



## Why Seasons?



People have been asking "Why do you call the Seasons Program - Seasons?" There are multiple ways to answer that question. Each answer will give a glimpse into the depth and complexity of this program.

Many years ago, Gail Sheehy published a book called *Passages*. This provocative book planted seeds of understanding in Amy as a young woman. She came to understand the rhythms of life that unfold like seasons throughout the years. Birth, childhood, adolescence, young adulthood, mid-life, aging all have qualities of different seasons.

Amy's exposure to Taoism, the practice of Tai Chi Gong and Chinese medicine, gave an even more universal image of how the different seasons affect us in daily life. Her relationship to the seasons broadened when she learned how the Five Elements were expressed in all aspects of life - seasons, emotions, bodily organs, time of day, colors, and flavors.

Delving into gardening and a commitment to sustainable agriculture in the pursuit of healthy eating provided another angle on the word seasons. Eating seasonally, planting and harvesting in the garden by following nature's guidelines all became a part of daily life. The changes in the seasons became more obvious on ever more subtle levels.



Becoming a parent also brought the concept of seasons to the forefront. Witnessing the growth of a child is an opportunity to understand the "passages or seasons" of life as it unfolds. The self-aware parent recognizes old family patterns that come to the surface during child-raising. Unconscious behaviors are revealed during moments of stress when parenting. It's that moment when you hear yourself saying "Because I said so!" or other words and actions that you swore you would never do as a parent.



During the Seasons Program, you will be guided into a new relationship with the seasons as they unfold throughout the year. Living in sync with nature means opening up to a deeper understanding of each season's full personality; the benefits of moving with the season's characteristics and the challenges that arise when working against the rhythms of nature.

Working together in the Seasons Program over an entire year gives everyone the time necessary to change from one mind set to another. Knowing that others are walking a similar path reinforces the experience and the joy of shared transformation.



If you're feeling drawn to this program,  
**contact Amy to schedule your *free* Application Interview.**

**Interviews are available until Saturday, September 10.**

**The first meeting is on Sunday, September 18.**

**The Seasons Program is from September 2022 - August 2023.**

## Contact Amy



Amy Erez has been passionate about living in sync with the flow of the seasons for most of her adult life. She has found that in opening up to and listening to these natural rhythms, life takes on a whole different quality. Her invitation is to explore the infinite possibilities that exist. Step out of the limitations of fear and into the freedom of choice.

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Yo'el Erez was raised with these concepts of the seasons and living in sync with nature. This is the world view he has always known. His wide-ranging studies including Taoism, nutrition, ecology, cultural anthropology, and philosophy have deepened his understanding.

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