



Celestial Forest presents...

Body Wisdom Boot Camp

Get Your Body Back!

Body Wisdom Boot Camp Schedule 2024

Because of the nature of our lives these days, sometimes some of you may be able to join us in person or live on our on-line classes. Any time you are not able to attend in person you can simply access the replay.

While you do not need to be on the live on-line classes, you do need to put a time in your calendar each week and set aside time to do the training. This is designed to be a 21-day training so do the classes every 3-4 days, or 2 a week until you finish. The more you are consistent with your training the easier it will be to stay current. If you get behind, just start where you left off and catch up. All On-line classes will be at **12 pm on Tuesdays and **12 pm on Fridays Central Time** unless otherwise specified.**

Body Wisdom Boot Camp - Module 1 with Kathy Forest, January 12, 2024, 12:00 p.m. Central Time

Body Wisdom Boot Camp - Module 2 with Kathy Forest, January 16, 2024, 12:00 p.m. Central Time

Body Wisdom Boot Camp Module 3 with Kathy Forest, January 19, 2024, 12:00 p.m. Central Time

Body Wisdom Boot Camp Module 4 with Kathy Forest, January 23, 2024, 12:00 p.m. Central Time

Body Wisdom Boot Camp Module 5 with Kathy Forest, January 26, 2024, 12:00 p.m. Central Time

Body Wisdom Boot Camp Module 6 with Kathy Forest, January 30, 2024, 12:00 p.m. Central Time

Body Wisdom Boot Camp Module 7 with Kathy Forest, February 2, 2024, 12:00 p.m. Central Time