

## Dive into Detail

### Overview, Modules + Bonuses

**5 modules** (16 weekly sessions) that guide you, step by step, into the magic of your potential, as you shift shame. You will not only learn the depth of resourcefulness and courage you hold, but that your body always desires freedom.

**A rich variety of movement and embodiment practices** that will become natural for you to incorporate. You'll be able to easily apply what you learn long after the course, as this is an endless, life-opening approach.

**Time, space and support** to open a subject that frightens all of us, shame. As our communication and trust develops, you'll learn just how freeing it is to reveal who you are, your longings and wishes, your fears and old hurts. This container will constantly support your questions, fears and ultimately, your transformation.

**Deep connection to your body**, the magical key to this intuitive approach. As you become connected and physical, you'll recognize how ready your body is to release the old shame story. By incorporating what you learn here, you'll naturally step into a space full of trust, joy and freedom.

**Weekly sessions (most live)** Shame is an intimate subject, and there're far too many ways we can isolate ourselves, feel like we're failing and add to our shame story. This format is structured to minimize that. It allows for intimacy, connection and accountability. It's designed for you to gain trust in yourself.

## Our journey from shame to freedom (Modules in detail)

### **Module 1: Opening the collective container for transformation.**

Let's be honest... shame's a subject we're both protective of and unsettled by. So, it's more important than ever that our container be clear, supportive and trustworthy. In this module, we'll set the tone to create a generous, safe and engaging space.

- Learn the basics of how our journey together will unfold. We'll set the tone for you to have the most supportive circumstances to shift shame.
- Get clear on your starting point - what shame is for you, and what your relationship to it is. This awareness gives you a strong foundation toward the change you wish for.
- Take time to reveal your why. Why you're doing this course. This will support you on your journey and reinforce you in the more challenging moments. It serves as an internal compass.
- Make a promise to yourself, one that encourages your heart and reinforces your commitment to this journey.

## **Module 2: Your body, your physicality, your home.**

One of the softest ways to shift shame is to reconnect to your body. And yes, you might initially meet the body shame you hold. But I promise you, as you practice - moving, breathing and sensing - you'll recognize that your body holds your talent, wisdom and resourcefulness. As you learn to shift from your mind to your body, you'll seek it out, as a constant way to trust and grow,

- Learn to let your body guide with intelligence and wisdom.
- Reconnect to your lower body, a place that holds power - deep, feminine energy, mystery, intuition.
- Coax out and encourage the qualities of Earth in your body - regenerative, nourishing, abundant presence.
- Expand your capacity to hold your past, present and future, as you inhabit your body, and it becomes a safe, resourceful home.
- Explore various forms of movement as a way to unleash held back energy, break old rules of behavior and discover the endless possibilities and options your body holds.
- Become more agile, flexible and easeful, as you develop your personal embodiment and movement practice.
- Return to your breath, not only as a way out of an old story, but as a way to expand into new, unexplored territory of sensing, moving and being.

## Module 3: Learning the triggers, shifting your reaction.

Empowerment becomes tangible in this module. You'll put in the repetitions, getting to know specific places in your life where shame wakes up, you contract, and suddenly the old story takes over. Using clearly outlined tools, you'll be able to undo your automatic response to shame, in body, emotions and beliefs, and as you do, you'll step into spaciousness, confidence and freedom.

- Recognize you've got everything you need at this point to go beyond the old shame reaction. Following a step-by-step approach, you'll notice where you react to shame in life, what happens in your body, and how to let go of the shame pattern on mental, behavioral, emotional and physical levels.
- Implement your power to choose when to let go of an old pattern or not even let it start. Become more natural around others, as you practice letting go of the protective outer layers of shame, so you can simply be yourself.
- Deepen your connection to flow, moving from a mind experience of shame to one of simple energy that moves through your body without a story. Every time you practice this, the shame reaction loosens its grip.
- Raise your level of energy through the powerful tool of movement. Move out of a shame reaction and discover qualities that were hidden underneath old shame. You'll reconnect to your richness and unpredictability
- Develop an ability to deeply listen to what's happening in your body, the details and nuances of the shame reaction, and discover how easy it is to simply let go.
- Trust that you can let go right in the moment where shame usually gets triggered, without reducing yourself or your freedom and ease.

## Module 4: Freeing yourself from the deep roots of your shame story.

By going to the root of your shame story and where it lives in your body, you undo the deep hold your past has on you. And this is where real freedom lives. Breath by breath, as you open this old story, you'll allow the movement and energy flow of painful moments where you were rejected, abandoned or humiliated. You'll digest your past, and your body becomes free.

- Un-do how you shaped your body around past hurts, humiliations and rejections.
- Emotional energy will become power for you - moving through your body as sensation and flow and leaving you clear, present and resourced.
- Space will open up in your body, mind and life, as the shame story melts away. And you'll easily be able to perceive when this is happening in the moment.
- Move your practice into life - recognizing moments of shame and trusting yourself to relax your body, breath and allow energy to course through you. You'll no longer be ashamed or afraid of your shame.
- Trust your sensitivity, emotions and body experience as your guide, rather than the old story from your past.
- Discover how much courage and boldness you have to move freely in your life, as you continue with this practice.
- Take time to rest into nothingness - no agenda, no time pressure, no goal - as a lasting body experience. Trusting the value of deep rest.

## **Module 5 - Nourishing your longings and desires.**

You now embody a space that's free of old shame. It's time to remember and nourish your longings and move as your deep desires. You'll expand your edges and keep breaking rules of what it means to be unapologetically free to want, long, and be.

- Naturally reveal and move with your deepest longings. Now that the shame story has melted away, they' can no longer be put on hold.
- Wake up a deep intimacy with yourself that you can trust, as you embody your longings.
- Connect to those around you and to the world, with natural ease.
- Make clear choices that allow your desires to grow and become real.
- Re-trace the steps of your journey. Connect with the intention you set at the beginning of the course with where you stand now.
- Trust the change in yourself as you move forward with newly found freedom and endless choices.
- Move our collective longings and close our time together, revealing our dreams and wishes, and supportively saying good-bye.

## A few extras to support you along the way (Bonuses)

- **9 Live Q+A sessions** where we'll fill in the spaces of any doubts, uncertainties or fears you encounter as you practice on your own at home. These sessions are designed to eliminate confusion and offer support, and are scheduled every 2 weeks or so, to give you ample space to breathe and learn without pressure.
- **1 Private Somatic Healing Session** to deepen your ability to move the energy of your history and reveal what's underneath. Scheduling will begin during the second half of the journey.
- **4 Fiercely Embodied Movement classes.** You'll join a group of international bodies and move with them. These guided classes are designed for you to fall further in love with movement and learning through your body.
- **Private Facebook group.** This is a place for us to gather at random times and get to know each other. It's your space; to find belonging, connection and support. To communicate your fears and your discoveries. It's a place where we can all grow.
- **GUEST SPEAKER:** Bonnie Bliss, Somatic Sexologist and founder of the Yoni Club, will join us for a juicy session, where she'll offer up simple tips to move from sexual shame to nourishing pleasure.
- **EXTRA BONUS:** Free access to one Fierce Embodiment workshop. These workshops cover various topics that also relate to shame: Embodying Boundaries, Melting the Scars of Rejection, Embodying Emotional Power. **This bonus is only for those who make a 1-time payment.**