on Presence, Growth Mindset. Open Discussion.**
- **Second Challenge - practice Self Awareness / Read: The Four Agreements**

Session 3 — December 3, 2025

Introduction / New Members, Box Breathing - Hot Seat Discussions / Open Dialog - Check in on Self Awareness

- Introduction: - 5-10 Minutes
- Box Breathing - 5 minutes
- Open Dialog - Hot Seat, 30 - 45 minutes / Group Sharing Progress
- **Topic Focus: Applying mindfulness in daily life - Check-in on Self Awareness and The Four Agreements**
- New Challenge: Practice Grounding and grounding when triggered.
- Work Out Wednesdays w/Phil

Session 4 — December 17, 2025

- Introduction / New Members, Box Breathing - Hot seat Discussion / Open Dialog - Check in on Grounding and Grounding When Triggered.
- **Topic Focus: Check in on Self Awareness and The Four Agreements**
- Open Dialog - Hot Seat Open Discussion - 30 - 45 minutes / Group Sharing Progress
- New Challenge: Practice Active listening, communicating your needs and why this is important for your partner. Safety in Relations and How you show up - Being Seen and Heard.

**Sessions Closed – New Sessions and Signup will be posted January 7th –
*Thank you all!***
