



Connect With Val



Workshop & Event Proposal

Spiritual Counselor, talented Yoga teacher, and Founder of Hanuman Festival, Valerie D'Ambrosio's passion lies in guiding individuals to connect with their emotional, physical, mental and spiritual bodies in a healthy and conscious way. By blending movement, breath, and meditation, along with self-inquiry, she believes the practitioner creates a doorway to deepen their intuition and profound self-love.

Valerie's infectious living-large nature encourages people to discover their greatness and play big in the world. Her wish is that people become more connected to the wisdom of their bodies and to the guidance that is within and around them.

WORKSHOP DESCRIPTIONS

(Option to incorporate yoga/movement into integrated into all workshops)

Uniting Forces - The Dance Between Masculine and Feminine (2.5 hrs up to two-day workshop)

Weave together the psychological and physical aspects of the masculine and feminine energies through movement and meditation. The imbalance of these energies has created a deep incongruency in the individual and the collective. We have spent many years far to one side or the other of the pendulum, and now there is a call for balance between the two. (2 hour workshop includes lecture, movement and meditation)

Living Energetically: A Path to Personal Freedom (2.5 hours up to two-day workshop)

Everything is energy. When we begin to live energetically, we have the opportunity to free ourselves from limited thinking, behaviors, and patterns. In this workshop, Valerie will offer you digestible ways of understanding basic foundational tools designed to help you unwire programming that is no longer serving you. With this awareness, comes the potential for you to release lower, heavier energies like shame, guilt, anxiety, and worry. This will shift you into higher frequencies and perspectives while unlocking the doors of possibility!

It's About Balance - Discover internal balance & awaken the gifts already present within you (2.5 hours up to two-day workshop)

Many of us have certain strengths we rely heavily upon, that have supported us in experiencing a certain level of success. However, when we constantly lean on those strengths, they can easily become the source of our exhaustion and frustration. In this workshop, we will begin to become aware of where we have swung so far to one side of the pendulum and awaken other aspects of ourselves which have been hidden, in order to cultivate greater balance and harmony in our lives.

Valerie will help you to understand and use the wisdom of astrology to honor the already present elements inside of you and reignite your connection with all that is divine.

Making Self-Care a Non-Negotiable: Reframing Selfishness

(2.5 hours up to two-day workshop)

While flying, we have all heard, “Put your mask on before you put on your child’s,” or “We are no good to anyone, especially ourselves, when we are operating from an empty tank.” Although this is something we all *know*, putting it into action can be challenging. In this workshop, Valerie offers you an opportunity to become aware of the deeply conditioned beliefs blocking you from activating and sticking to self care. She will provide tangible, everyday tools to implement into your life. They will release you from draining and depleting ideas around selfishness. When we put ourselves first, we begin to realize how it benefits the greater good by causing a ripple effect of harmony and opportunity for those around us.

Discover Freedom In Feeling (2.5 hours up to two-day workshop)

- Have you noticed your empathetic nature can leave you feeling depleted or feeling taken advantage of?
- Do you find you feel so much, and sometimes uncertain as to how to move it in a healthy way?
- Is feeling fear a common experience when revealing your 'emotional side'?

We are more than just our bodies, as a matter of fact, we are glorious beings with many facets playing out as we embark on this human journey. Being with emotion, be it whether with ourselves or others, it can often feel wobbly and trigger core wounds. Additionally, many were not taught how to move through emotions in a healthy manner.

Valerie will support you in navigating your 'super power' of *feeling*, guiding you to discover ways of being with emotion from a place of greater trust and kindness. When learning to meet ourselves from this space, she has witnessed individuals experience greater personal freedom. (Lecture, Discussion, Yoga)

Get Grounded and Empowered: Discover Balance in Your Every Day Life (2.5 hours up to two-day workshop)

Do you ever find yourself spinning in life, feeling as if you're ten feet off of the earth? You are not alone. Most of us don't have role models or tools to center and stay grounded in life, leaving us feeling unbalanced and depleted. Develop tools on how to ground back into your truth, so you can show up fully in the world empowered. (Lecture, discussion, meditation)

Design Your Destiny Workshop: (2.5 hour workshop up to two-day workshop)

Feel like you are starting to fall off your personal goals? You are not alone! Our minds are wired to turn to what is familiar and comfortable, which is not always most beneficial. In this workshop you will gather tools to re-wire your mind for lasting results and create your life by design rather by default. (Lecture, discussion, meditation)

Chakra Workshop - Roadmap To Your Life (3 hour workshop up to two-day workshop)

In this workshop we will integrate an all-level guided asana practice, while discovering the basic principles and aspects of each chakra. Learn how the chakras affect your overall health and how to balance what has become blocked or overloaded, in order to move toward health, vitality and harmony. (Lecture, discussion, yoga, meditation)

Celebrating the Death of the Old Self: Emerging into Empowered Creation (3 hour workshop up to two-day workshop)

The ending in any area of life can feel utterly devastating. Like being swallowed by a sea of overwhelming emotions, uncertain of which side leads you up toward the air, hoping you can even have one fleeting gasp before you get pummeled by the next wave. It's here most will support you with worry, a pity party, 'shoulding' all over you, or rallying you to get revenge.

Valerie believes this is your Soul calling to awaken something inside of you, which means the inevitable death of the old. In this workshop she takes you

through different ways of processing through your pain with tenderness, offering tools to consciously emerge into the new empowered creation that is so ready to be birthed. (Lecture, discussion, meditation)

Seasonal Flow - Tune Yourself To The Seasons: (2-3 hour workshop)

Each season has its own personality, mood and energy. Through movement, intention and breath, we explore and transform our practice into sacred ritual specific to the current season. Honoring the seasons reignites our connection with all that is divine. (Lecture, discussion, movement, meditation)

Women's Sacred Circle: (2.5 hour workshop, full day, monthly program)

No matter where each of us are, it is exactly perfect. Meeting one another from a place of radical acceptance, reciprocity, consciously speaking and authentic listening, we support one another's greatness.

When we step into our power as women, there is tremendous possibility in creating positive change in the world!

Whether you are looking to connect more with Spirit and the Goddesses, tools to break through unhealthy patterns, or just want to meet and grow with other great women on their journey, you are welcome.

For more information or set up a Discovery Call with Val

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