

# *honoring ourselves*

*monthly gatherings for women*

*awaken essence in a high-level field of resonance*

*These monthly gatherings are a space for women to expand their capacity for joy, creativity and harmony.*

*You will learn practical tools in a safe space where your authentic voice is welcomed and celebrated.*

monthly online group experience

every first Monday 5pm pacific \$35 per 90 min session

[www.micheleanddean.com](http://www.micheleanddean.com)





## **You'll experience:**

- soul nourishing practices and guided meditations
- empowerment for expressing your full creative power
- the magic of tapping into an intentional vibrational field of women.
- heart-opening group coaching

## **You'll learn:**

- enlivening breathing techniques
- empowering tools to enhance your everyday life
- tools for loosening the grip of fear that can distract you from experiencing and expressing your essential self.

Monthly topics such as facing the edge and expanding into our personal evolution, authentic communication, living courageously, healing our emotional wounds, expanding creative flow, and more.



**Michele Yasuda** is a sassy visionary of wholeness who plants seeds of infinite possibilities to awaken essential aliveness.

certified big leap coach and a graduate of the hendricks institute leadership and transformation program.

have questions or want to register: [michele@micheleanddean.com](mailto:michele@micheleanddean.com)

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