



ELEMENTAL GODDESS EMBODIED ART

A 21-Day Online Self-Study Program

This program is thoughtfully crafted to assist creative yogis on their journey toward embracing the divine feminine, cultivating freedom, and achieving authentic self-expression.

What's Included:

- **Three yoga flow videos**
- **Three audio meditation files**
- **Three worksheets**

Week One:

Guided by the Earth element, we discover how to establish grounding and start creating a strong foundation of self-care rituals.



Week two:

Connecting to the Heart Space: Compassion and Self-Love

Through Anahata yoga flow, meditation, and chanting, we start to tap into our heart space. This journey allows us to discover our authentic voice by genuinely listening to our hearts.



Week three:

We start to embody our inner Dancing Warrior artists by delving into yoga flows, meditation, and creative art practices. This week, we will explore our expressive and playful sides as we reflect on what we have learned from the course and set intentions to further our embodied art journey.

