

Soul Sessions

The Desire Map Workshops

Knowing HOW you want to feel and setting goals with SOUL that support your Core Desired Feelings sets you up to live with intention and integrity!



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Following a seasonal calendar attuned with nature's rhythms, in four sessions we cycle through a deep process to ignite the spark and fuel the fire that feeds your SOUL..

What Is It?

We have the procedures of achievement upside down. Typically we come up with our to-do lists, our bucket lists, and our strategic plans — all the stuff we want to have, get, accomplish, and experience outside of ourselves. All of those aspirations are being driven by an innate desire to feel a certain way.

So what if we get clear on how we actually want to feel within ourselves, and then we design our to-do lists, set our goals, and write out our bucket lists?

Join us for 4 sessions, where you will identify your Core Desired Feelings, anchor them with guided movement, and set your Goals with Soul!

When Is It?

- **16 March**
Plant: Identifying CDFs
- **18 May**
Nourish: Goals With Soul
- **21 September**
Harvest: CDFs - Align & Create
- **23 November**
Restore: Goals With Soul - A New Year

Each session is a full-day immersion into one step in the Desire Map journey combined with movement, meditation, essential oils and ritual. Your enrollment includes:

- *Growth work to prepare you for the Journey*
- *Desire Map Workbook*
- *High-Vibe Lunch + Snacks made with love*
- *Take-home treasures to support you through the next phase*

250 -fr/session. Register for all 4 sessions to guarantee your spot and take 15% off the total price