

The Kamaria Circle Course in Feminine Leadership



Kam ah REE ah: A Kiswahili name meaning "Like the Moon"

The Kamaria Circle is a leadership program for women in positions of influence in their career, field, family, relationships, home or community.

Leading from the sacred feminine requires a different set of tools than regular leadership. It requires that we develop our intuition and ability to listen to the messages of our body. It requires both emotional sensitivity and emotional stability. It requires the confidence to make decisions and to stand behind them. It requires us to take risks, face our fears head-on, and trust our inner knowing as we face the unknown. It requires heart-centered awareness and perception. It requires that we honor our most authentic selves.

In this 6-month course, you will learn concrete tools to awaken your creative genius, manifest your intentions, tap into your inner resources, and actualize your purpose. You'll learn how to understand the subtle messages of your body and emotions, and align yourself with abundance as you claim your place in the world.

The Kamaria Circle is open to 15 amazing women who:

- Have recently entered any of the Milestones of the Sacred Feminine: marriage/ new relationship, pregnancy, motherhood, or menopause
- Have stepped into positions of leadership or visibility in their career or community
- Are entrepreneurs, artists, and educators who are blazing a new trail
- Are holistic practitioners who want to deepen their personal or professional energetic practice

Seminar Dates & Cycle Themes

The Earth Element and our Sacred Body

Sunday, October 25th

The Metal Element and Our Sacred Mission

Wednesday, November 11th

Sunday, November 22nd

The Water Element and Sacred Archetypes

Wednesday, December 2nd

Sunday, December 13th

Sunday, December 20th- *Winter Solstice Celebration*

The Water Element and Sacred Abundance

Sunday, January 10th

Wednesday, January 27th

The Fire Element and Sacred Erotic

Sunday, February 7th – *Lunar New Year Celebration*

Wednesday, February 24th

The Wood Element and Sacred Awakening

Sunday, March 6th

Wednesday, March 16th

Sunday, March 20th *Commencement and Equinox Celebration*

Personal Project

Each woman is requested to identify a personal project that will be the focus of her inner work and intentions for the duration of the program. The group will support you in setting clear goals and being held accountable to concrete action steps. This personal project can be in the area of career, home, community, family, relationships- or any area of life that is calling you to delve into the mystery of the sacred feminine.

New projects or challenging situations are often a great place to start your inquiry into your personal project. Previous personal projects have included:

- starting a book (or other artistic project)
- navigating a new home environment due to marriage, divorce, recent move, etc.
- rebranding or launching a business
- launching a new career
- manifesting a new romantic relationship
- developing a new health routine

*We are like the moon...
May we light the way
through darkness.
May we honor our phases.
May we master our tides.
May we wield the power of
the Sacred Feminine.*

Monthly seminars (2 monthy)

Each seminar is designed to bring you deeper into yourself as you access your authentic feminine leadership style. Each seminar builds on themes explored and practiced the previous month. We reflect on the workshop content, the shifts we've been experiencing in our lives, and our personal projects. We also review the month's weekly activities and daily practices.

Location

1479 Fulton Street, between Throop and Tompkins
**location subject to change, but will be in Brooklyn, NYC*



Flower Essences

Flower essences are living forces of nature that align our life energy toward healthy growth and development. They are homeopathically prepared remedies that support us in clearing the stuck emotions and breaking through the limiting beliefs that keep us from living our fullest lives.

Flower essences act as a catalyst for personal evolution, often serving to attract to us what we most need and desire, as well as helping us get out of our own way. Each month, the women of the Kamaria Circle will receive a blend of flower essences specifically designed to support each cycle theme.

Weekly Assignments

The weekly assignments provide an opportunity to delve deeper into the workshop topics. These assignments may take anywhere from 15 minutes to an hour to complete. Weekly assignments are designed to be done at your own pace and according to your interests. There will be some activities that truly resonate with you that you will want to invest a lot of time in, while others may not interest you at all! Notice what you are drawn to, with the understanding that both the activities you attracted to as well as the ones you most avoid may be the ones that have the deepest meaning for you.

Examples of weekly assignments:

- * Selected readings- articles or chapters from some of my favorite books
- * Artistic projects- vision boards, portraits, life maps, collage-making and other creative projects
- * Reflection Questions- to help you explore the relevance of topic themes in your life

Daily Practices

The daily practices are structured to facilitate lasting lifestyle changes. In most cases, they will take about 5-15 minutes per day. As with the weekly assignments, pay attention to which daily practices resonate with you, and which you find difficult. Pace yourself- the end goal is for you to develop lifestyle habits that feel organic and are sustainable over time.

Examples of daily practices:

- * Mindful observation of physical symptoms and emotional triggers
- * Action steps toward your personal project
- * Monitoring your menstrual or lunar cycle
- * Breathing exercises
- * Meditation or chanting
- * Movement practices (such as yoga or Qi Gong)
- * Maintaining a journal and/or dream journal

Tuition

Kamaria Circle:

\$800 + \$100 registration and materials fee

Tuition includes :

- 12 live seminars
- 5 flower essence blends
- 6 months of weekly assignments
- One 30-min private coaching phone session

Monthly payment option (\$135 per month)

If you choose the monthly payment option, your credit or debit card will be automatically charged on the 5th of each month.

Kamaria Goddess:

\$1350 + \$150 registration and materials fee

Tuition includes:

- 12 live seminars
- 5 personalized flower essence blends
- 6 months of weekly assignments
- **PLUS:** Monthly private coaching and/or acupuncture sessions (6 sessions total)
- **PLUS:** 15% discount off all Oceans & Rivers products, workshops and events

Monthly payment option (\$230 per month)

If you choose the monthly payment option, your credit or debit card will be automatically charged on the 5th of each month.

