

Kate's Thrive Collective 2025

Why this course and this format?

Here are 3 reasons

- **Our Collective Wisdom** : gain insight, get new ideas, develop new strategies, make new connections (mental, emotional, intellectual, physical), give and receive, and feel a part of our collective consciousness.
- **Efficient and faster successes** : I share with you in real time what I am learning from *the latest research* in *intestinal microbiome, cold and heat exposure, neuroplasticity, chronic inflammation, fasting, intermittent movement*, and more. I share with you what I have learned, and what I am integrating, from the *ancient wisdom traditions of Yoga and Ayurveda*. This year, one of my focuses is on the energy of the heart, and it is inspiring and powerful.
- **Community** : together we are stronger, more inspired, have more fun and are held to account. You share your goals, your challenges, and what you are learning about your unique path. And then, our progress gets 10x'd

Program dates and details

- 12 weeks of online meetups spread out over 6 months. The exact days and time of meetings TBD by the collective. Roughly, May 18, 25. June 1, 8. September 7, 14, 21, 28. October 5, 12, 19, 26, 2025.

You will learn about and practice *yoga and ayurvedic lifestyle habits* to help you thrive in your unique, beautiful body and life. Along with the habits as our framework, the emergent structure of the course means that current subjects of interest and relevant topics in the present moment are easily incorporated into the curriculum and the core competencies. The *habit and identity evolution coursework*, and the ongoing and continuous format of the group, will allow for more successes on your *long-term goals*.

And, for this to be worth your time, having long-term goals is key. You must get clear on your long-term goals, and I can help you with that.

Here are a few categories to help spark your reflection :

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| • Better sleep | • Improved concentration | • Increased confidence |
| • Stable energy everyday | • Renewed joie de vie | • More guilt-free time spent on YOU and the things that bring YOU joy. |
| • Great digestion | • Consistent daily movement and mindfulness | |
| • Weight loss | • Habit evolution | |
| • Stress-reduction skills | | |

Community - Along with the *optional* weekly live calls (*replays will be available within 12 hours, so if you can't make it to each call, no big deal*), we will share as a group (*as desired*) via WhatsApp.

Seasonal transformation - One of the habits includes the *art of detoxing*. The course format and calendar allows us to accompany each other through two seasonal changes.

Yoga and breathwork are also a component of the habits, and you will have access to a library of online yoga classes. We will incorporate challenges around diverse topics throughout the 6 months. We will continue to use yoga and ayurveda as the lens through which we initially approach topics, while allowing for other wisdom traditions, techniques and practices to inform us.

Your unique self - included in the course are 2 individual strategy sessions where we can find strategies and solutions to your particular challenges at that moment.

Community is at the *heart* of the Thrive Collective, so we will settle on a date (summer or fall, tbd) and location for a day-long LIVE workshop, which will be available online as well for those who cannot be present in person.

The financial investment

In the past I have had a difficult time investing money in my continuing education. I kept waiting for life to settle enough so that I felt like I could re-invest in myself. But I have realized that that particular moment when the decision is easy simply doesn't miraculously appear. Life will continue to be full and busy and expensive. It never feels like the perfect moment.

Also, I've accepted that the mindset, skill-set and knowledge that got me to a certain point, will not get me to my next level. If I want to uplevel my personal experience and what I have to offer others, I need to up-level my skill-set, knowledge and mindset. I began re-investing in myself several years back, and I have no regrets. It was uncomfortable spending money on myself like that, but the return on my investment has been huge, and in ways I didn't expect.

The **VALUE** of the program can be calculated as follows:

- **Live Group Online Learning and Strategy Calls** - I will host 10 zoom meetings to explore content and troubleshoot health issues. Value \$250
- **Individual Strategy Calls:** We will schedule 2 online or phone calls to check in and work with strategies and solutions to your unique goals. Value \$100
- **In Person Thrive Yoga Workshop:** A live in-person (or live on-line for those who can't come to Colorado) yoga and strategy workshop. Value \$150
- **On Demand Learning Program content:** Over 10 hours of on demand learning will be via videos created by Kate and Kate's mentor (Cate Stillman). yours to keep - \$400
- **Library of Online Yoga and Pranayama Classes:** Yoga and breathwork themed for our daily goals.

- **2 Seasonal Detox Courses** : I have been guiding seasonal detoxes for the past 3 years. Each fall and spring I accompany people through a 2-3 week experience. Value \$250.

That is a total value of over \$1000. But, I understand that we are all trying to manage our budgets (personal, family, kids), while also trying to up-level our personal whole-body and mental health. I know that today's reality is that we have to cut back, yet I know improving our mind and body health leads to tangible savings in groceries, therapies, doctor visits, etc.

So, I'm offering the program at an early bird price of **Early bird price**, by April 20, 2025 : \$429 plus, bring a friend for ½ price. After April 20, the course price goes up to \$479.

Let's talk and we can look at your personal situation, challenges and goals.

Can't wait to connect!

Namaste, Kate

xoxoxo