

The SHIFT Experience - Offer for Groups

A Journey To Self-Discovery And Inner Peace

- 6 live sessions using a unique methodology called Immersive Meditation.
- Shift your emotional state from feeling stressed, confused and overwhelmed to clarity, purpose and inner peace
- Season structure: topic talk, transition to meditation, journaling and sharing experiences
- 3-step process: **Relax, Release and Renew.**
- Each session covers a distinct topic to address a different aspect of your life:
 - You'll explore the thoughts & feelings that have been waiting to bubble up from within your heart. And begin our process of connecting you to the Still Small Voice, by listening from within for what it has to tell you.
 - You'll clarify what is no longer serving you, and what you need to let go of to create the space for new opportunities & experiences.
 - You'll uncover the energetic obligations you have in your life to other people, situations & things and release those that drain your energy to free you up to prioritize the commitments you have to your own goals & aspirations.
 - You'll create your own sanctuary, a dedicated space for reflection and rejuvenation. A place you can return to again & again whenever needed, allowing you to deepen your connection with your inner self and intuition.
 - You'll discover what you're ready to be free from in your life before you move forward. Then, you'll gain clarity on exactly what you want the freedom to do, so you're inner voice can guide you to the next step or phase of your life.
 - You'll be empowered with the self-compassion & perspective you need to bring your dreams into reality with a motivation sourced & guided by your own intuition & inner wisdom.

Implementation Schedule

- Weekly 1 hour sessions via Zoom or in person

Requirements

- The client needs to allocate 1 hour and a half of his time for each session to allow proper implementation and get the most value out of the program.
- The client must be in a quiet place without any distractions.
- The ability to invest 4-5 hours per week listening to the record guided meditations.

- Let all people in your house know that you are not available for the allocated time and put a sign on the door.
- Water bottle, Cliniques
- Journal and pen
- If lying down a pillow for neck support and a bolster underneath your knees for back support
- If sitting, a comfortable chair
- Recommended equipment: headset, eye cover, blanket/

Support

- Email or chat
- Request call back via chat for phone support

Investment

- \$250 per person with a minimum of 10 participants, the workshop can be delivered on one weekend or over 6 weeks.