Learning Area 1: SPIRIT
We focus on attitudes/deep values & encourage (self-defined) connection to a higher purpose/being.

Learning Area 2: HEART
We support cultivation of healthy attachments & emotional intelligence.

Learning Area 3: HANDS
We practice skills which can be applied to meet real challenges.

Learning Area 4: Head
We inquire together into "evidence-based" ideas & theories, with respect for diverse sources of knowledge.