

# 12 Month NATIVE AMERICAN Wellness Cohort



Step into a year-long, Indigenous-led cohort to recalibrate your entire being from the imprint of historical trauma. Every three months, we journey deeply into one of the four sacred directions, drawing upon its teachings to orient and guide your life path. Through the sacred technology of ceremony and ancestral ways, you will physically rebuild your neural landscape, cultivating a deep-rooted wellness that emanates from your very core.



**LAST SUNDAY EVERY MONTH  
FEB 2026 – JAN 2027**



**9 – 11:15 AM (PHX.AZ. TIME)**



**Virtual Sessions**



**12 Sessions: \$1,200 Total  
Single Session: \$120**

Led by: Casandra Stouder, Indigenous Trauma-Informed Trainer, and Wellness Leader



**EMAIL TO  
REGISTER:**

**[casandrastouder@gmail.com](mailto:casandrastouder@gmail.com)**

## East – Fire (February, March, April)

A journey of mental clarity and rejuvenation. Through engaging detailed storytelling and teachings, this quarter focuses on sparking new beginnings and establishing community bonds, all grounded in deep layers of Indigenous traditions.

## South – Earth (May, June, July)

Remembering the body as land; Buffalo's nourishment and sobriety; Wolf's walking as prayer and community. Experience a profound connection with the land and your physical self.

## West-Water (August, September, October)

Bear by the river of grief; navigate emotional landscapes with grace, using water ceremonies, river Otter's joy and emotional balance; learning to hold many feelings at once and strengthening community ties.

## North-Air (November, December, January)

Breathing with the grandmothers and grandfathers; White Buffalo's sacred responsibility; closing the circle and sharing our medicines together. Uniting the wisdom of the Medicine Wheel to honor and celebrate your healing path and all the generations.



Priority to Native Relatives experiencing financial difficulties. We can talk about sliding scale or scholarships.



I welcome bartering! Cultural reciprocity as payment—such as smudging medicines, ribbon skirts, moccasins, beadwork, jewelry, or tools that support my work as I travel. Let me know if you'd like to exchange in a good way.