

Alchemy Hour and Monthly Circle Agreements

These calls foster transformational growth, reflection, healing, connection and community. All participants acknowledge the following agreements that protect and maintain a respectful, healing space for all involved.

General Agreements

1. We agree to honor the time allotted during shares so that each person has a space to speak and be heard.
2. We agree to listen while others are speaking, and not cross-talk or practice "fixing" after someone shares.
3. We agree to allow each person to have their own feelings and to not try to interfere or make it better unless they request support.
4. We agree to do our best to see each person here in their wholeness and to do our best to see this within ourselves.
5. We agree to keep all personal experiences that are shared here confidential and within this circle.
6. We agree to sobriety during and before we enter circles or coaching
7. When we share our experiences, it's OK to share that we've had trauma or a challenging experience. And, we agree that if we share about traumatic experiences or abuse, that we do not share the specific details of what happened to be mindful of not re-traumatizing ourselves or anyone in the group. If we feel like we need and want to work more deeply with the specifics of your past experiences we agree to reach out to Julia so she can help get the support we need with anything like this as it arises in circle or in the course work.

Alchemy Hour

What is Alchemy Hour: Group coaching led by Julia Balto. This is the place to celebrate your wins, clear out the mind trash keeping you stuck, reset, and refocus for the week. Typical calls follow the following structure.

- A grounding meditation or experience to get into our bodies
- A group check-in
- Dance or intuitive movement
- Teaching led by Julia
- Coaching* of 1-2 women.

*You do NOT have to be coached. When you are, you model taking up space and allowing yourself to be seen by others. When others are being coached you are

encouraged to listen attentively and notice what parts of yourself you see in their story.

Alchemy Hour is an open hour. Come when you can, leave when you need to. Cameras may be turned on or off. While we love to see your faces, honor what supports you best!

Monthly Sisterhood Circle

What is the Sisterhood Circle: We gather in circle to hold space for one another, speak what's alive and true for us, practice embodying our enoughness and connect with other powerful women. Typical circles follow the following structure:

- A grounding meditation or experience to get into our bodies
- Brief teaching led by Julia
- Group or partnered sharing and space holding
- Dance, intuitive movement, and embodiment experiences

We ask that you do your best to always arrive on time to circle, prior to the opening meditation. We also ask for cameras ON to facilitate deeper connection and engagement.

Please post any questions in the [Facebook Group](#).