



REFINE

The Rhythmic Way: Fall Chapter

You are invited.

For the man ready to take his next step forward —
in his health, his dream, his mission.

A men's group built on one idea:
less information, more transformation.

Fall is the season of Iron Will —
the strength to keep the promises you made yourself over the summer,
even as the days shorten and the darkness sets in.

This is where dreams take root, or freeze.

We will clarify your dream, and act on it.

We will stabilize you in core values,
to keep you moving where you truly desire.

We will let go of what no longer serves you —
old habits, excess, excuses —
to get focused, and ready for winter.

This is a living, breathing group —
built to forge the iron will to keep your word to yourself,
even as you move toward the dark.

Together. Consistently.

With brothers who won't let you quit on yourself.

A virtual group cohort for men

Max 12 Men - Take Your Place

Bi-Weekly Group Calls on Zoom

Wednesdays at 6 PM EST

September 23 – December 16

\$80/month Founder's Price through September 18th

\$100/month standard

What is *the Rhythmic Way*?

The Rhythmic Way is a year-round, season-by-season container for men to grow, practice, learn, and share in the context of brotherhood. Each season affords us a unique moment in time and energy to work on different aspects of ourselves. The Rhythmic Way works with this annual rhythmic sequence to help us become an all rounder, a natural man, or simply—*whole*.

What's on the Menu:

Foundations of Health
Life and Lifestyle Creation
Male Archetypes
Spiritual Practice
Relationships
Transitions
Mythology
Identity and Legacy

Practices:

Council/Sacred Circle of Speech
Breathwork
Working In/Working Out
Reflection and Action

