

THE
S E V E N
CIRCLES

Indigenous Teachings for Living Well



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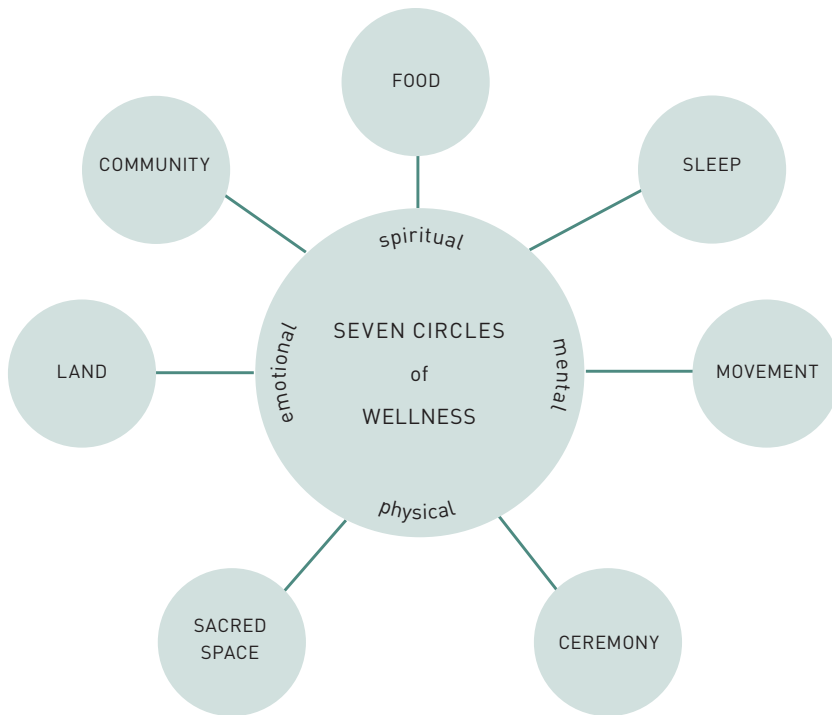
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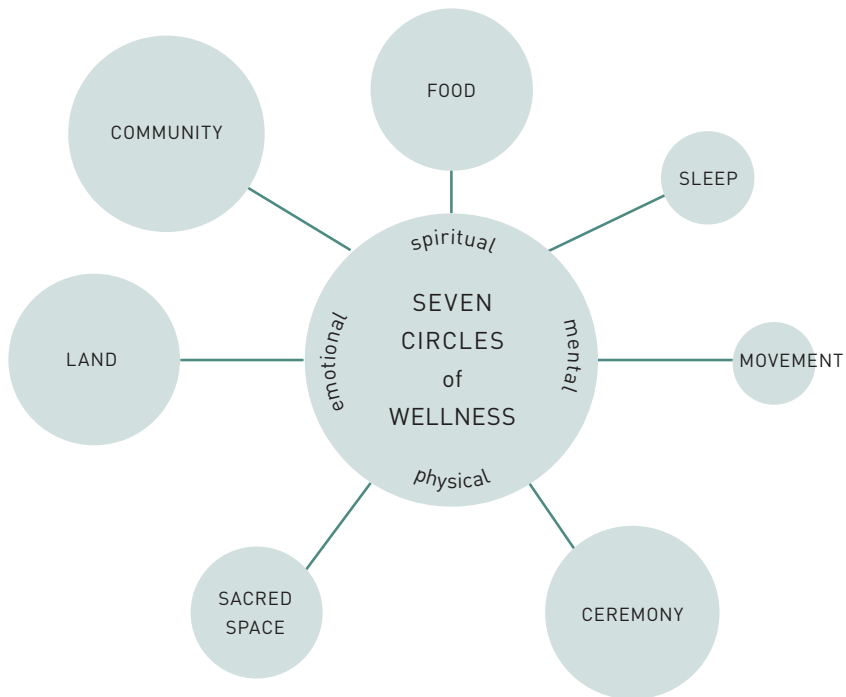
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I N T R O D U C T I O N



THE “TAKE ACTION” SECTIONS: LEARN, ENGAGE, OPTIMIZE

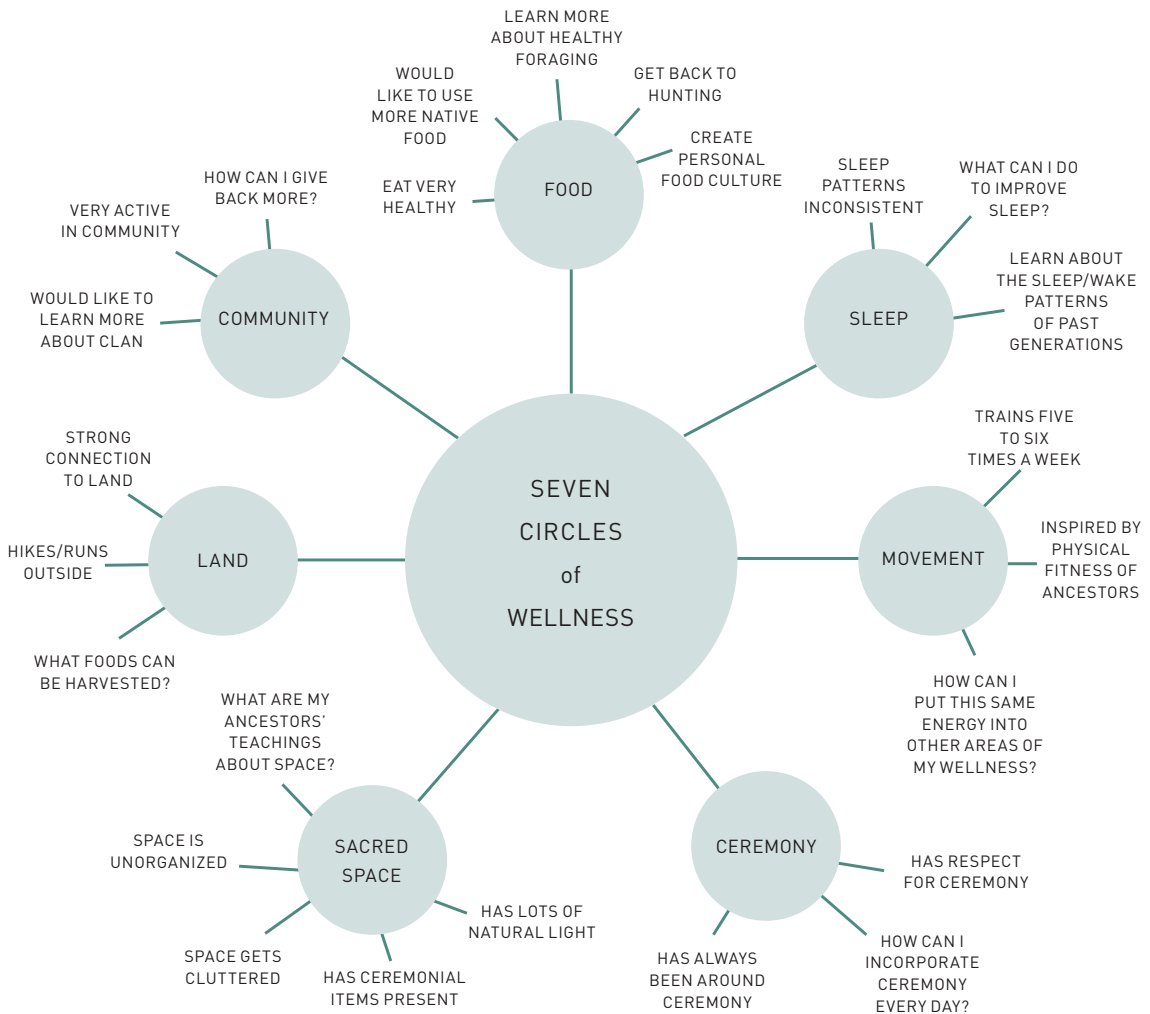
The Constant Ebb and Flow of Balance



An example of a Seven Circles of Wellness mind-map, which helps you express and visualize what a balanced life might look like for you.



Where Are You Thriving Now?

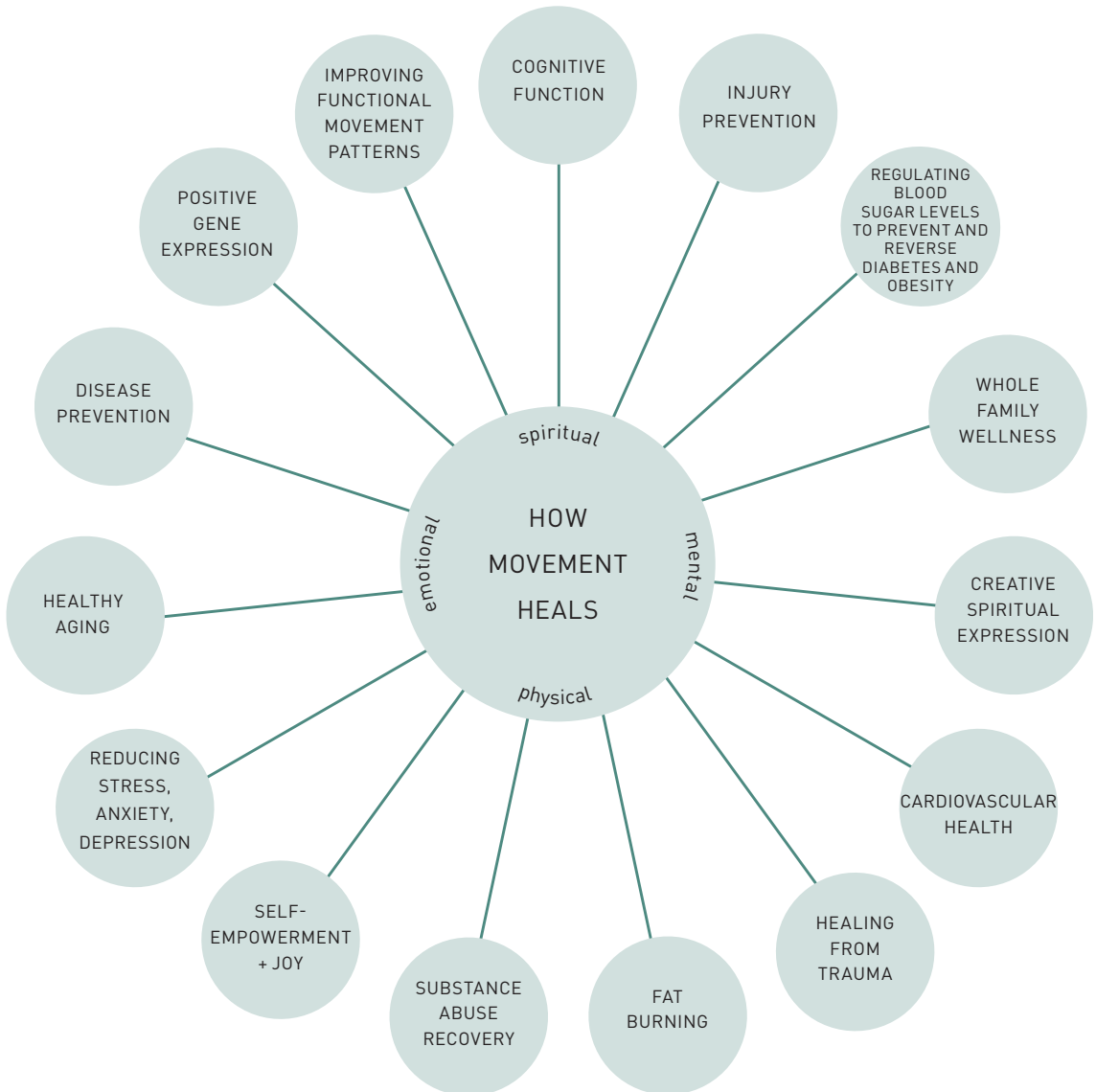


1

MOVEMENT

HOW MOVEMENT HEALS

⊕ Movement Medicine Wheel ⊕

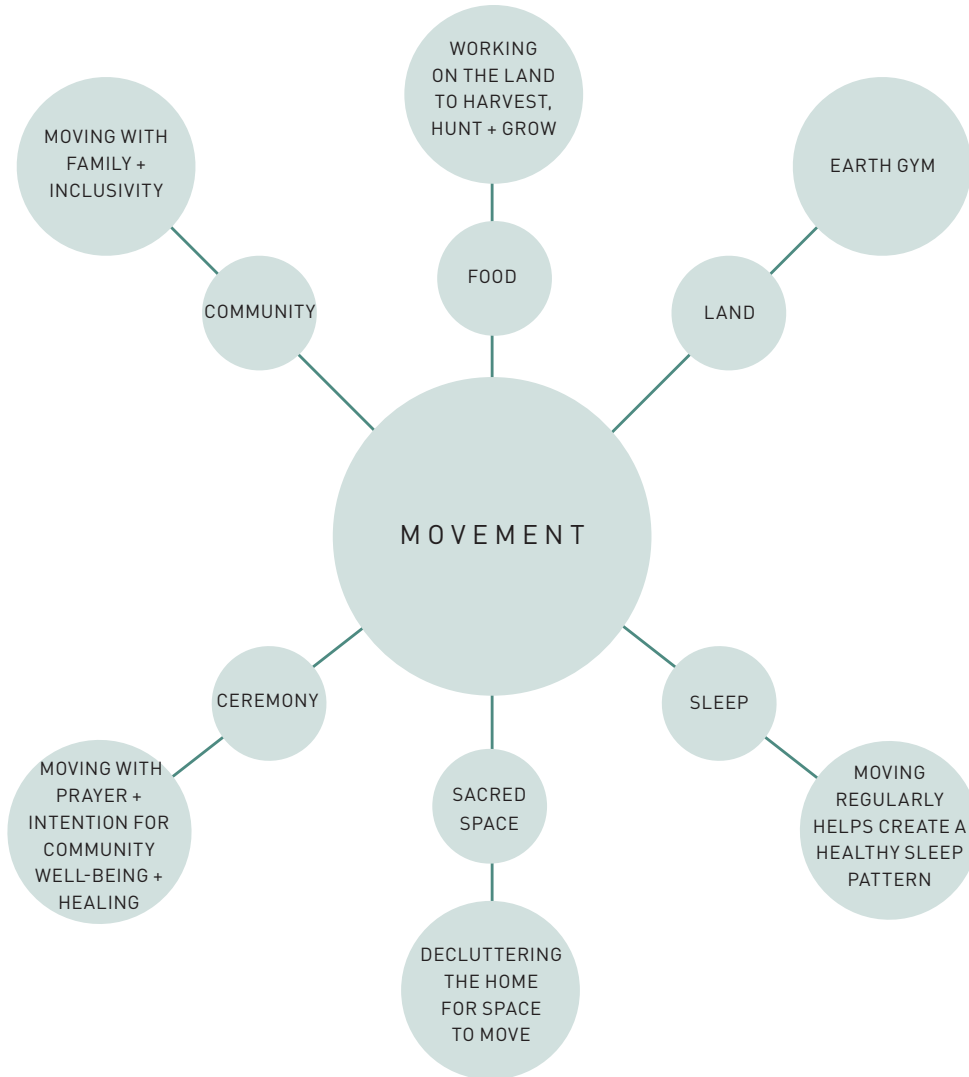


BUILDING FUNCTIONAL, TOTAL-BODY STRENGTH: THE SEVEN BASIC MOVEMENT PATTERNS



The Seven Basic Movement Patterns of functional training. The inner photos are the “training in the gym” versions, and the outer photos demonstrate “real-world” examples. Individuals pictured (starting at top center) are: Alo Collins, Jo Collins, Will Penn, Chelsey Luger, Alo Collins, Thosh Collins, Josh Cocker, and Jeremy Thompson.

INTERSECTION WITH OTHER CIRCLES

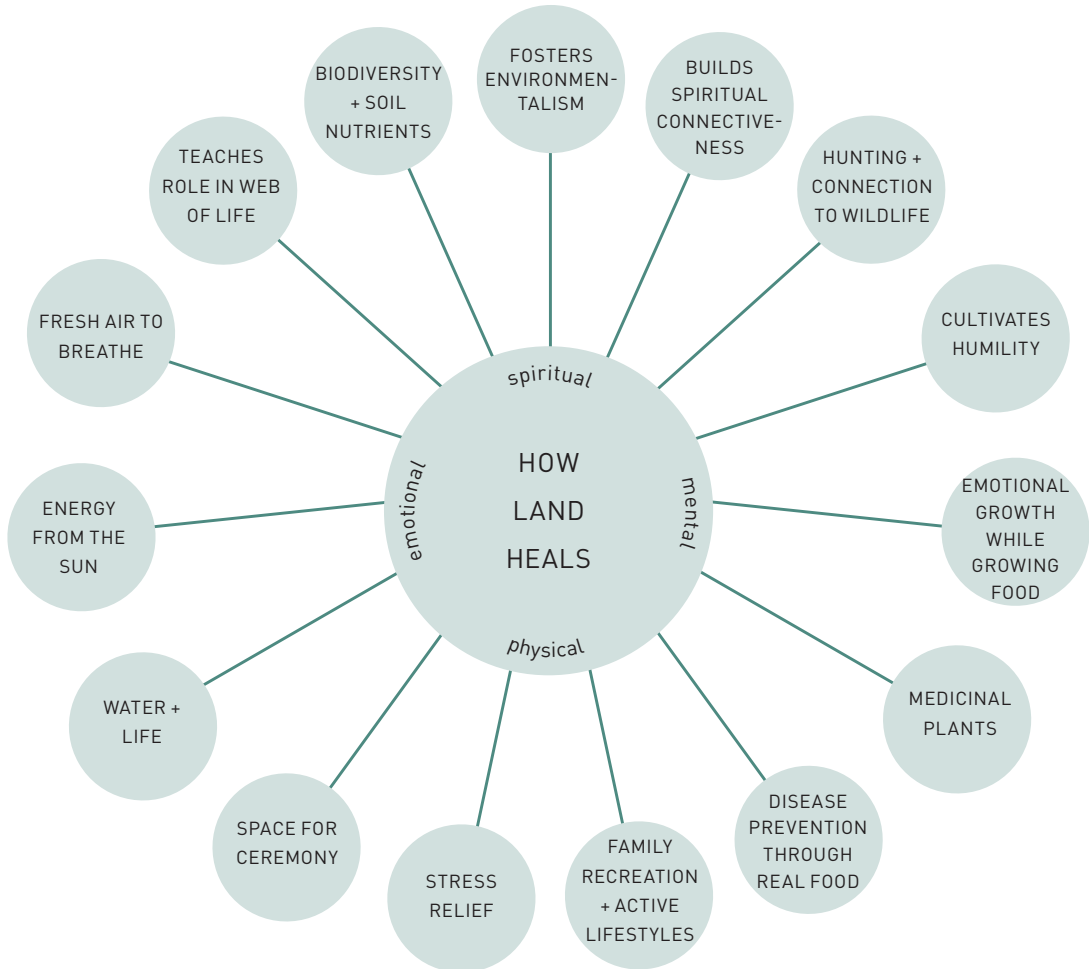


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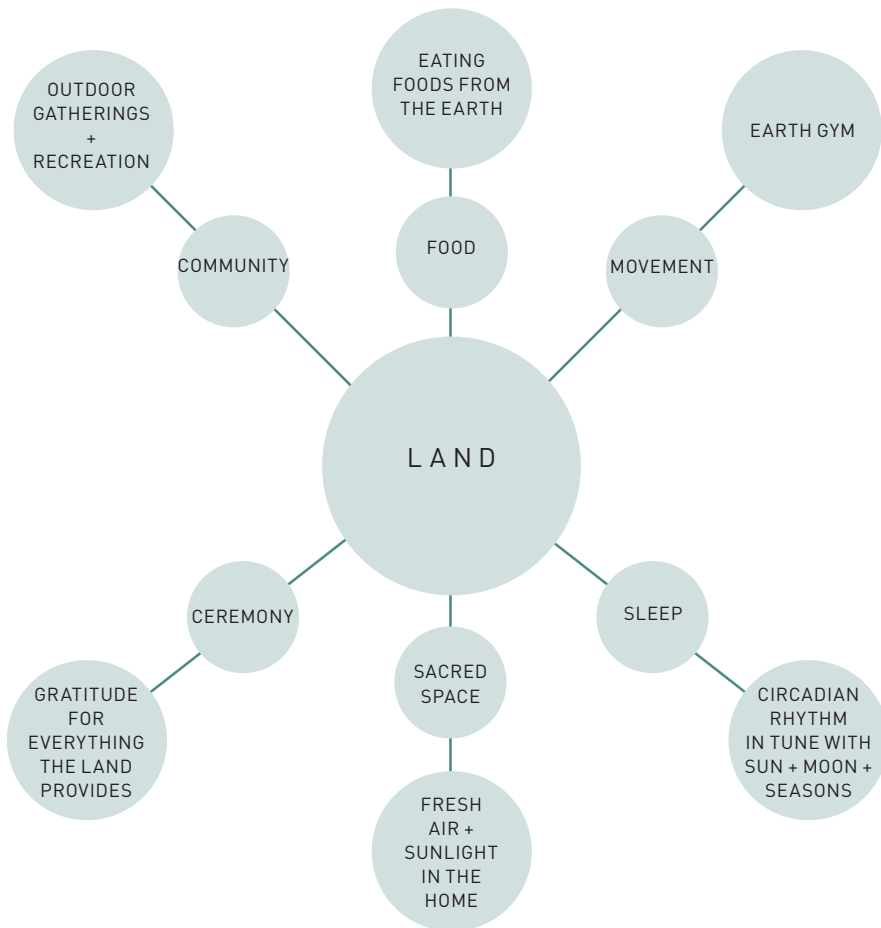
LAND

HOW LAND HEALS

⊕ Land Medicine Wheel ⊕



Intersection with Other Circles

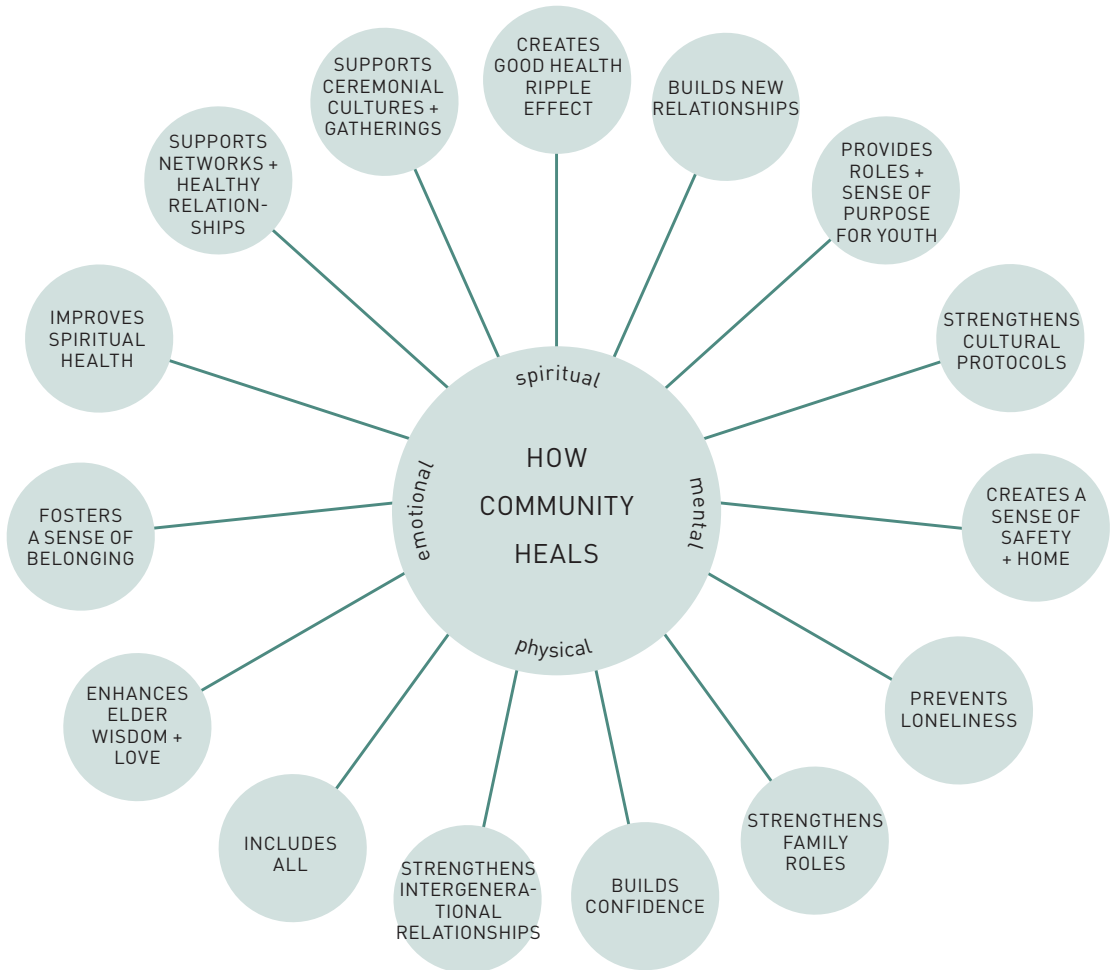


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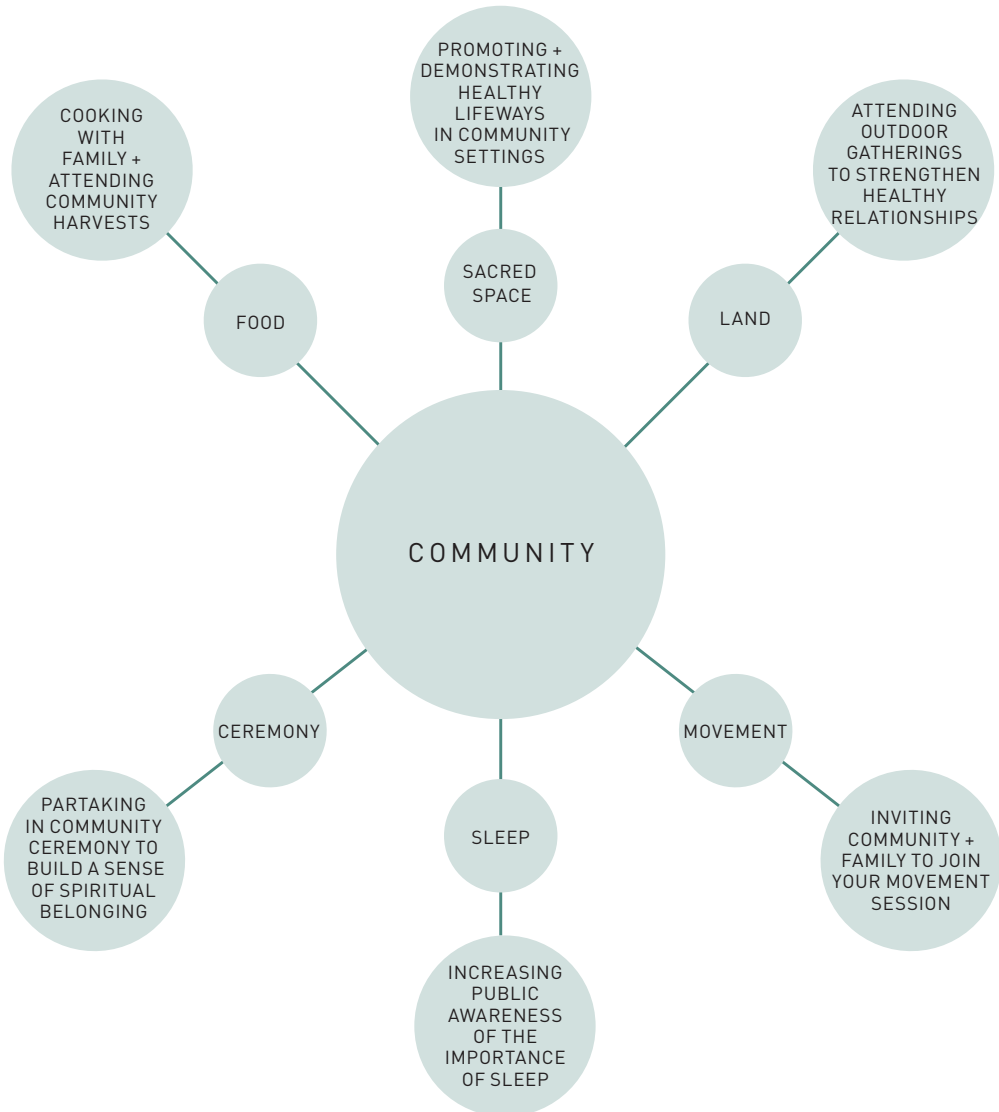
COMMUNITY

HOW COMMUNITY HEALS

⊕ Community Medicine Wheel ⊕



INTERSECTION WITH OTHER CIRCLES

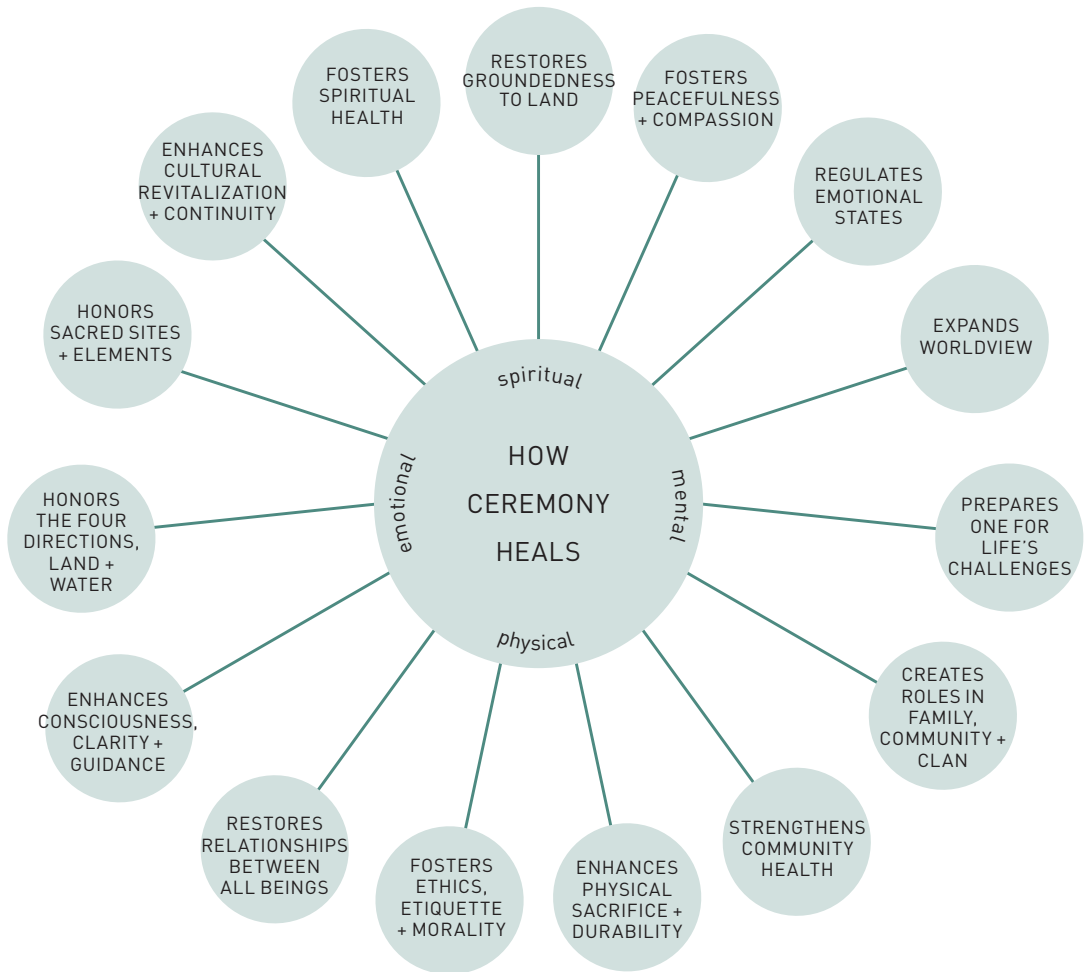


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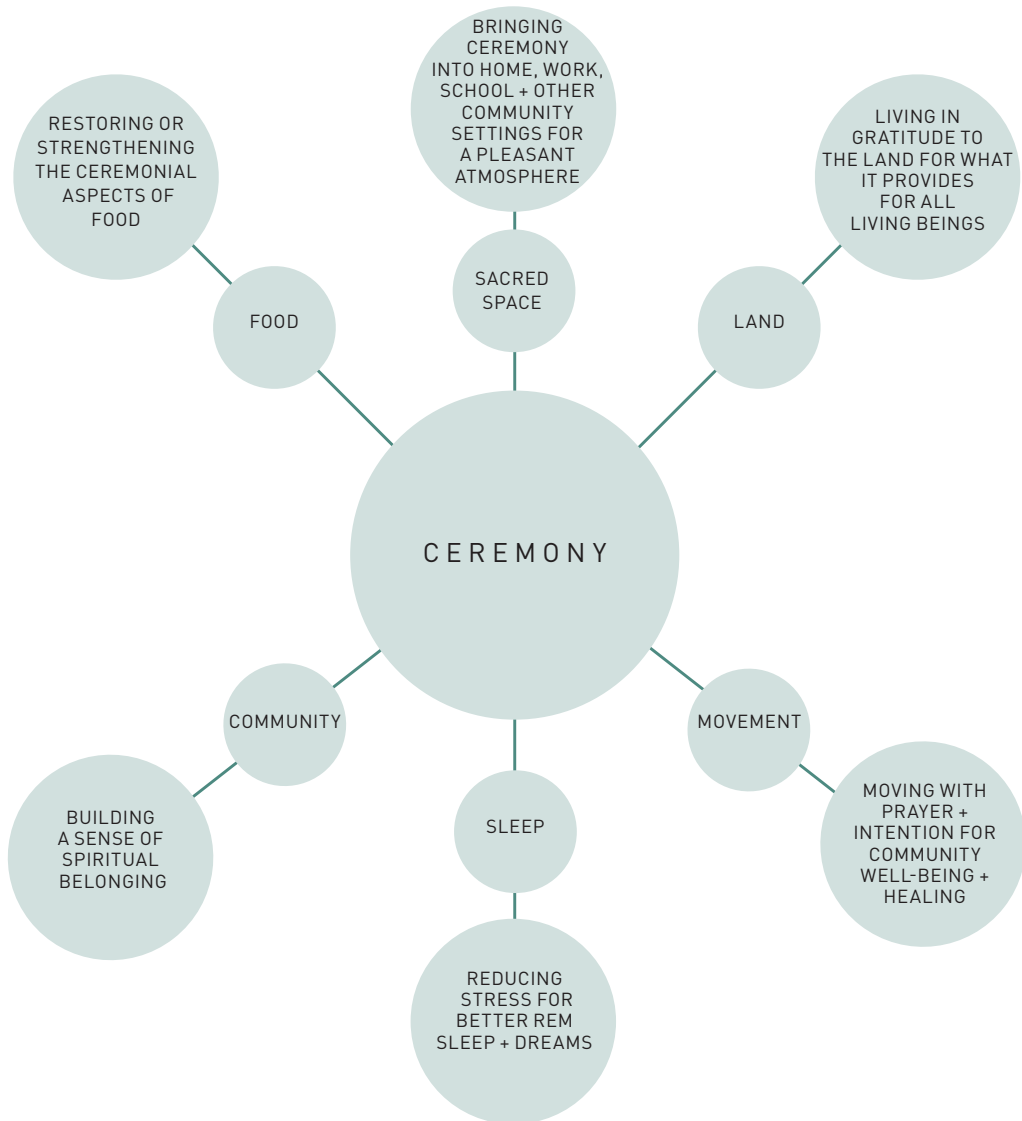
CEREMONY

HOW CEREMONY HEALS

⊕ Ceremony Medicine Wheel ⊕



INTERSECTION WITH OTHER CIRCLES

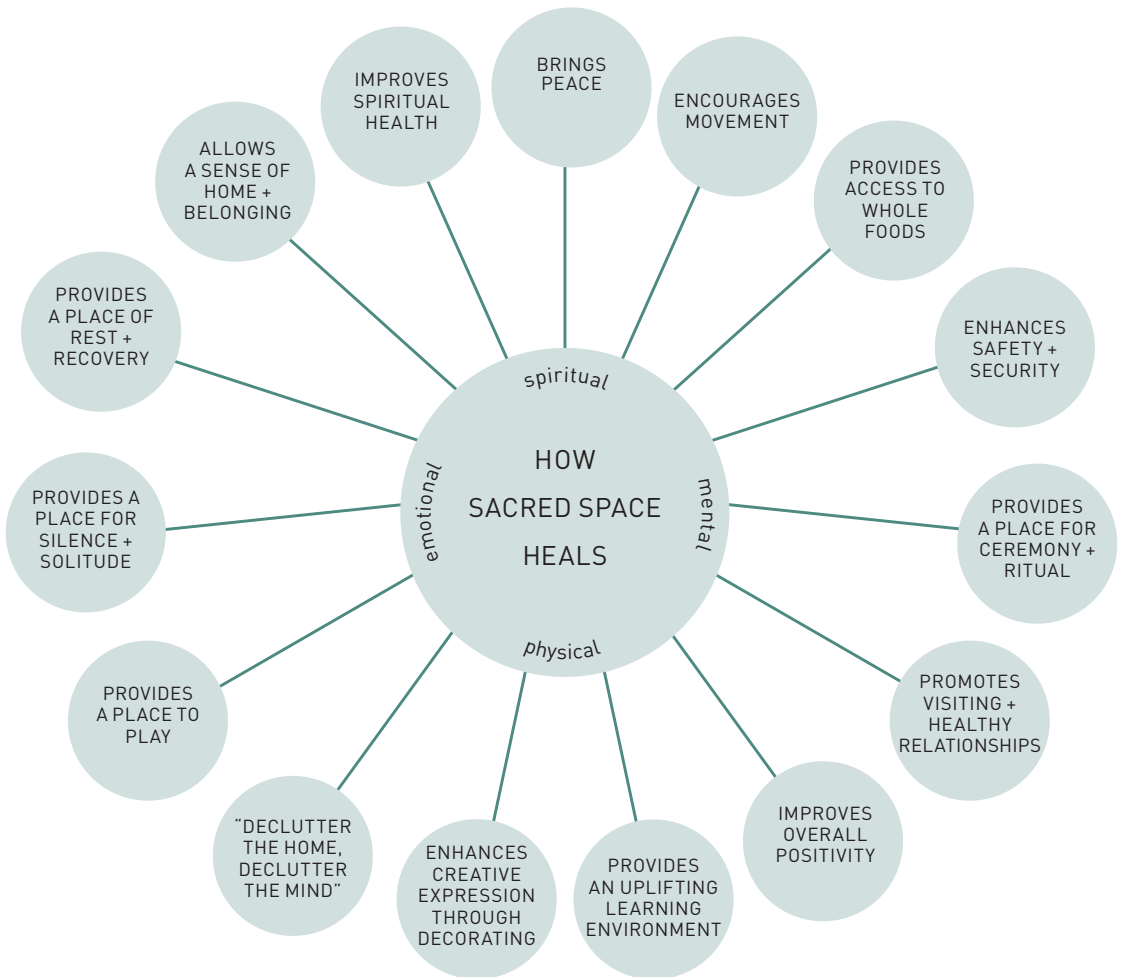


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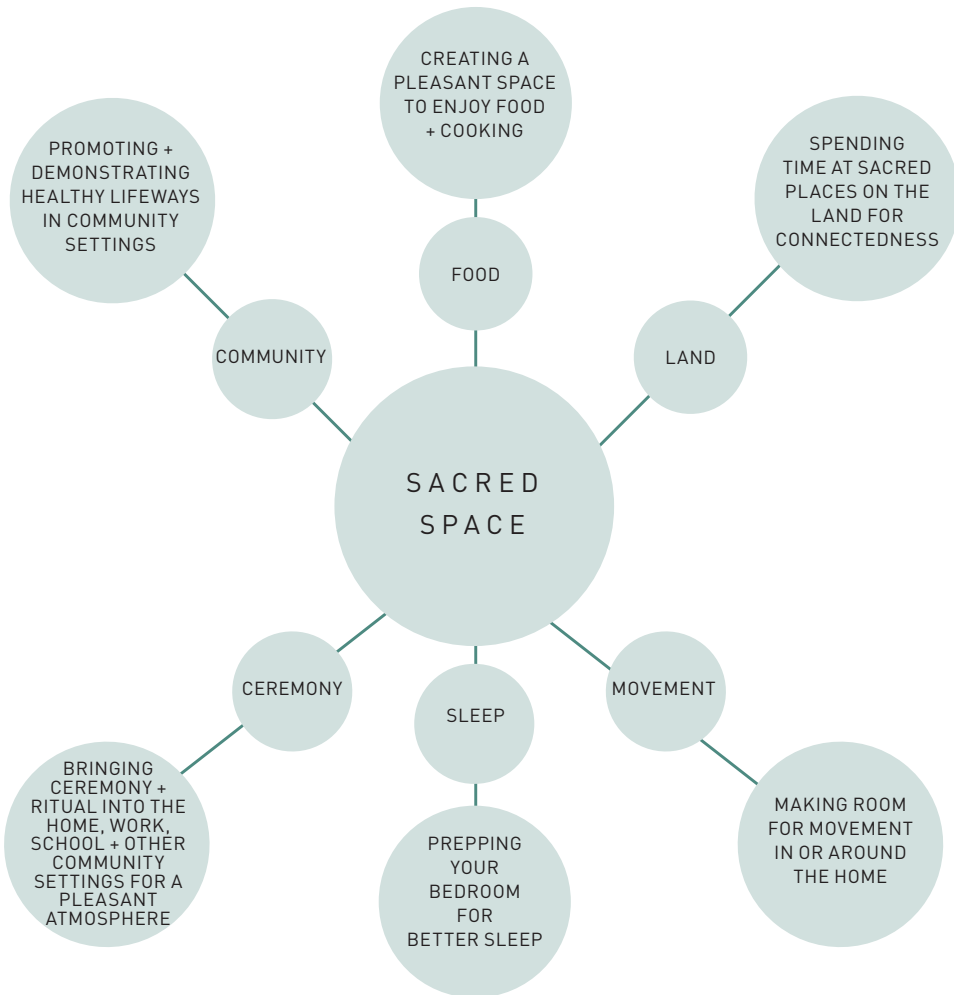
SACRED SPACE

HOW SACRED SPACE HEALS

⊕ Sacred Space Medicine Wheel ⊕



INTERSECTION WITH OTHER CIRCLES



6

S L E E P

HOW SLEEP HEALS

⊕ Sleep Medicine Wheel ⊕



INTERSECTION WITH OTHER CIRCLES

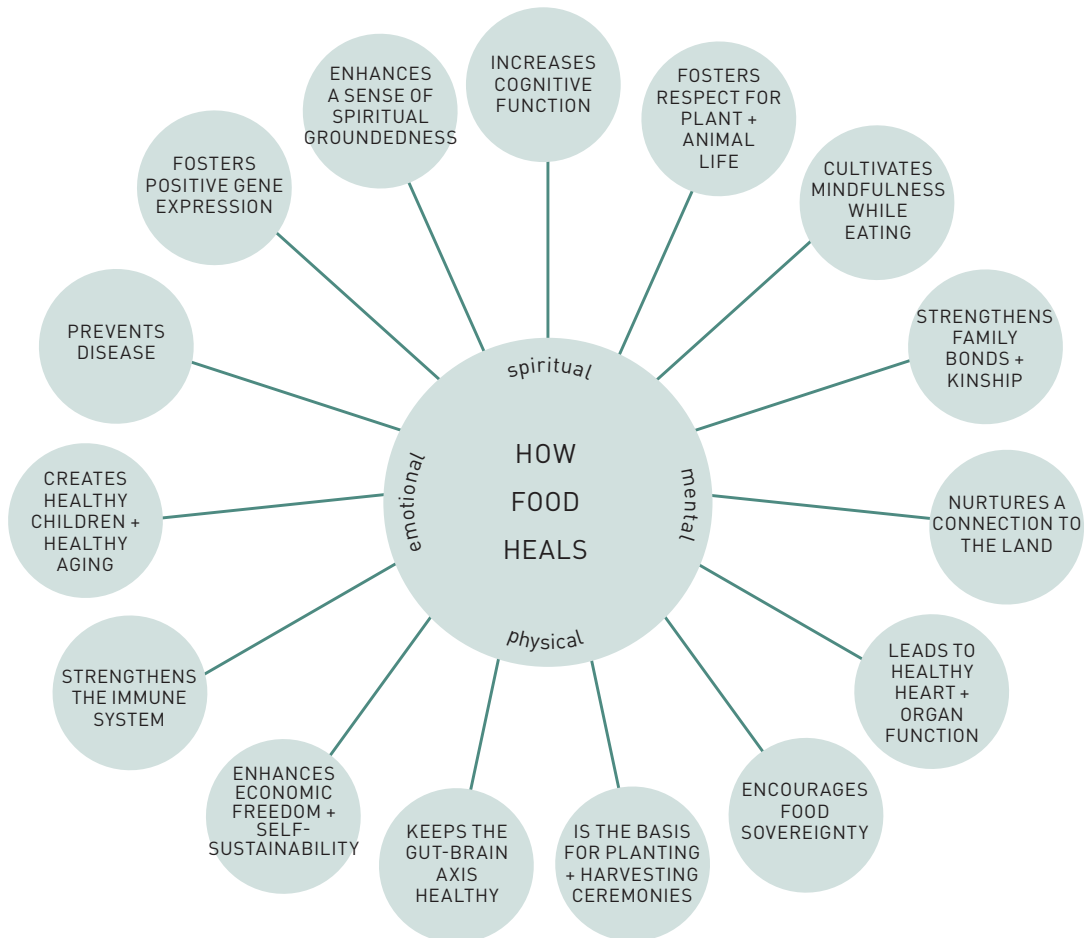


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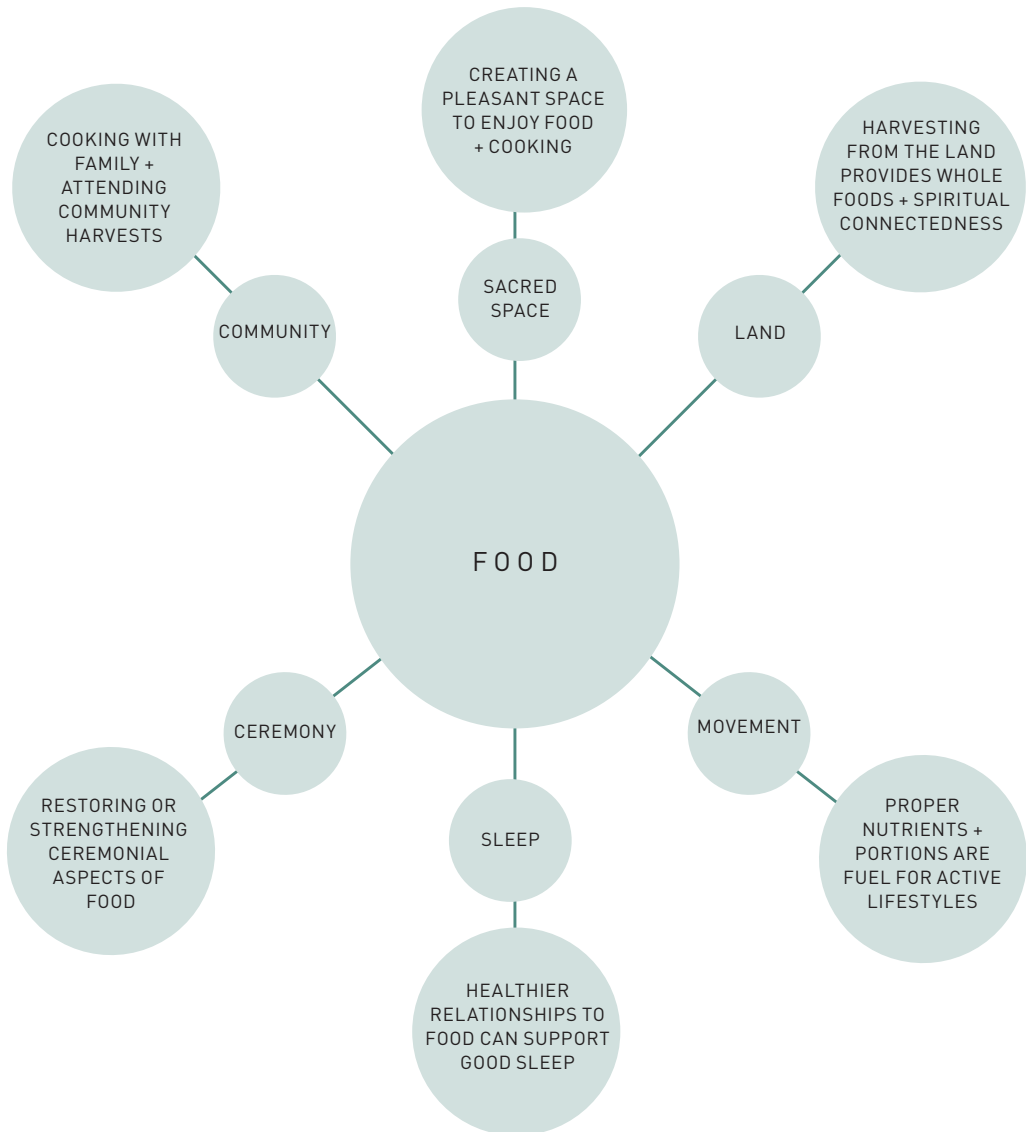
FOOD

HOW FOOD HEALS

⊕ Food Medicine Wheel ⊕



INTERSECTION WITH OTHER CIRCLES



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