



Deep Dive into Intuition

Online sessions

The deep dive is an immersive 8-session journey designed to help you awaken and deepen your intuitive intelligence through the wisdom of your body.

The first 5 sessions represents a body layer — **physical, emotional, mental, energetic, and spiritual** — and invites you to explore *how intuition lives and moves within you*.

Through **somatic awareness, Nonviolent Communication (NVC), and creative, reflective practices**, you'll gently dissolve the blocks that obscure your inner guidance and open to a *life of greater harmony, trust, and authenticity*.

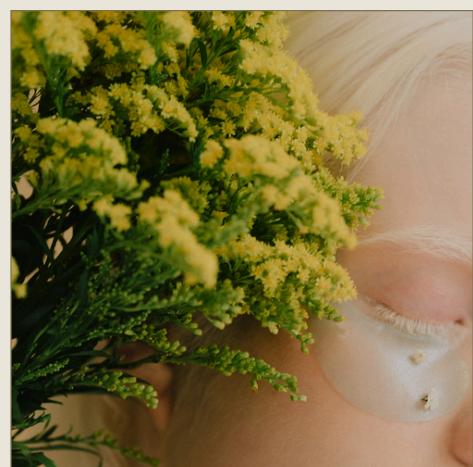
Between sessions, you'll receive simple, nurturing “integration invitations”: *recordings, rituals, or journaling prompts to root your insights into daily life*.



Alignment call

★ Prior to the Program — A 30–45 minute introduction call to:

- Connect and explore your current needs and intentions
- Clarify your goals around intuition and embodiment
- Discover how this journey can support your inner evolution





FIRST WEEK AND A
HALF



THIRD WEEK

Session 1/8

Root & Safety

Grounding Intuition in the Present Moment

- **Focus:** Connecting and exploring how safety and trust affect intuitive presence.
- **Themes:** Fear, survival, embodiment, trust.
- **Tools:** Nature walk, mindful slowing down, grounding awareness.
- **Homework:** Daily walk in nature + slowing down activities.

Session 2/8

Flow & Feeling

The Language of Intuitive Emotion

- **Focus:** Exploring emotions, relationships, and creative flow as gateways to intuition.
- **Themes:** Self-expression, spontaneity, celebration, relational attunement.
- **Tools:** “Yes/No” body method, discovering needs for connection, creative expression practice.
- **Homework:** Practice the “yes or no” body method + daily creative activity.



A BIT MORE THEN
ONE MONTH INTO
THE DEEP DIVE



ONE MONTH AND
A HALF

Session 3/8

Clarity & Focus

The Mind in Service of Intuition

- **Focus:** Transforming mental tension into intuitive clarity.
- **Themes:** Awareness, choice, trust in inner knowing.
- **Tools:** Gut-feeling detox, 3-second rule, body-compass check-in.

Bonus 1: Herbal allies for intuition (guide or mini-teaching).

Session 4/8

Heart & Harmony

The Energy of Compassionate Intuition

- **Focus:** Cultivating empathy, heart-centered awareness, and energetic harmony as pathways to intuitive guidance.
- **Themes:** Love, harmony, giving and receiving, transcendence, emotional openness.
- **Tools:** Dream recall practice, heart-centered yoga asana, and breathwork for energetic balance.
- **Homework:** Daily dream recall — write down one dream fragment or intuitive image upon waking to deepen your connection with the subconscious.

Bonus 2: Yoga asana pre-recording for intuitive guidance and harmony — a flowing sequence supporting both the heart center (anahata) and intuition (ajna) through movement and breathwork.



A BIT MORE
BEFORE TWO
MONTHS INTO
THE DEEP DIVE



TWO MONTHS
AND ONE WEEK
INTO THE DEEP
DIVE

Session 5/8

Voice & Expression

Intuition Through Truth and Communication

- **Focus:** Deep listening and authentic speaking.
- **Themes:** Inspiration, self-expression, reflection, clarity.
- **Tools:** Introduction to NVC (Nonviolent Communication), journaling prompts, expressive writing.

Bonus 3: Journaling prompts for intuitive communication.

Bonus 4: Needs list & NVC resource guide.

Session 6/8

Insight & Vision

Trusting the Inner Guide

- **Focus:** Cultivating intuitive perception and inner vision.
- **Themes:** Guidance, growth, spiritual resonance, discovery.
- **Tools:** Silence practice, morning stillness ritual, off-screen time, intuitive walks.

Bonus 5: Third Eye cleansing & connection brochure.



TWO MONTHS
AND A HALF INTO
THE DEEP DIVE



THREE MONTHS
INTO THE DEEP
DIVE

Session 7/8

Oneness & Wisdom

Surrendering to Intuitive Wholeness

- **Focus:** Opening to universal consciousness and deep purpose.
- **Themes:** Mutual presence, understanding, unity, purpose.
- **Tools:** Meditation, gratitude practice, gentle reflection.
- **Bonus 6:** Pre-recorded meditation audio/video.

Session 8/8

Integration & Gratitude

Embody Wholeness: Weaving the Layers Together

- **Focus:** Integration of all body layers, reflection on journey, and anchoring gratitude.
- **Themes:** Wholeness, sustainability, embodiment of intuitive living.
- **Tools:** Reflective dialogue, guided gratitude practice, intuitive literature & playlist.

Bonus 7: Recommended books & curated playlist for integration.



1 MONTH AFTER
THE DEEP DIVE (21
DAYS AFTER THE 3
MONTHS)



DURING THE DEEP
DIVE

Follow-up Session (Optional)

Integration & Sustainability Check-in

- Occurs a few weeks after the final session.
- Reflect on what has stabilized, what new insights have emerged, and how to continue cultivating intuition in daily life.

Support

Optional Add-ons

Embody Wholeness: Weaving the Layers Together

- 1:1 NVC-based empathy sessions for deeper emotional clarity.
- Personalized intuitive body-mind practices or herb consultations.
- Group sharing circle (if offered in community format).

Bonus 7: Recommended readings & curated playlist for integration.



AFTER THE DEEP
DIVE



AFTER THE DEEP
DIVE

Outcomes

(Optional)

By the end of this journey, participants will:

- **Deepen** body–intuition connection
- **Strengthen** energetic **boundaries** and discernment
- Access **creative flow and spontaneous insight**
- **Align** mind, heart, and spirit
- Trust life's timing and **natural unfolding**

Outcomes

By the end of this journey, participants will:

- Feel more **grounded** and present in their bodies.
- Trust their inner voice and **decision-making**.
- **Relate to emotions** as intuitive messengers.
- **Communicate** with authenticity and empathy.
- **Live** with greater harmony, purpose, and gratitude.

Interested?

Book your call and [click here](#) or send me an [e-mail](#).