

# Embracing Life to the Full!

## *MEDITATION SECRETS FOR WOMEN*

*By Camille Maurine & Lorin  
Roche, PhD*

A 12 MONTH On-Line Communal  
Journey for 2019

Once-A-Month Video Conference Calls

SUNDAY EVENINGS

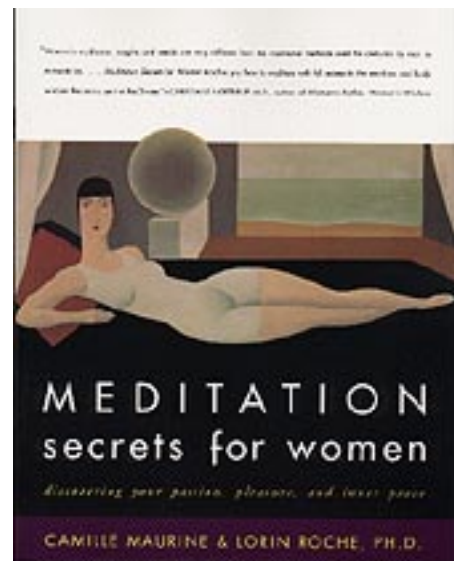
7 – 8:30pm Eastern USA time

With

Sera Crandell & Jessica Fleming, Certified Meditation Secrets for Women Teachers

**Dates:** Jan 6, Feb 3, Mar 3, April 7, May 5, June 2, July 7, Aug 4, Sept 1, Oct 6, Nov 3, Dec 1

*(All calls for Australian and New Zealand times will be Monday mornings. Please convert from Eastern USA time)*



**A Special Invitation!** This is a special invitation to you as a previous participant in Camille's online course, Meditation Secrets for Women. Each month we will review one Secret via our video conference calls on Zoom. With each Secret, you can access your previously-purchased resources of guided meditations and teleconference calls if you so choose. Continue to deepen your experience with the Secrets as you revisit each one throughout the year!

**Deepen into Your Resources With a Special Group ~** You will be part of a special group of 10-12 like-minded women who are also diving deeper into their feminine wisdom. The beginning of each month, we will hold our video conference call via Zoom. We move through the twelve Secrets together through the year, one per month, and share in all that goes along with that amazing journey together!

**Our Flow ~** Prior to each call we will send out an email detailing the upcoming Secret. On the group Zoom Call we will address the Secret and each share its relevance in our lives. Recordings of our group call will be sent out soon afterwards. Around mid-month, we will send another email

regarding the month's Secret and seek feedback for how it may be flowing for you. Also, Sera will set up a secret Facebook Group so our group members can stay connected that way as well.

We invite you to join us on this Wonder-full Journey with a small group offering individualized attention. As you well know, this journey through the 12 Secrets addresses every aspect of both our personal and spiritual lives. It is empowering, nurturing, and inspiring ~ aligning us more deeply with our soul's calling. It WILL change your life!



**Sera** has found her calling by sharing with others the practices that have guided her own inner journey, engaging deeply with life and love. Her eclectic skills as a yoga and Pilates instructor, body-worker, meditation guide and somatic therapist create a broad vision that helps her support every individual in a unique and special way. She has been a part of the Meditation Secrets for Women group since its inception in 2010, having fallen in love with the powerful embodiment practices and Camille's amazing presence since the day they met in September 2009.

**Sera's Website:** [www.somaticpathways.com](http://www.somaticpathways.com)

In USA, contact Sera: Phone: +13015246758 Email:  
[sera@somaticpathways.com](mailto:sera@somaticpathways.com)



**Jessica** is a 77 year old Wise Woman Eldress Grandmother with vast life experience personally, and professionally as a Masters Degree Counsellor/Mentor for 45 years. Born in the USA, lived 26 years in New Zealand, she now resides north of Brisbane, Australia. Jessica is a long time old time Soul Sister of Camille's. She respectfully listens, holds, and asks transformative questions.

**Jessica's Website:** [www.soulpathjourneys.com](http://www.soulpathjourneys.com)

In Australia or NZ, contact Jessica:

Phone: +61477750085 , Email: [jessica@soulpathjourneys.com](mailto:jessica@soulpathjourneys.com)

### Registration Information

**For FREE Pre-Registration until Dec 1<sup>st</sup> Please go to:**

<https://www.somaticpathways.com/embracing-life-to-the-full>

***Payment link to be sent to preregistrants on 12/1, for payments by mid-Dec.***

### Payment Information

Early Bird Price: \$660.00 (USD) total

paid by Dec 10<sup>th</sup>, 2018.

Monthly Payments: \$60.00 (USD) per month starting in mid-Dec

by automatic payments.

*All payments will be by PayPal through Sera's website.*