



Greetings Mighty Companion,

Thank you so much for your interest in my coaching/teaching services. For nearly a year, I've put aside my business services in yoga/spiritual life coaching on hold, as I reconsider my purpose and how to operate financially while sharing spiritual wisdom.

We've all been through so much this last year, and waking up to the hard truths of our collective "insanity" is a big one to process. I'd like to do that together, and support as many as I can as we walk the path home, to God, to heaven on earth.

This *Yoga off the Mat Online Training* is something I'm quite proud of, and I'm excited to step back into the program. With two private group calls per month, this coaching container we will be creating is sacred, and is only offered to those who want to do the work. Those who are ready to look at themselves in the mirror and realize that if anything in the outside world is going to change, we've got to change on the inner.

This private coaching/circle experience creates an intimacy that's deeper than what we can do on YouTube. It's function is to support those who are called, to be the YOU, that you love to be with. The YOU, you were born to be.

It's about realizing your divine nature every day, and in every way.

My purpose for offering the Yoga off the Mat Course is to be of service, loving and available, to those who have the desire to learn tools, processes and universal principles that will support them in accelerating their ascension journey.

Instead of putting up my sales pages, (you can visit marierussel.com to get a taste of things) and getting all market-y or formal again, I'd like to see how we do with a simple invitation. If you're receiving this message it's because you've expressed interest, or I feel you would be a great fit for the private Mighty Companions Sacred Circle.

By way of context, here's what you can expect over the next six months::

2 group coaching calls offered bi-weekly, private & confidential

- We will start with a guided meditation, and I will offer a teaching with themes from A Course in Miracles and other metaphysical texts. Calls are about 2 hrs long and there is space for Q&A after the talk. We'll see how we go, I may invite a guest speaker now and then...

6 Online Training Modules that offer slideshow presentations offering masterful Life Coaching tools around Clarity & Direction, how to approach & correct false core beliefs, Forgiveness and your part in the process, Inner Family energetics and dynamics, win- win decision making and visioning processes.

- These tools are actionable, so there will be assignments between sessions, consider about 2-4 hours per month outside our group calls.
- We will focus on one tool/month, and one tool will be available per month in the course.

10 + pre-recorded meditations and more as we get going, I love doing these.

- These activations are offered to support you in relaxing into the present moment where Only Love is Real

By way of bonus, there is a library of over 30 + past trainings in the portal where you can gain more wisdom and training in your own time. I find "the circle" comforting and healing....I know you will too.

You will receive the zoom links for the live calls 24 hrs prior to the circle to the email you register with when you make your contributions @ <https://www.buymeacoffee.com/marierussel>

Here are the dates for the upcoming calls:

Live/Private Group Sessions

with Marie Russel

@ 2 PM Central on these upcoming dates:

June 12 & 29
July 8 & 24
August 12 & 28
Sept 9 & 25
Oct 7 & 23
Nov 11 & 27

If you can't join us live for a circle, they will be recorded and uploaded into Vimeo and you will have a private link to view within 24 hrs of the call. Confidentiality is ESSENTIAL, and we trust you will not share links with anyone outside the group.



Contributions

There is considerable energy that goes into offering this course and being the best coach/leader/teacher I can be while supporting my family and our many projects for this community (more info on *Garden of Eden Project* events in Mexico coming soon).

I went to Spirit, and asked what was in the highest for all involved and am trusting the answer. I want to give it all "for free" and soon we will be able to operate that way, until then, these are the energetic exchange options that I trust will support you in joining given you are called to this work.

I want them to be simple and at the same time offer a spectrum of options so that we've considered different variables.

Mighty 1: The minimum donation to be in this private, sacred circle of Mighty Companions & the Online Yoga off the Mat Training portal, is 108 USD/month for 6 months, or a one time contribution of 497 USD for 6 months.

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Mighty 2 If you want to receive private sessions with Carmie Buhalis, my friend and fellow coach, the second tier is 197/month where you will receive 1, 1:1 session per month for the next 6 months. Or you can invest all upfront 997 USD. Carmie is awesome at holding space and going through your assignments if you want extra support. She's been training with me in groups & privately since 2017.

<https://www.buymeacoffee.com/marierussel>

Mighty 3 If you want to receive privates with me, the third tier is 297 USD/month for 6 months, or 1650 USD. I will be available for 6, 1:1 sessions over the next 6 months. Sessions are 60 minutes. Carmie & I will be generous with time and energy.

<https://www.buymeacoffee.com/marierussel>

Please note when you make your contributions that refunds cannot be offered for any reason. If you want to start for a month or so and unsubscribe I am open to that. If that's the case, access to the online portal & modules, and all private calls will be complete.

My intention is to offer this training as low as I can and also to create a win-win scenario. The base rate used to be 1650 (we've lowered it to 497) and went up to 4997 for the privates/retreat options.

If you can *comfortably* contribute more and are guided to do so, that is welcomed with gratitude, and can be done as we go. If these numbers are still way out of your comfort zone (sometimes that's a good thing!) and you're feeling called to this work, please contact me directly at hmgbird17@gmail.com.

All contributions made for this training go towards the It's Yoga International Non-Profit Foundation. Our mission is to share the love of the practice of Yoga on & off the mat, Alkaline Living & connection to Supreme Consciousness with mankind. Our first project is manifesting the dream of the *Garden of Eden Project*, where we welcome peeps in person and online to events that celebrate community, family, the frugavore lifestyle, freedom and happiness for all.

Very soon, we will start offering events in Miacatlan in our summer Castle House. Stay tuned for more information coming out in the next week or so. Members of Yoga off the Mat will receive benefits when it comes to registration, pricing and housing, just FYI.

I'M SO EXCITED to take our time together to the next level.

So much love,

Marie Russel