



- A safe space intensive -
One on one mentorship program

A LETTER FROM THE HEART ♥

Life is quite a precious journey. It comes with its ups and downs, at various intensities, sometimes balanced and many times not. What better way than to go through that journey while feeling empowered, nourished and fulfilled? We are so familiar with fear that we often forget to explore safety.

In this realm of self-discovery, we are blessed with the abundance of the healing energies that surround us. Works of self-discovery offer us various levels of awareness, a sense of connection to others and tools that guide us through time and space.

You may be ready to go deeper in your exploration of self, addressing with curiosity what usually gets in your way. Through the beauty of awareness, let us acknowledge what is missing and what is ready to transition.

EMPOWERMENT

In this space, you may discover what you are curious about in whatever way you would like to do so with the support that you need. You have permission to BE freely within this time and space.

Wherever you are is good enough, there's no other place you need to be.

NOURISHMENT

In this space, you will NOT be required to fix or solve anything. You may curiously explore in mindfulness what gets in the way while being witnessed and assisted in loving presence and non-judgment.

Everything is and is going to be okay.

FULFILLMENT

In this space, you can explore the pleasure of just being and experience the possibility to rest in the now.

I feel full and rested at the end of my exhale



During this three-month container, we will meet weekly for 50 minutes over the online platform 'zoom'. Daily support is available through direct messaging system. You will also receive recordings explaining certain theoretical concepts that relate to your journey. You will be required to commit to daily movement and journaling throughout the length of our work together.

This is for you if you have already done some personal growth work and are ready to go deeper, with more intensity and intent.

A precious investment in yourself even if all you get are:

A few minutes of silence and attentive listening, then that's enough.

A few minutes of loving presence, acknowledgement and appreciation, then that's enough.

A few minutes in a safe environment, then that's enough.

A few minutes to explore one's self in a safe environment without feeling rushed, then that's enough.

A few minutes to be heard mindfully, then that's enough.

A few minutes where nothing has to happen, then that's enough.

A few minutes where one can forget all of their knowledge to make sure they don't know, then that's enough.

A few minutes of unjustified silence, then that's enough.

A few minutes being the object of someone's mindful curiosity, then that's enough.