

basic material needs			retreat practice, education, facilitator training		
	monthly	yearly		monthly	yearly
water bill	100	1,200	transportation for retreat	58	700
house tending/repair	175	2,100	ongoing practice/meditation retreat/grief ritual costs	250	3000
food	300	3,600	travel costs	63	750
			books	13	150
			rooted, resourced, ready weekly cohort	50	600
medical and body care			life tending		
	monthly	yearly		monthly	yearly
medicine	100	1200	household items	42	500
doctor/body care	167	2000	clothing	17	200
eye doctor, glasses/contacts	50	600	taxes	29	350
			cat food and care	50	600
			unexpected costs	42	500
transportation			massage expenses		
	monthly	yearly		monthly	yearly
truck and rental insurance	115	1380	visceral manipulation continuing education	108	1300
gas	125	1500	massage equipment	13	150
car registration, maintenance	92	1100	massage admin expenses (licensing costs, website, additional continuing education etc.)	33	400
bicycle repair, maintenance	25	300	massage insurance	19	230
total	monthly	yearly			
	2,034	24,410			