

Transformative Harmonics®

Live Session Schedule | February–May 2026

All sessions follow the established monthly rhythm of **Open Community** and **Teachers/Guides** gatherings.

Meeting Time: 10:00am-11:30am ET Mondays and Fridays

See Online Schedule for Dates and Zoom Link: <https://paulascatononi.com/calendar-of-events/>

See Information on Rest and Restore Program: <https://paulascatononi.com/rest-and-restore-protocol-rrp/>

Membership Options

Attune Members | \$59 / month

Includes:

- 1 Community Group Per-Month (choose Monday *or* Friday)
- Monthly Guest Teacher Class
- Access to the Rest & Restore Program for **2 months**
- Free Access to Substack

Resonate Members | \$69 / month

Includes:

- 2 Community Group Per-Month (Monday *and* Friday)
- Monthly Guest Teacher Class
- Access to the Rest & Restore Program for **4 months**
- Free Access to Substack

Harmonic Members | \$99 / month

Includes:

- 2 Open Community Group Per-Month
- 2 Private Teacher/Guide Group Per-Month
- Monthly Guest Teacher Class
- Free Access to Substack
- Access to the Rest & Restore Program & SSP for **6 months**
- Listing in the Community Directory

February 2026

Mondays

- **February 2** — Teachers & Guides
- **February 16** —Community Session

Fridays

- **February 13** —Community Session
 - **February 27** — Teachers & Guides
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March 2026

Mondays

- **March 2** — Teachers & Guides
- **March 16** —Community Session

Fridays

- **March 13** —Community Session
 - **March 27** — Teachers & Guides
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April 2026

Mondays

- **April 6** — Teachers & Guides
- **April 20** —Community Session

Fridays

- **April 10** — Community Session
 - **April 24** — Teachers & Guides
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May 2026

Mondays

- **May 4** — Teachers & Guides
- **May 18** — Community Session

Fridays

- **May 8** — Community Session
- **May 29** — Teachers & Guides