



TUESDAYS

Dates: Mar 7, Apr 4

<u>Afternoons</u> 1:00 pm 2:30 pm

<u>Evenings</u> 4:30 – 6 pm

Location: Kindred Spirit Center Waukesha

2nd & 3rd TUESDAYS

Mar 14 & 21; Apr 11 & 18; May 9 & 16

<u>Afternoons</u> 1:00 -2:30 pm

<u>Evenings</u> 4:30 - 6 pm

Location: Kindred Spirit Center Waukesha

Inquire / Enroll Anne Wondra 262-544-4310

Self-Love Feminine-spirit Radiance: Always Play to your Passion, Promise, and Pleasure

Create confidence. Feeling a healthy, vibrant sense of self-esteem changes a girl's life—our friends, our health, our job, how we are treated, who we become, and more. The secret: learning to play to life our way, leveraging our strengths, and eliminate *power robbers* that drain our effectiveness, credibility, and dim our shining light. Name your strengths and choose healthy self-care boundaries; feel stronger, more confident, centered, and radiant.

\$45 / month – Group only \$175 / month – Group and 1:1 support

Uncensored Feminine Spirit Arts and Sciences

Part 1 – Spirit, Spirituality, and Roars of Awakening. When you can't stay where you are without killing off something vital inside, you're on the edge of creation—a roar of awakening—questioning, reviewing everything. How do you know you're right? or What's right? And what do you do when a path is not a healthy one to your spirit anymore? A woman spirit requires women's wisdom, voices, and arts to fully own and celebrate her soul.

Part 2 –the **Feminine Spirit, Everyday Goddesses, and Different Drummers.** Imagine spirituality, sensuality, and sacred arts defined from *woman's* perspective, experience. In early times, the Divine was called Mother of All Living. I grew up praying *Hail Mary, Mother of God.* Woman, you are a goddess; I am a goddess. We speak in a different voice, and see with different eyes. This is some feminine soul-fuel, an uncensored, open learning place to affirm, empower, and inspire your feminine soul, spirit, and greatness.

\$90 / month – Group only \$275 / month – Group and 1:1 goddess-growing support

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