

IGNITE & EMBODY

your inner healer



MODULE ONE

WELCOME



Begin Within

Hello, love! I'm so honored to welcome you to our first module of *Ignite & Embody Your Inner Healer*. These *Reflection Sheets* are meant to serve as supplemental tools for our journey together. Their intention is to inspire you to spend more time with yourself and really practice what it means to listen to your body. I've included trackers, journal prompts, and gratitude pages -- take what serves, and leave the rest. Keep in mind though, the more you lean in to this journey - the farther you'll go.

A woman with long dark hair, eyes closed, and a serene expression. She is wearing a white tank top and has her hands placed on her chest and stomach, suggesting a meditative or self-healing practice. The background is softly blurred, showing green foliage and light filtering through. A large, dark blue quotation mark is positioned at the top left of the text box.

“

Your body has an innate capacity and desire to return to harmony - set the conditions and healing will come.

- *Maria noe*

PROGRAM

Highlights

Our program together is founded upon 3 major pillars: somatic bodywork, yogic philosophy, and integrative wellness.

The following themes will be used as a guide - however our work will be personalized and customized along the way in order to serve your highest potential and transformation.

WEEK 1: BEGIN WITHIN

Welcome to our cohort of inspired women, who like you are all on a path of self-discovery, healing, and true embodiment.

WEEK 2: HEART OF THE MATTER

Exploring connection between somatic sensations and the yogic philosophy of satya (*truthfulness*). Heart-opening + breathwork.

WEEK 3: THE HEALER WITHIN

You have everything you need within you in which to heal and thrive. It's time to peel back the layers that dim our light.

WEEK 4: RHYTHM + HARMONY

Stress isn't always a bad thing. In fact, it makes us stronger than before. Let's learn to sit with it and explore what to do with triggers.

WEEK 5: IGNITE YOUR RESILIENCY

Flex inner healer & increase your capacity to confront your traumatic residue. Reframe your story and let it fuel you forward.

WEEK 6: TUNING INTO TRANSFORMATION

Setting continued intentions for self-awareness, regulation, and self-care. When discipline meets enthusiasm, you'll feel the flow.

WEEK 7: BONUS!

You've tuned your instrument and now it's time to play! Gather with us for a full round of council, connection, and stories of transformation. Special guest facilitator, Carolina Gurdian.

ROUTINES & Goals

Write a summary here. Write a summary here. Write a summary here. Write a summary here. Write a summary here.

MY PROPOSED DAILY ROUTINE

- ie: Wake up at _____AM. Drink room temperature glass of water
- Somatic Self-care Journal
-
-

4 WAYS I WILL INCORPORATE CONNECTION

- With myself:
- With loved ones:
- With community:
- With nature/universe/God/Spirit:

GOALS + IDEAS FOR TODAY

- Food:
- Work / Household:
- Physical exercise / Movement:
- Other:

A Daily Journal

SOMATIC

Self-care

What do you do for the first thing after you open your eyes in the morning? Put down your phone, love and use these sheets to check in with yourself - body, mind, gratitude, and intentions.

GRATITUDE

INTENTION OR DEDICATION

WHAT I NOTICE IN MY BODY RIGHT NOW

IMAGES, EMOTIONS, IDEAS, OR IMPULSES PRESENT NOW

DEAR SELF, I NEED YOU TO KNOW THAT YOU ARE...

JOURNAL &

Reflect

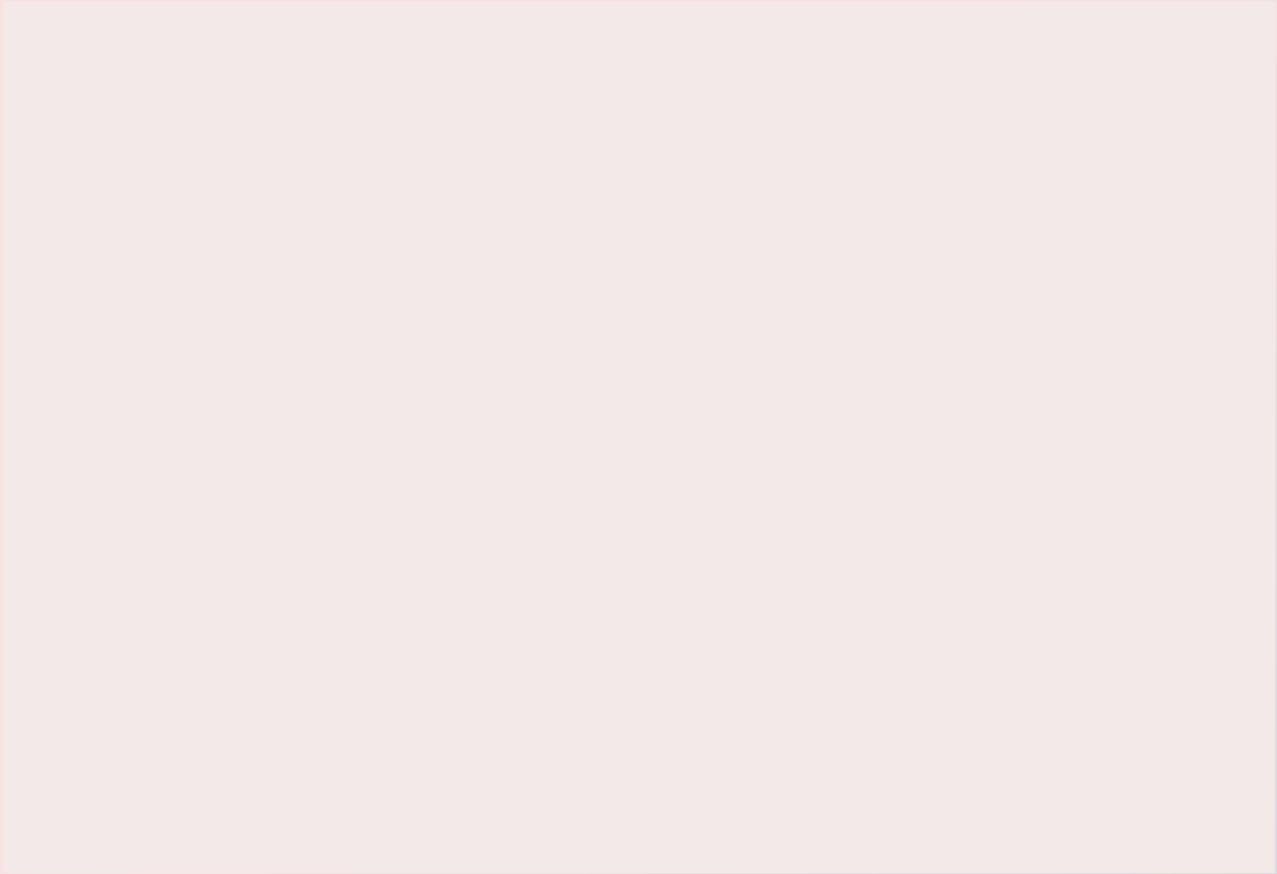
This week we're discussing embodiment & the yogic philosophy of *Ahimsa* (non-violence). Use the following pages to explore what these mean to you and how you might integrate them into your life.

What does Ahimsa (non-violence) mean to me?

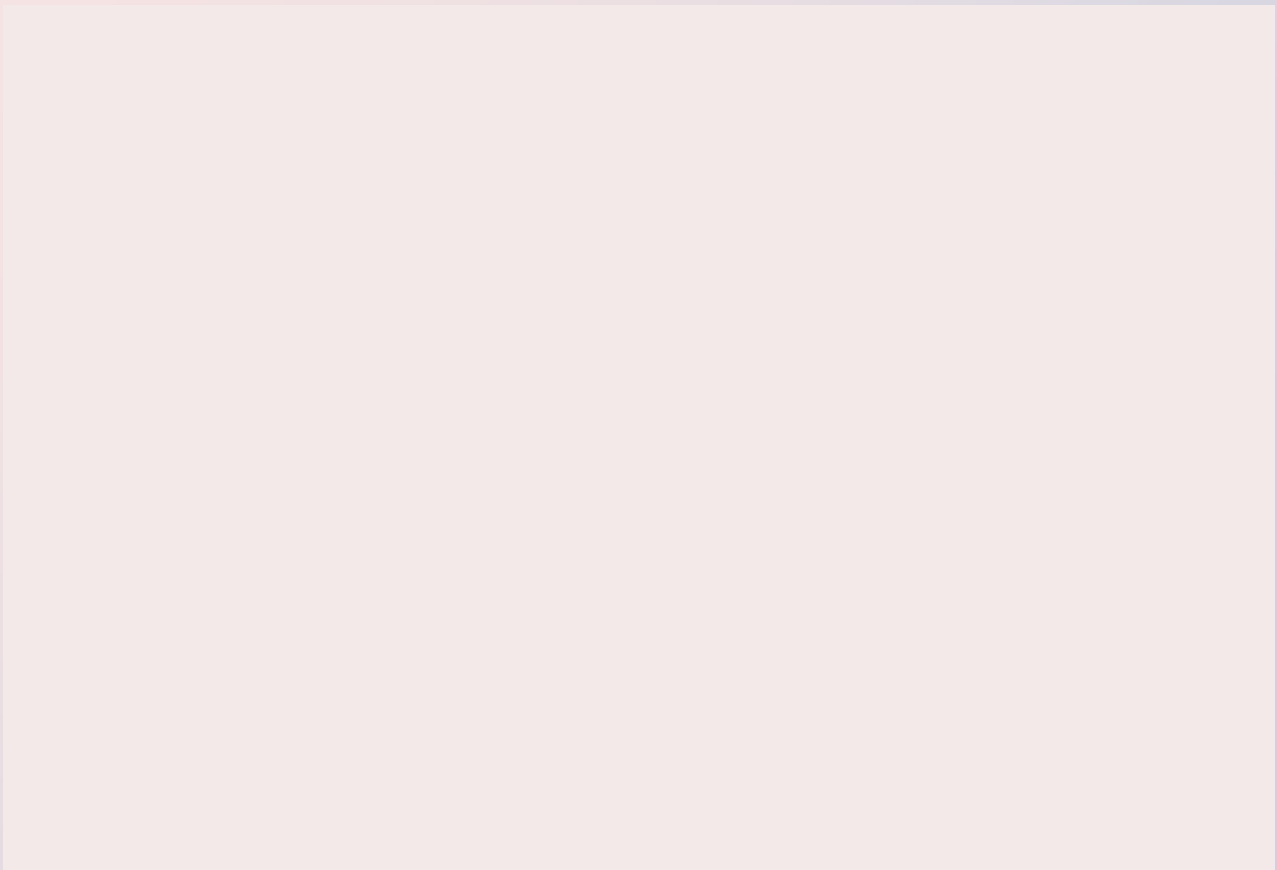
How do I practice kindness in my life? To my self? Others?

I promise to show myself more self-care and compassion by...

What embodiment means (and feels like) to me:



What impact would there be on my life if I embodied ahimsa?



WHAT IS THIS *feeling?*

Putting a name to what we're feeling can be tricky, especially if it's unfamiliar or uncomfortable. When we pause to examine these expressions in our body, we come to an opportunity to fully embody - and resolve them.

Use these word banks as a starting point for the following pages, and maybe come up with your own as you go.

Sensations

| | | | |
|------------|--------------|-----------|-----------|
| achey | contracted | itchy | teary |
| airy | constricted | light | tender |
| blocked | disconnected | nauseous | thick |
| breathless | dizzy | nervey | throbbing |
| bruised | dull | numb | ticklish |
| bubbly | electric | open | tight |
| burning | expansive | pounding | tingling |
| buzzy | floating | prickly | trembling |
| calm | frozen | radiating | twisted |
| clenched | full | realxed | twitchy |
| closed | heavy | shakey | warm |
| cold | hollow | sore | weighted |
| congested | hot | stuck | zingy |

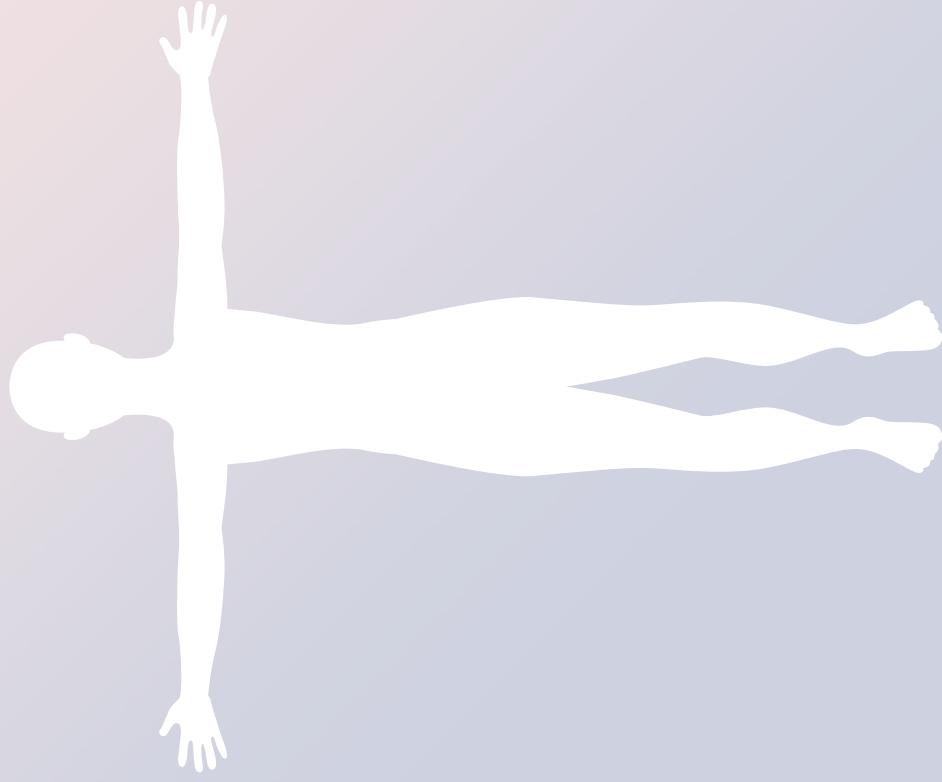
Emotions & Experiences

| | | | |
|------------|------------|-----------|-----------|
| admiration | disgust | happy | pleased |
| amused | depressed | hatred | pity |
| anger | desire | joy | sadness |
| annoyed | envy | love | satisfied |
| anxiety | excited | lonely | shame |
| apathy | frustrated | nervous | shy |
| awe | grateful | nostalgia | tired |

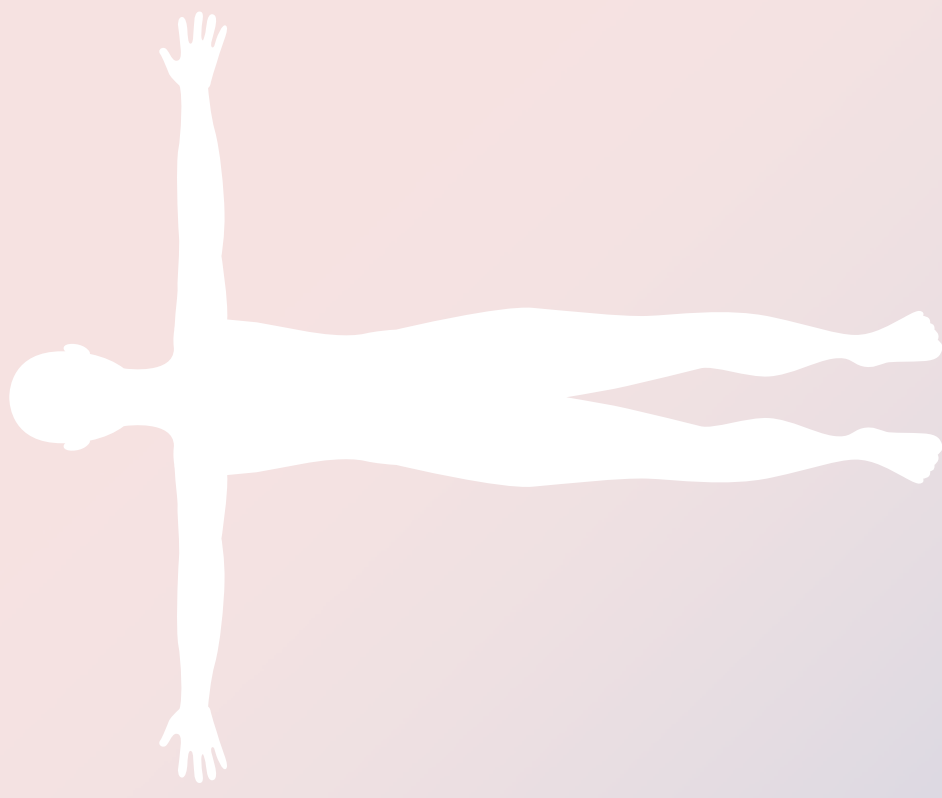
MAPPING *the body*

I invite you to use this page to explore what you notice in your body - using sensations, words, colors, images, stories, etc... You may wish to print this or import to a processor that lets you free-style with color and script.

FRONT



BACK



TRACKING

my body

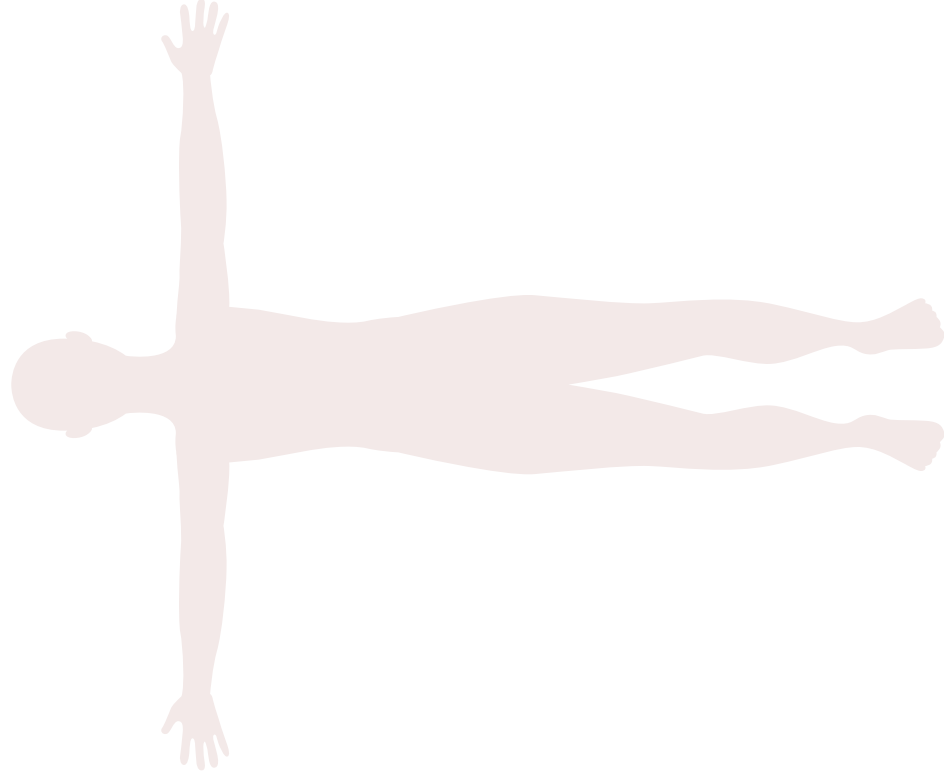
Allow this tracker to support your curiosity. Follow along each day with what's present for you, or with the specific body part/area that we're working on in session each week.

| | DAY 1 | DAY 2 | DAY 3 | DAY 4 | DAY 5 | DAY 6 | DAY 7 |
|--|-------|-------|-------|-------|-------|-------|-------|
| What I noticed in my body (or specific area of interest) | | | | | | | |
| Emotions I felt today... | | | | | | | |
| What triggered me today | | | | | | | |
| What was helpful | | | | | | | |

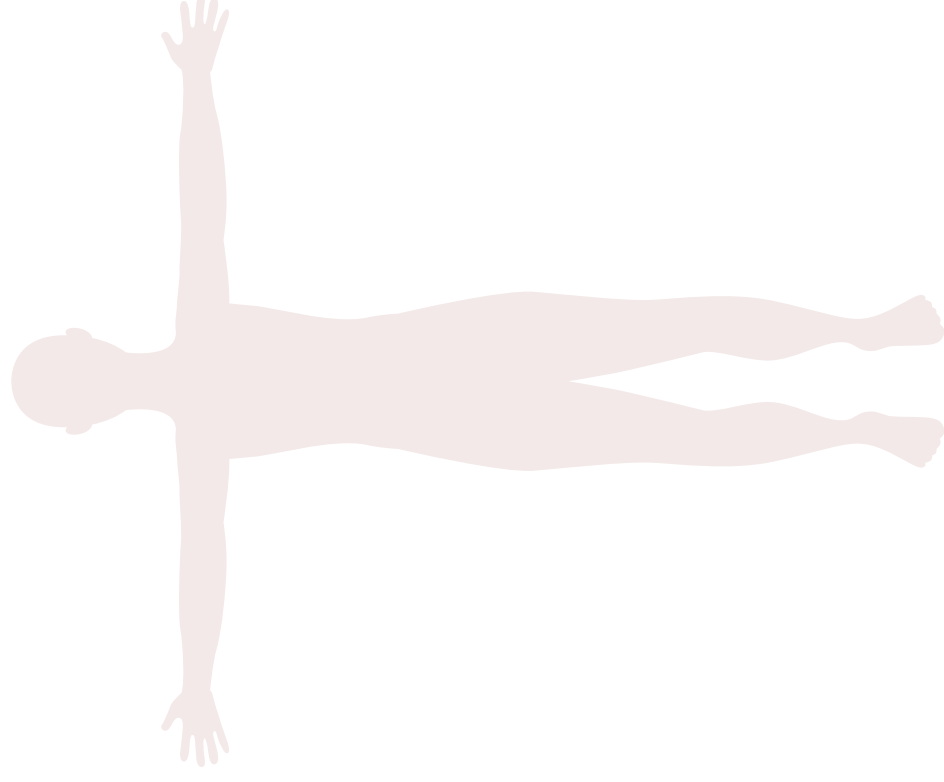
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Maria Noe