

# the mindful sisterhood

*Becoming the best versions of ourselves, one breath at a time.*



## welcome, welcome

I am honoured to have you here and to hold a sacred space for all of us. We are here to do the important work of the soul, the mind and the body.

### **Sessions: Fall September 17th-October 29th**

Each Monday night, from 7:30pm EST-9PM we will gather together to learn, inspire and share. The session will begin with a gentle moment of guided relaxation, while we settle ourselves for the deeper work. We use Zoom, an easy and free app for your phone or download for PC.

### **Zoom ID to gain access to the session:**

<https://zoom.us/j/7057705675>

**Private, 1:1 Session booked here:**

<https://leannajaneyoga.as.me/>

## Content

**Weeks 1-2:** Conscious Connection; the building blocks for deep, mindful connection to self, speaking our truth, the authentic self vs ego

**Weeks 3-4:** Balancing Energy; creating and maintaining sacred boundaries with self+others

**Weeks 5-6:** Connecting to Purpose; understand the self, identity and our unique gifts waiting to express themselves, fully.

**FBGroup** You will be added to the Mindful Sisterhood group. This is a safe space to share through the course. All recordings and training links will be shared there.

You can reach me @

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