



The Expression Experiment

Join me for The Summer of TRUTH!

\$222 value, for **only \$37** (3 + 7 = 10 which in numerology is all about completion and starting something new all at once which ultimately is inspired transformation or Transpiration-part of my new book!)

This is a **4 part series** for the woman being activated from within into deeper layers of expression so that she may show up more fully in every moment of every day in every aspect of her life.

The Expression Experiment exists for the woman who

- is doing the work within herself and is being called into a fuller, more vibrant expression of her being.
- has experienced difficulty in speaking up for herself and for her needs in the past and she's ready to transpire out of that pattern into a more deeply integrated version of Self.
- gives so unconditionally to others and knows it's time to give to herself as powerfully.
- desires the opportunity to practice speaking and expressing herself in fun, new, playful ways because sometimes sharing her Truth and being vulnerable feels heavy and cumbersome.
- knows it's time to unapologetically show up and share who she is with her family, her friends, and her community; no more hiding, no more playing small to keep the peace, no more masks!

The Expression Experiment is where you will explore what it is that you need or want to express and how it wants to come through.

Through this experiment you will return to your TRUTH one courageous moment of expression at a time.

Promise:

This is a slow, intentional, *non-linear* witnessing of all that you are already moving through while taking a conscious and courageous look at what your Soul is asking of you so that you can show up and speak TRUTH-fully. During this experiment, you will have the opportunity to explore the different layers of yourself that are asking to be shared and witnessed without inner judgement and self-censorship. Every session, individually and concurrently, will weave together the Truth of your Heart, your voice, your body, and your whole Self.

Here, as you remember *how* to play, resurrect your creative spirit, and revive your sacred Truth, you will be invited to un-become all that you never truly were in order to become your truest, most Radical, Radiant Self, the one you've always been.

How it looks:

- **Session 1 (May): Creative Heart play**
 - Here we will explore what the Heart desires to share and how it can be expressed when allowed to fully open and stay open. We will bring in Heart expansion and grounding exercises and explore expression through heART.
- **Session 2 (June): Creative Voice play**
 - Here we will explore what the Voice desires to express by playing in throat opening practices and voice activation exercises. We will play and explore through toning and singing with a special focus on speaking the Truth that often gets trapped in our throats.
- **Session 3 (July): Creative Body play**
 - Here we will explore what our Body desires to share and how it is the full vessel that our truest frequency can be felt and experienced through (by us and by others). We will play in movement with a special focus on BEing and how allowing ourselves to BE our truest selves is what facilitates our fullest expression.
- **Session 4 (August): Integration**
 - Here we will feel into and begin to express our Truth from the fullness of who we are and where we are in our journey. This session is simple and an even deeper invitation to play in what feels best for you: for your Heart, your Voice, your Body, your Self.

What you get:

- a. Experiential offerings released at the end of each month that include: guided journeys, practices, sharings of my own and MORE, specific to that month's focus
- b. The "Expression Log" will also be included with each month's offer and will include: guidance, recommendations, practices and play opportunities that you will be able to move through at your own pace between sessions
- c. Follow me on IG (@fromherstoyours) for daily and/or weekly shares of my own Expression Experiment as I will be journeying through this with you!

The Expression Experiment is for the woman who is ready to revive what has once been forgotten and who desires to return to whom she has always been.

Come explore with me who you are when you express yourself fully and what that looks and feels like for you.

The experiment starts soon; Wednesday May 20th. To join, go [HERE](#).

I can't wait to play with you!

From Hers to Yours,
Heather