

The Course

Becoming the Goddess of Feminine

The Course is a calling, it requires commitment and devotion to our expansion as women. It requires a devotion to inner presence, an *attitude* that bestows *grace* and the qualities of the *feminine*. It is asking that we *align* our *minds* and move our *bodies* in a graceful and *beautiful* way that allows for our *feminine* presences to be felt and our power to be used wisely and for service. It is asking that we explore areas of our lives where we need to strengthen our *feminine energy* and soften our masculine. It is asking that we create space for the *feminine* to rise and once there, *rejoice and dance in her soft and sensual skin*.

Course Outline

September 16th – June 23rd 2017 40 weeks

10 Modules 4 weeks in duration.

Cultivating a personal practice in Yoga, meditation movement and forgiveness.

Lifestyle Design – Creating Space for the life you Desire to live

Uncovering and unleashing the feminine power within

Relationships Masculine & Feminine Balance

Holistic Nutrition and healing the body.

The 3 A's for Graceful living

Cooking & self-care

1-1 Mentor Time

1 hour Private w/Pamela Fleming per week to support you in yoga, nutrition, exercise, lifestyle design & living (free)

2 online yoga classes per week taught by Pamela Fleming - Anusara Elements Teacher (free)

Access to the community forums & Facebook group, accountability support, discussion groups, and more
Weekly Video Conference call (Free)

Workshops

Monthly e-workshops with Lori Rubenstein on relationships, sexuality, forgiveness, & more (free)

October 1st - 4th 2016 Tulum Mexico 4 days 3 nights all-inclusive \$600pp double occupancy \$80.00 for transportation

January 20-23rd 2017 Sedona Arizona Destination TBD \$TBD

Goddess Getaway Retreat

June 23rd – 30th 2017 Yemaya Island Hideaway & Spa Little Corn Island, Nicaragua

Retreat Investment \$2250

All-Inclusive 8 days 7 nights **excluding airfare**

Daily Yoga & meditation practice, Snorkeling, Sailing, Island Tour, paddle boarding and a celebration of our work and friendships. It's Playtime!!