

ANGELA'S GYM 2.0



SPIRITUAL FITNESS FOR ECLIPSE SEASON

Three weeks of text-based support from
the Primal Hummingbird.

STRENGTHEN WHAT STEADIES YOU.

WHAT IT IS

EACH EVENING FOR 3 WEEKS, I'LL SEND A TEXT WITH ONE SMALL THING TO PRACTICE THE FOLLOWING MORNING.

We'll strengthen your spiritual fitness by working with the archetypes of the planets.

☉ Sun — Be-coming purposeful

☾ Moon — Connecting to your okayness now

☿ Mercury — Perception is everything

♀ Venus — Pleasure is important

♂ Mars — Targeted action

♃ Jupiter — Find the juice

♄ Saturn — Embracing finitude

♅ Uranus — Get out of the box

♆ Neptune — Dream big (and let go)

♇ Pluto — Transformation. Messy. Hard. Worth it.



Just like going to the gym, spiritual fitness is built one workout at a time.

During eclipse season, being in shape is a very (very) good idea.

THE CONTAINER

THE COMMITMENT

- This is a paid offering
- Pay what feels right, when it feels right
- Participation is required*

***This is a group experience, so please be willing to introduce yourself so that you are fully inside the container. After that, all interaction is optional.**

THE FORMAT

- Nightly WhatsApp messages from me for morning practice
- Sharing in the group is welcome *
 - We will be listening to each other - not offering advice
- Short daily practices *

*I'll supply the ideas but you can totally skip any and do your own-part of this is simply accountability

THE DATES

August 9 -30 - Deadline to sign up is August 8

LINK TO JOIN



EXTRA FREEBIRD SUPPORT

Book a 1:1 with me for \$108 to discuss what's coming up.

BOOK THAT HERE - !!!!!

ANGELA'S GYM 2.0

Angela's Gym was one of the great loves of my life. For eighteen years, I helped people become stronger inside a group environment designed to support each person's individual needs.

Angela's Gym 2.0 is my attempt to bring that same philosophy into the world of astrology and transformation.



During eclipse season, we are often presented with powerful invitations for change.

We may not control the timing, but we can strengthen the parts of ourselves that help us answer the call and support ourselves as we move from who we are into who we are becoming..

My toolbox includes:

- Astrology (especially archetypal astrology)
- Tarot and oracle pulls
- Habit strategies
- Strength training
- Somatic experiencing
- Twelve-step wisdom
- Eating psychology
- Manifestation
- Thirty years of observing how human beings actually change

ANGELA'S GYM 2.0

- **SPIRITUAL FITNESS FOR ECLIPSE SEASON**
- **AUGUST 9-30**
- **THREE WEEKS OF SUPPORT**
- **NIGHTLY MESSAGES W/SMALL DAILY PRACTICES**
- **A GROUP EXPERIENCE**
- **PAY WHAT FEELS RIGHT**
- **OPTIONAL one-on-one SUPPORT (\$108)**

**THIS IS YOUR INVITATION FOR
SOME INSPIRATION TO
STRENGTHEN WHAT STEADIES YOU**



ENTER THE GYM

1. Join the WhatsApp group

CLICK HERE

2. First message arrives Sunday morning,
August 9

3. Bring your curiosity.

4. I'll bring the workout.

This is a pay-what-feels-right offering.
The payment link will be available inside
the group.

