



Tuesday, Jan 21, 2025

06:00 PM Pacific Time (US and Canada) / 09:00 PM Eastern Time

Meeting ID: 632 036 3051

<https://zoom.us/j/6320363051>

Topic: Getting ready for WARD! Plus, How Embracing Stillness in our LAL® practice can help shelter animals.

Wednesday, Feb 19, 2025

11:00 AM Pacific Time (US and Canada) / 02:00 PM Eastern Time

Meeting ID: 632 036 3051

<https://zoom.us/j/6320363051>

Topic: Recap of WARD and Hearing from our Members!

Tuesday, Mar 18, 2025

06:00 PM Pacific Time (US and Canada) / 09:00 PM Eastern Time

Meeting ID: 632 036 3051

<https://zoom.us/j/6320363051>

Topic: The power of LAL® to heal fear and worry in shelter animals.

Wednesday, April 23, 2025

11:00 AM Pacific Time (US and Canada) / 02:00 PM Eastern Time

Meeting ID: 632 036 3051

<https://zoom.us/j/6320363051>

Topic: Why it's so important to let go of what's wrong when we're working with shelter animals.

Tuesday, May 20, 2025

06:00 PM Pacific Time (US and Canada) / 09:00 PM Eastern Time

Meeting ID: 632 036 3051

<https://zoom.us/j/6320363051>

Topic: Deepening connections through LAL® volunteering with farmed animal sanctuaries.

Wednesday, June 18, 2025

11:00 AM Pacific Time (US and Canada) / 02:00 PM Eastern Time

Meeting ID: 632 036 3051

<https://zoom.us/j/6320363051>

Topic: Finding your voice as an LAL® advocate for shelter and sanctuary animals.



Let Animals Lead

**SARA
MEMBER
MEETING
SCHEDULE
2025**

Tuesday, Jul 22, 2025

06:00 PM Pacific Time (US and Canada) / 09:00 PM Eastern Time

Meeting ID: 632 036 3051

<https://zoom.us/j/6320363051>

Topic: The importance of grounding when volunteering in shelters and sanctuaries.

Wednesday, Aug 20, 2025

11:00 AM Pacific Time (US and Canada) / 02:00 PM Eastern Time

Meeting ID: 632 036 3051

<https://zoom.us/j/6320363051>

Topic: How the power of letting go can transform your shelter and sanctuary work.

Tuesday, Sep 23, 2025

06:00 PM Pacific Time (US and Canada) / 09:00 PM Eastern Time

Meeting ID: 632 036 3051

<https://zoom.us/j/6320363051>

Topic: The power of patience in shelter and sanctuary settings.

Wednesday, Oct 22, 2025

11:00 AM Pacific Time (US and Canada) / 02:00 PM Eastern Time

Meeting ID: 632 036 3051

<https://zoom.us/j/6320363051>

Topic: Including human caregivers in our shelter and sanctuary volunteering.

Tuesday, Nov 18, 2025

06:00 PM Pacific Time (US and Canada) / 09:00 PM Eastern Time

Meeting ID: 632 036 3051

<https://zoom.us/j/6320363051>

Topic: How inviting joy into your LAL® practice can transform your connections with shelter and sanctuary animals.

Wednesday, Dec 17, 2025

11:00 AM Pacific Time (US and Canada) / 02:00 PM Eastern Time

Meeting ID: 632 036 3051

<https://zoom.us/j/6320363051>

Topic: Reflections on 2025 and looking ahead to 2026.

Note: Our dates added in this schedule are only a preview, it may be subject to change if needed.