



## 2025 Women's School for Spiritual Warriors ~A 7 month journey~

**Your investment & opportunity includes:**

### **7 in-person gatherings:**

Jan 4            9:30-4:30 (snow dates for all Sat gatherings in Westbrook are that Sunday)  
Feb 1            9:30-4:30  
Mar 1            9:30-4:30  
April 5          9:30-4:30  
May 2-4        Camping Retreat, Buckfield, Maine; 4pm Friday-4pm Sunday  
June 7          9:30-4:30  
July 17-21/22 VISION QUEST location TBD (in Maine)—  
July 22 Day of Mindfulness on your own or with sister(s)—Incorporation Phase

### **8-9 zoom gatherings facilitated by Director: (3rd Wednesdays, 6:30-8:00+ pm)**

Jan 15  
Feb 19  
March 19  
April 16  
May 21  
June 18  
July 16 (pending)  
Aug 20 - **Thirty day aftercare/follow-up/graduate zoom**

### **In addition:**

- **Once a week: 1 hour “sister call” with another participant or intern**
- **60-90 minutes daily home practices, readings and reflections which involves a daily reflections log to be shared with Director**
- **Two 1-on-1 one hour phone facilitation/coaching sessions with the Director**
- **July 22-Aug 20 - Thirty day After-Care Bridge Program**

*To be a Certified Holistic Life Coach through the  
Women's School for Spiritual Warriors,  
full participation and attendance is required.*