



2025 Six Subsidiary Exercises online Discussion Group

Useful information:

- Together, we'll work through one exercise each month in a group based discussion focusing on why the exercises are useful and sharing the experience of practising the previous month's exercise before preparing for the next.
- The meetings won't be recorded. After each session participants receive a summary of the meeting and any quotes or references used.
- You're encouraged to have a journal to record notes in for the month.
- A summary of all the exercises can be found in the addendum of Lesson 1 of the EduCareDo course 'Inner Development for World Development' by Lisa Romero. [Access a complimentary copy here.](#)
- Two options each month to accommodate northern and southern hemisphere time zones.

Any questions?

innerworkpath@gmail.com

Meeting 1

Sydney Apr 26 6pm or Apr 27 8am
Perth Apr 26 4pm or Apr 27 6am
New York Apr 26 4am or Apr 26 6pm
London Apr 26 9am or Apr 26 11pm

Meeting 2

Sydney May 24 6pm or May 25 8am
Perth May 24 4pm or May 25 6am
New York May 24 4am or May 24 6pm
London May 24 9am or May 24 11pm

Meeting 3

Sydney Jun 28 6pm or Jun 29 8am
Perth Jun 28 4pm or Jun 29 6am
New York Jun 28 4am or Jun 28 6pm
London Jun 28 9am or Jun 28 11pm

Meeting 4

Sydney Jul 26 6pm or Jul 27 8am
Perth Jul 26 4pm or Jul 27 6am
New York Jul 26 4am or Jul 26 6pm
London Jul 26 9am or Jul 26 11pm

Meeting 5

Sydney Aug 23 6pm or Aug 24 8am
Perth Aug 23 4pm or Aug 24 6am
New York Aug 23 4am or Aug 23 6pm
London Aug 23 9am or Aug 23 11pm

Meeting 6

Sydney Sep 27 6pm or Sep 28 8am
Perth Sep 27 4pm or Sep 28 6am
New York Sep 27 4am or Sep 27 6pm
London Sep 27 9am or Sep 27 11pm