

HELD:

For the woman who's done holding it all.

A 6-week journey to nervous system healing and soul-deep rest for the woman who's always been the one holding it all.

ONLY 5-3 SPOTS!

once they're gone, they're gone

(Offer Expires Friday, July 18, 2025 at midnight EST)

YOU'VE BEEN TOLD TO PRAY MORE. TO HOLD IT ALL TOGETHER. TO BE THE STRONG ONE.

But your body, it's telling a different story. One of tension, exhaustion, and never feeling safe enough to stop striving.

You've done the therapy. You pray. You're trying to heal, but your body doesn't believe you're safe.

Held helps women stop hustling for love and finally rest - physically, emotionally, and spiritually.

This high-touch, live experience is for the Jesus-loving woman who wants to heal the effects of birth trauma, regulate her nervous system, and restore her connection to her body in a simple, somatic way.

WHAT YOU'LL WALK AWAY WITH

- A calm nervous system that doesn't spike it every demand
- A body that no longer braces for the "what if"
- A rhythm of rest and relaxation that is rooted in identity, not performance
- Deeper spiritual connection to the Father
- Somatic healing practices that you can return to again and again whenever you're feeling triggered

HELD OVERVIEW

[Watch this quick video](#) to understand how the program works, what's included, and how your story will shift in just 6 weeks.

CURRICULUM SNAPSHOT

WEEK 0: Welcome + Nervous System Foundations

- ✓ Orientation + Nervous System 101
- ✓ Self-Assessment: Where am I now?
- ✓ Introduction to the Daily 5
- ✓ Somatic prayer & breath practice
- ✨GOAL: Cultivate capacity before you go deep

Week 1: You're Not Broken, You're Just Not Safe

- ✓ The root cause of your striving + symptoms
- ✓ Polyvagal theory through a Catholic lens
- ✓ Create your "Safety Blueprint"
- ✨GOAL: *Find your glimmers + create micro safety rituals*

Week 2: Control Isn't Keeping You Safe - It's Keeping You Stuck

- ✓ Why women like you carry it all (and why it's exhausting)
- ✓ The spiritual + nervous system cost of hyper-independence
- ✨GOAL: *Letting go safely using somatic unwinding + trust building*

Week 3: Healing the Freeze: Trauma Stored in the Feminine Body

- ✓ The body that's always bracing: how trauma hides in stillness
- ✓ What motherhood and birth awaken in your nervous system
- ✨GOAL: *Releasing tension, guilt, and emotional shutdown*

Week 4: Being Loved Isn't Lazy

- ✓ The lie that receiving is selfish
- ✓ Rebuilding rhythms of rest, nourishment, and pleasure
- ✨GOAL: *Create your "Beloved Daughter" daily rhythm*

Week 5: The Father Who Holds You

- ✓ The difference between spiritual performing and resting in God
- ✓ Healing your relationship with the Father + restoring daughterhood
- ✨GOAL: *Safety prayer, breathwork, and surrender journaling*

Week 6: You Are Safe to Be Loved

- ✓ Integration: how to maintain regulation, rest, and identity
- ✓ Creating your spiritual + somatic maintenance plan
- ✨GOAL: *Sacred Safety Statement + discernment for next steps*

BONUS WEEK (Optional): Integration + Celebration

- ✓ Final call + prayer circle
- ✓ Share your transformation
- ✓ Private upgrade invitation to go deeper
- ✨GOAL: Close the loop and honor the hard work you did (& thank Jesus for it all!)

WHY THIS WORKS

- 💡 We heal **in the body** not just in the brain
- 💡 You're not alone: **Live support + community connection**
- 💡 Integrates the **Daily 5** - simple, powerful habits that create lasting peace
- 💡 Jesus is central. This isn't manifestation. This is **restoration**.

DETAILS

- **6-Week LIVE Program** (July 21–September 1, 2025)
- **1 Weekly Live Call** (teaching + coaching + somatic practice) - Mondays at 5:45pm ET
- **Private OFF SOCIAL group** for in-between support
- **Printable workbook + somatic prayer library**

INVESTMENT

Normal Price: \$750

🌿 **Summer Launch Special: \$499 Pay-in-Full**

🌿 or 2 Monthly Payments of \$250

🔥 This is a one-time offer. The next time this runs, it will be \$750.

🌟 ENROLL NOW – ONLY 5 **3** SPOTS

STEP 1: [Click HERE to secure your spot](#)

STEP 2: You'll receive a welcome email + workbook download

STEP 3: Save the call dates + join the private group

STEP 4: Show up, soften, and let your body receive what it's been crying out for

🌟 **BONUS IF YOU ENROLL BY JULY 13 at midnight est**

🎁 Get a **1:1 with Brigid** (value \$197)

You'll have a 1:1 with Brigid to get personalized support and major breakthroughs.