



ACTIVATE YOUR ALCHEMY



**A 12-WEEK 1:1 CEREMONY AND MENTORSHIP TO
TRANSFORM YOUR STRUGGLE INTO LIBERATION.**

*Woman,
it's okay!*

**I KNOW HOW DIFFICULT IT
IS TO ADMIT YOU'VE BEEN
STRUGGLING FOR YEARS.**



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You've tried to make it work.

But you can't escape the feeling that you're trapped inside your own life.

You want to **leave that toxic relationship and patterns,**
but you don't know how.

You want to **stop the self-sabotage,**
but you don't know how.

You want to **change, shift, just get out of this mess,**
but you don't know how.

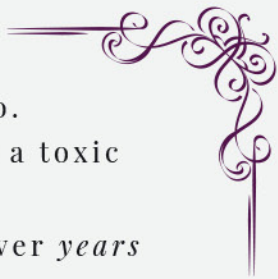
You've tried to be "*strong*" because there are people who depend on you,
and work that needs to get done, and responsibilities to uphold, but...

You can't keep doing this anymore.

It's. just. too. much.

Woman, I want you to know that it's ok.

You are not alone.



was there too.
Struggling inside a toxic
relationship.
Knowing it was over *years*
before it ended.
Turning to escapism to hide my
pain.
*Helplessly stuck inside a life that
didn't feel like mine.*

**Most days it's like you're
bound by chains.
And you don't know how to
break free.**

You *know* it's possible.
You *know* there's more out there
for you.

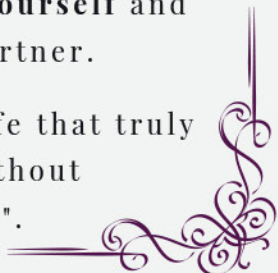
But you don't know how to get
out.
And you're terrified that if you
do, you'll mess-up *everything*...

*"Who will I be on the other side?"
"What if I'm not strong enough to
stand on my own?"
"What about my kids?"
"What if I'm just not trying hard
enough to make it work???"*

Woman... breathe!

You can **choose yourself** and
still be a good mother.
You can **choose yourself** and
still be a good friend.
You can **choose yourself** and
still be a good partner.

You can have a life that truly
nourishes you without
"messing it all up".



LET ME GUIDE YOU
THROUGH A CEREMONY OF
your becoming.



ACTIVATE YOUR ALCHEMY



sacred space where you will remember
your full truth and your full strength.

A loving container where you will be held, supported, and empowered.
A deep healing immersion to (re)connect you with your desires, your purpose, yourself...

Let's meet you where you are.

And support you in reclaiming a life that is *truly yours*.

**Activate Your Alchemy is a 12 week ceremonial container to alchemize your current
reality into a genuinely fulfilling life.**

Transform your struggles into liberation.

Your fears into strength.

Your doubts into clarity.

Transform your toxic, codependent relationships...
Into a loving and healthy relationship with yourself and others!

Transform your stuck and stagnant life...
Into a living dream of profound clarity, divinity, and purpose!

Activate Your Alchemy and take back your life.

*It's time, Woman.
It's time.*

THE 3 PILLARS OF



ACTIVATE YOUR ALCHEMY



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Stabilize



THE PURPOSE OF THE FIRST PILLAR IS TO BRING A DEEPER INTENTIONALITY TO YOUR HEALING AND CLEAR SPACE FOR A NEW FOUNDATION OF STABILITY. WE'LL WORK TOGETHER TO RELEASE THE TIES, CORDS, AND CONNECTIONS KEEPING YOU CHAINED TO UNHEALTHY RELATIONSHIPS, SELF-SABOTAGING PATTERNS, CHRONIC ESCAPISM, OLD PAINS AND FEARS, AND SO MUCH MORE.



Integrate



INSIDE THE SECOND PILLAR, WE'LL OPEN A SACRED AND INTIMATE SPACE FOR YOU TO INTEGRATE YOUR HEALING AND GROW INTO A NEW LEVEL OF BEING. USING A POWERFUL BLEND OF BREATHWORK, MEDITATION, YOGA, TRIBAL WISDOM, SACRED FEMININE ARTS, AND CEREMONIAL WORK.



Expand



WHERE DO YOU GO FROM HERE? INSIDE THE THIRD PILLAR OF THIS WORK, WE DIVE INTO THE ART OF SOUL MAPPING - CREATING A UNIQUE ROADMAP FOR YOUR NEXT STEPS. WE'LL EXPLORE YOUR LIFE'S PURPOSE, HOW TO CONTINUE (AND DEEPEN) YOUR PRACTICES OUTSIDE OF THIS SPACE, HOW YOU CAN EMBODY YOUR TRANSFORMATION IN YOUR DAY TO DAY LIFE, AND MORE. THIS PILLAR WILL EMPOWER YOU AND PREPARE YOU TO TAKE THESE TEACHINGS AND USE THEM WELL BEYOND THIS PROGRAM.

**LET GO OF THE STRUGGLE.
RETURN TO THE SACRED.
AND INFUSE YOUR LIFE WITH DIVINITY.**





Imagine...

IN ONLY 90 DAYS

BREAKING FREE FROM THE CHAINS KEEPING YOU TRAPPED IN THIS STUCK LIFE - BECOMING A POWERFUL CREATRIX WHO ATTRACTS LIMITLESS OPPORTUNITIES, EXPERIENCES,

and abundance!

CLEARING THE FEAR, PAIN, AND DRAMA AROUND WHAT THE EFF YOU'RE MEANT TO BE DOING WITH YOUR PRECIOUS LIFE - AND GETTING A CLEAR ROADMAP ON WHO YOU ARE, WHY YOU'RE HERE AND WHAT

your purpose really is.

RELEASING THE "I AM NOT ENOUGH" STORY - AND SHIFTING INTO A CONFIDENT, SELF-ASSURED WOMAN WHO FEELS DEEPLY WORTHY AND DESERVING OF

all that she desires.

FEELING DEEP PEACE AND CLARITY AS YOU UNCOVER YOUR SACRED DIVINE FEMININE ESSENCE ANCHORING A NEW LEVEL OF

confidence and clarity

OPENING YOUR HEART TO A DIVINE, NOURISHING LOVE FROM WITHIN TO HEAL YOUR FEARS AND TRAUMAS - ACTIVATING THIS KNOWING THAT YOU ARE SAFE AND DESERVING

to give and receive love..

...AND SO MUCH MORE.

ACTIVATE YOUR ALCHEMY

WHAT YOU'LL RECEIVE



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12 X 90 MIN. PRIVATE ALCHEMY SESSIONS

This is the core container of our work together! These online sessions are sacred, private ceremonies to move through the entire methodology that I teach. We'll explore each of the three pillars, diving into a variety of healing practices and alchemical modalities. This is where your deepest transformation will be held, loved, and given space to expand!

3 X 20 MIN. GUIDED MEDITATIONS

To support you in between sessions. Each of these sacred meditations will be specially curated to help you move through the program and anchor this work on an even deeper level.

3 X 30 MIN. PRE-RECORDED YOGA PRACTICES

Receive 3 custom yoga flows to support your body as you navigate the experience of this program!

3 X 20 MIN. GUIDED BREATHWORK SESSIONS

Aligning with each of the 3 core pillars of this program, these breathwork sessions will help accelerate your healing - anchoring a deeper level of peace.




WEEKLY SUPPORTIVE CLASSES

Every week, you'll receive custom journaling practices, intentions, and rituals to further support you on this path and continue our work between sessions.

PLUS: PRIVATE WHATSAPP ACCESS

(up to 20 min. a week)



You are never alone on this path. I have your back 100% as you move through this program. For anything that may arise between our sessions, you'll have my full support.



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