

*If you are feeling called to learn new &
shadow-based*

**Advanced Depth
5 technique-based Transformational
Intensives +**

**Advanced Depth is for practitioners,
coaches, teachers, trainers and guides who:**

- 🌀 Desire to apply & master the deepest of the deep transformational skills with clients & groups
- 🌀 Are ready for your own next level of soul work & transformation
- 🌀 Want to be uber effective at working with Shadow in multiple ways
- 🌀 Are willing to stretch yourself
- 🌀 Desire an intensive and intimate experience with me and a circle of incredible, committed practitioners

Advanced Depth goes beyond the already advanced techniques that you've learned in Sacred Depths or Into the Depths. It is designed for practitioners who are called and willing to dive in the deepest waters, to take their personal practice very seriously, and to go further with their own Shadow exploration to be able to serve clients most embedded resistances, complexes, narratives and self-sabotage.

Advanced Depth is designed to be a very intensive experience, approximately every other month. During intensive containers, you will have the space to be fully immersed in your soul work and in new, incredible techniques. A lot will be required of you by way of stretching yourself into your next level of evolution... but you will also then have two months to integrate until we meet again!



**Advanced Depth is comprised of:
5 Intensive Retreats
over 10 months (4 Virtual/1 In Person)**

Advanced Befriend Your Fear Technique

We take the basics of the Befriend Your Fear Technique and go to the next level so that you can successfully guide your clients through their most obstinate fears..and into more confidence and motivation. Over these 2 days, we will cover the subtle-yet-important details and maneuvers to make this spirit and body-based technique as powerful and effective as possible.

Choose Your Own Shadow Journey Transformation Technique

The Choose Your Own Shadow Journey Transformation is one of the most powerful tools I have in my toolbox. When you have this skill under your belt, you are able to lead clients to earth-shattering breakthroughs and activate new neural pathways that guide them to desired habits, practices, actions, and feelings. This technique alone is one that has clients telling me our work together is the best money they ever spent.

Dreamwork and Archetypal Symbols

Get ready for a mystical, soul-opening, deeply transformative 2 days! In this intensive, we will do a deep dive into how to support yourself and your clients towards transcendent self-knowledge. You will learn how to help clients make life-changing meaning and motivation out of their dreams and out of the Symbols that show up in their lives and psyche. Powerful skills and insights that you will use for the rest of your life.

Shadow & Archetype Intensive

This retreat is epic, and meant to be taken more than once – the work deepens, integrates and accelerates each time. You will do some of the most powerful & courageous personal work that can be done as you come face to face with the most rejected and sabotaging parts of yourself. You will also learn how to masterfully guide your own clients and groups through this work – a skill that puts you in the top 1% of transformational practitioners. ***This intensive will also include 2 powerful follow up workshop & practicum calls***

Wise Warrior Technique

The Archetype of the Wise Warrior is medicine for those who get stuck because they aren't setting boundaries & because they don't have the courage to speak up and speak out – in their lives, in their businesses, in their messaging, in their marketing. In this powerful intensive, we will unlock the healing powers of the Wise Warrior for yourself, and for your clients. In doing so, you activate the power of your VOICE.