

# *Warrior*

## GODDESS TRAINING



BECOME THE WOMAN  
YOU ARE MEANT TO BE



FREE ONLINE INTRODUCTORY WORKSHOP WITH KENDRA

[elementsofhealthyoga.com](http://elementsofhealthyoga.com)

# Warrior Goddess Creed

I hereby commit to fully embody my  
Warrior Goddess self.

From this moment forward I will do my best to:

Love all of my being  
Appreciate the beginnings and the endings  
Honor my body and mind as a temple  
Stay grounded and present  
Cultivate my passions and creativity  
Own my strength and vulnerability  
Open my heart to all of life  
Speak my deepest truths  
Listen to the wisdom within  
Claim my unique path

And walk the Warrior Goddess Way.

HeatherAsh Amara - *Warrior Goddess Way*

## WARRIOR GODDESS RETREAT WEEKEND OR 5 WEEK SESSIONS

Warrior Goddess Creed.....  
Foundation.....  
Session 1.....  
Session 2.....  
Session 3.....  
Session 4.....  
Soul Art.....

Full Course \$249+tax



# Warrior Goddess

*Become the woman you are meant to be.*

FOREWORD BY DON MIGUEL RUIZ  
Author of *The Four Agreements*

## WARRIOR GODDESS TRAINING

BECOME THE WOMAN  
YOU ARE MEANT TO BE

HEATHERASH AMARA

Join Us for an amazing Day Retreat

HeatherAsh Amara's groundbreaking:

## Reclaim Day Retreat

Spend the day bringing your authentic self forward.  
Introducing Toltec Wisdom to balance, strengthen and  
bring about wholeness. Come Dance, Engage and Play !

*Deep Teachings ~ High Vibe  
& Highly Motivational !!!*



*also available : Goddess Warrior Trainings*

*5 Part Series workshop available introductory class starting soon.*

[elementsofhealthyoga@gmail.com](mailto:elementsofhealthyoga@gmail.com)

*With Kendra West - Certified WG Facilitator*

*7 Library Lane, Stouffville, On. \*\*\* find the Purple Wall*