



WEEK (1)

UNDERSTANDING YOUR INTUITION

In the 1st week we will get to know each other, set intentions for this journey, and start learning about our intuition.

The main topics covered in this week are:

- What is intuition?
- Understanding Linear living vs. Cyclical living
- Learning about the purpose of your intuition?
- Disconnection with the self and how it affect different areas in your life (work, relationships, motherhood, self-love, etc.)
- Meeting the voices that influence you and your choices, decisions, and actions.
- What is the relationship between your nervous system and your intuition.
- Practical tools to regulate your nervous system. (Including breathwork and closing your stress cycle)



WEEK (2)

CONNECTING TO YOUR INTUITION

In the 2nd week we will reflect on our learnings from week (1), share our progress, challenges and lessons learned. From there we will move on to the connection phase of this journey.

The main topics covered in this week are:

- Understating the relationship between your body and your intuition?
- Practical tools on body awareness and learning how to let the body decide.
- Tapping into the energy of your intuition on demand, “Going beyond the mind and into the heart.”
- Training your Inner Guru (experience living from your intuition, including silence spaces and starting small)



WEEK (3)

CLEARING INTUITIVE BLOCKS & LIMITING BELIEFS

In the 3rd week we will reflect on our learnings from week (2). We will share our progress, challenges and lessons learned. From there we will move on to the Clearing Blocks phase of this journey.

The main topics covered in this week are:

- Noticing and owning your intuitive blocks.
- Identifying & releasing old stories and limiting beliefs.
- Clearing any external influences and grounding in your own frequency.



WEEK (4)

TRUSTING & LEADING FROM YOUR INTUITION

In the 4th week we will reflect on our learnings from week (3), especially that by now you will have become aware of your resistance and cleared all intuitive blocks. From there we will move on to the Trusting & Leading phase of this journey.

The main topics covered in this week are:

- Awaken the energy of Self-Trust in your heart.
- Grounding and embodying your Inner Guru (the part in you that KNOWS).
- Identifying your intuitive style.
- Building unshakable Self-Trust, “introducing the Listen – Act Model”



WEEK (5)

GROUND THE TEACHINGS & CLOSING CEREMONY

By now you have officially awakened your inner guru, the part in you that knows and that acts and lives from this knowing. In the last session we will take time to ground all the learnings you've had from your experience.

In this last session we will:

- Celebrate your journey.
- Share your experience.
- Closing Ceremony/Meditate to ground this new awareness.
- You will each receive a guidance map to help you stay connected to your inner guru.



HERE IS WHAT YOU NEED TO KNOW BEFORE WE BEGIN THE PROGRAM:

*We will start the program on Wednesday October 2nd 2024, with a 90-minute introduction call in order to have the chance to meet each other, introduce ourselves, set our intentions for our time together, and also so I can walk you through the program outline and your first workbook.

*The date and time of our calls are included in the program calendar below <3

*The coaching calls will be 75-90 minutes long, most probably 90 because I want you all to have the space and time to learn, share and ask your questions live.

*The calls will be using an app called Zoom Cloud Meetings. If you will be connecting through your laptop there is no need to download the app. However, if you are using your phone you have to download it. (I prefer you are ready with both, just in case)

*Each session will be recorded so you can re-watch it on your own time if you need to go back certain points.

*If you can't attend for any emergency, please let me know minimum of 24 hours in advance.

*1 week before the program you will be added to a private WhatsApp group with all the other beautiful women who are with you on this journey.

*And finally, 1 week before the starting date, you will receive an email with your introduction workbook along with all the details you need to know before we begin.

*If you have any questions, please don't hesitate to send me on my email: info@saraabiqwa.com



INTUITION INTIMACY

SESSIONS CALENDAR/ MARK YOUR CALENDARS

Session (1) - Understanding Your Intuition

Wednesday Oct 2nd / 7:00 pm - 8:30 pm Kuwait time

Session (2) - Connecting To Your Intuition

Wednesday Oct 9th / 7:00 pm - 8:30 pm Kuwait time

Session (3) - Clearing Intuitive Blocks & Stepping Into Personal Power

Monday Oct 23rd / 7:00 pm - 8:30 pm Kuwait time

Session (4) - Trusting & Leading From Your Intuition

Wednesday Oct 30th / 7:00 pm - 8:30 pm Kuwait time

Session (5) - Ground the Teachings & Closing Ceremony

Wednesday Nov 6th / 7:00 pm - 8:30 pm Kuwait time

*All the sessions will be recorded and sent to you so you can download it and re-watch it whenever your heart calls for it.