



Metaphysical Roadmaps Learning Components

The elements comprising this study journey

PROGRAM DELIVERY

Study Kit

Your study kit will be your primary resource through your program of study. After you enroll, the study kit will take you through setting up your account, logging into your program portal, ordering study materials, and preparing for a successful study experience. The kit will also include your syllabus which includes reading assignments, study questions, links to resources, study planners, appointment schedule, and writing prompts.

Study Core and Study Reflections

Every month you will dive into selected readings led by the module theme and study core questions. The study core ensures that you can efficiently navigate material and obtain clarity around the essential concepts. In addition to the study core questions, there are also study reflection questions that nurture self-reflective moments to help you examine your own experience in relation to your studies; these are more personal, values-focused questions. Both sets of writing prompts offer a balance between learning objective facts and tending to your subjective experience. You will discuss these writing exercises during the video check-ins.

One-on-One Calls

This course will include one-on-one video calls with a mentor to support your learning journey. During calls, you and your mentor will discuss the module



material and review the study core and reflection questions. You can easily book the calls via our online booking system.

Extra Calls

You can book an unlimited number of extra video calls for a special discounted rate during your program. Choose between 20, 40, or 75-minute calls! See more [HERE](#).

The Reading

The book selections for this course will be a blend of writings: from highly accessible texts written for a broad adult audience (i.e., popular reading) to more challenging and complex university level (i.e., graduate and undergraduate) reading. Readings may also include magazine and journal articles, short essays, and blog posts.

Content Flexibility

Every module is organized between "priority" and "non-priority" categories. This will give you the freedom to customize your learning experience and offer you new pathways of information to investigate.

Media Sources

There are often podcast interviews and videos to supplement the readings. These additional materials add more layers to the content being covered in the reading and convey a blend of academic, practitioner, and artistic voices. These materials are "live," linked within the PDF study kit so you can quickly connect to each media source.

Additional Study Tools

Depending on the course, other study tools (i.e., quizzes, memory games, and optional open-book assessments) may be added to the study kit.



STUDENT SUPPORT

Program Portal

You will receive a code for a program-specific login portal in which to download additional learning materials.

Student Account Portal

Your private membership portal is where you can manage your bookings, track purchases, review order history, and adjust account information. This portal can be accessed on the desktop or mobile site! Setting this account up is required for each student. Learn more [HERE](#).

Mobile App

If you wish to have a more sophisticated mobile interface, you can download our app. Here you can book, track, and change your appointments as well as make purchases directly from the shop, read the latest blog posts, and learn about new events. This interface will also give you live updates when a new blog post, announcement, and shop item has dropped! Any appointment changes made on the app will be reflected on the home student portal account and vice versa! Downloading this app is optional. Learn more [HERE](#).

Program Pauses

If you purchased a study package with a 4-week program pause, you can pause your program for 4 continuous weeks for any reason. All you have to do is email us and we will adjust your program time frame accordingly.

Grace Period



From the day you register, you receive a 7-day grace period before your official start date so you have time to order your books. Your program start and end dates are listed in your welcome letter.

Discussion Board in FB Group

If you have a Facebook account, you will be able to access a private Facebook group to discuss individual coursework and related topics with fellow distance learning students or those who have had previous in-person or online studies with Shannon (Sati) Chmelar.

Have any questions? Just email: sati@satiyogini.com