
REBIRTH

Peace, Power, & Pleasure in Postpartum and Beyond

OPEN THE CIRCLE

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MISSION STATEMENT

Postpartum Mothers deserve to feel like themselves again, feel comfortable and confident in their post-baby bodies, rebalance their hormones, and embrace themselves as a sexual being again. They deserve to live with more peace, power, and pleasure in postpartum and beyond and to be well supported in that rebirth journey! We are here to see this happen for a group of 13 women who are ready to come together for 12 months of pouring into self and each other.

OUR FOCUS

- Reach body goals (weight loss, toning, new relationship)
 - Increase low sex drive, orgasmic potential, and experience pleasure again or in a new way = more pleasure
 - Rebalance hormones
 - Have a better mood and less anxiety = more peace
 - Rebirth ourselves into more powerful and secure women, sure of why we are here and how to move forward as a mother with confidence in our abilities to mother and care for ourselves = more power
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What is your vision for yourself?

- We are creating a powerful, safe & confidential container/circle for us to dream, hold space for, and manifest a new version of personal/collective reality
 - If there were no limitations - what would you create for yourself?
 - Let's take time to see, feel, taste, hear, and smell this new reality: what does your life look like with more peace, power, and pleasure? When you are balanced and less anxious, feel like yourself, but made new?
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What have you already tried?

- Since your baby was born what have you tried already to get back in touch with yourself
 - What self-care practices do you have in place?
 - What is your biggest challenge right now?
 - What support is in place that is just for YOU- as a woman AND a mother?
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WHAT I HOLD SPACE FOR

I see a group of powerful women that are standing in a place of ease and feel cared for completely. I see a group of women that feel at peace in their own bodies and feel juicy and creative. I am in service to you all and my heart is open to finding a way to provide different levels of support in your extended postpartum journey. In these uncertain times - I hold space for women to thrive and feel powerful - in tune with their own rhythms, needs, and respecting their flow!

STRUCTURE , SUPPORT & SOLUTION

- 12 month commitment
 - 3 Levels of support: 1:1 Coach, Group Coach, & Circle
 - Accountability for personal goal setting with 1:1 Coach at Weekly Check-In Via Voxer: the material we cover will have different parts that are personally relevant, setting a personalized goal will help you embody
 - 2 Live Gatherings Per Month
 - Daily Connection with Group & GC Office Hours M/W/F
 - Each Module is 3 months long and all meetings/recordings will be accessible in your dashboard
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Modules & Practices

1. PEACE

- Building your Mindfulness Practice
- Ancestral Gender
- WHO YOU ARE
- Hormonal Balance/Cycle Syncing
- Mood Boosting

2. PLEASURE

- Yoni Egg Practice & Cultivating Female Sexual Energy
- Building Your Physical Well-being
- Expanded Sexual Response - Becoming a Juicy Woman

3. POWER: Using tools of Moon Manifestation to Rebirth Yourself

Financial Investment

We Can ALWAYS find a way if you feel you are called to be in this circle!

The actual price for the full 12 month program is \$3000, but for women I am already in service to I am offering an introductory price of \$1200 - this comes out to \$100 per month - if you want to begin paying early we can break it down into smaller monthly payments as well (i.e. 14 payments of \$87 per month starting in July).

If you decide to pay in full the price is \$840.

Juicy Bonuses

- Your full year with me will be more effective if we schedule an initial consultation to develop your customized treatment plan for holistic well-being. For you all I am offering this service at no extra cost for the 90 minute session and 3 month plan delivered via pdf by email. I suggest scheduling the consult by September 1st so as to not rush the process. It can be done remotely or in person at my office in Marietta.
 - Yoni Egg included as a Bonus
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QUESTIONS & CLOSING

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