

Connecting to nature and self online course



https://www.udemy.com/connection-to-nature-and-self/

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Course Intro	Course landing page	text
	Welcome!	text
	Course intro video	video
	Introduction to the course	text
	Routines - description of the pdf file	text
	Routines	text
Module 1 You and Me in Nature	Module 1 intro video	video
	Alienated from Nature and Basic Human Needs	article
	Humans as a whole	article
	I AM BECAUSE YOU ARE - CONTEMPLATION	video
	Force of Nature as the Flow of Life	article
	What is Nature for You	article
	Challenges for Module 1	text
Module 2 Humans in Nature	Module 2 intro video	video
	From Mother Nature to Mother Culture	article
	Humans and the Global Ecosystem	article
	Mankind as a Part of Nature	article
	Yellowstone and the Regeneration of Biodiversity	article
	THREE MINUTES OF NATURE	video
	Challenges for Module	text
Module 3 Connection to the Wisdom of our Ancestors	Module 3 intro video	video
	Science, Crafts and Art of our Ancestors	article
	Storytelling	article
	FAIRY TALES	video
	(a local fairy tale as article)	article
	What are Sources of Knowledge of our Ancestors	article
	Challenges for Module 3	text
Module 4 Our Stories - Connection to Our Lives	Module 4 intro video transcript	video
	A TALE TOLD	video
	Seasons of Life	article
		article
	The Night When I Became Old	article
	INTERVIEW OF A FULL LIFE	video
	Challenges for Module 4	text
Module 5 Healing connections	Module 5 intro video transcript	video
	Healing Connections within Nature	article
	Healing Relationships between People	article
	ROGERSIAN PRINCIPLES - A CLOSER LOOK	video
	Healing Touch	article
	Challenges for Module 5	text
Module 6 Ceremonies for Resilience	Module 6 intro video transcript	video
	Christmas Time in My Family	article
	Family Ceremonies	article
	Routines and Ceremonies	article
	CEREMONIES Challanges for Madula 6	video
	Challenges for Module 6	text

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