



THE GODDESS SEQUENCES

Throughout the program, you will explore various aspects of the balanced feminine essence, such as intuition, cooperation, feminine empowerment, creativity, self-care and compassion. By understanding and embodying these qualities, you will be able to create an inspiring and supportive space for yourself and, as a teacher, also for your students, allowing them to fully experience the transformative power of yoga.

This 12 month GUIDED PROGRAM includes:

- ✿ 11 four-hour practical, inspiring WORKSHOPS to explore goddess archetypes and your own feminine essence (face-to-face or online)
- ✿ Online access to over 200 yoga & meditation practices, lectures and workshops
- ✿ A gorgeous 200+ page workbook with lots of information and exercises for deep personal reflection
- ✿ Connection with a tribe of like-minded women

Additionally if signed up for the 150hr YTT component:

- ✿ An Expansive 300+ page YTT manual with additional information for each Goddess, powerful meditations, plus all yoga flow and yin yoga sequences
- ✿ Practical Assignments for deeper understanding for the Goddess teachings, each with personal feedback sessions with Anneriek
- ✿ Online access to 11 YTT workshops
- ✿ On successful completion:
 - ✿ You will be allowed to teach the practices (and any part of them) in your classes
 - ✿ Receive a 150-hr level 2 Yoga Teacher Training certificate for "The Goddess Sequences"
 - ✿ You'll be mentioned as certified teacher on the Balanced in Being website

Teacher Training Requirements:

- ✿ A 200hr Level 1 training certificate is required.
- ✿ Understanding of yogic concepts and poses is assumed or needs to be picked up as part of the self study.
- ✿ 80% attendance of sessions (F2F or zoom) is required (recording of missed sessions (max 20%) need to be viewed afterwards).
- ✿ Self practice of provided online Goddess Sequences practices.
- ✿ Students have 2 years, from start date, to complete all assignments and journal all practices for assessment.

Your Investment:

- ✿ Without YTT certification: \$300 deposit plus either \$1,200 PIF or 12 monthly payments of \$150.
- ✿ With 150hr YTT Certification: \$300 deposit plus either \$2,500 PIF or 12 monthly payments of \$250.

Cancelation Policy

- ✿ A \$300 non-refundable deposit is due upon acceptance into the course.
- ✿ Payment of the **first instalment is due 2 weeks** before the start of the course – After this payment the material will be sent out. Once the books are sent out no refund of this payment will be given.
- ✿ For cancellations upon commencement of the course, a cancellation charge of 50% of the remaining fee will be given.

The Goddess App – Access to the practices:

Access the practices and the recordings of the sessions either through the App Or on any web browser (phone, Laptop or PC): <https://the-goddess-sequences.passion.io>. One login gives access to all devices.

What is NOT included

You will need to purchase the book: **“Awakening Shakti” by Sally Kempton** (available either as an audio book (\$21.50) or printed (\$30-\$35)) as we will be using this throughout the program.

2025/2026 Dates – Sessions are from 1-5PM:

1. 17 August 2025
2. 14 September 2025
3. 12 October 2025
4. 30 November 2025
5. 11 January 2026
6. 8 February 2026
7. 15 March 2026
8. 12 April 2026
9. 24 May 2026
10. 28 June 2026
11. 26 July 2026

* Dates might change in agreement with the participants.

Face to Face attendance is in my studio. Address: 475 Halcrows rd, Cattai, NSW.

Remote Attendance:

Live attendance of this program through Zoom is possible.

Additionally each session will be recorded so if you are unable to make the time, you will be able to view the session online at a time that is convenient to you.

What will I need for remote attendance?

- ✿ You will need a device that connects to Zoom (either a smartphone or laptop), internet connection, the manual which you will receive before the start of the course, a pen for making notes.
- ✿ For the practices you need your mat, a blanket, two blocks and a strap.
- ✿ And lastly an open mind and a comfortable place in your home for each session.

THE 11 GODDESSES ARCHETYPES YOU WILL EXPLORE:

Goddesses of the Maiden/Muse archetype:

- ✿ **Lakshmi** – Goddess of Abundance and Good Fortune – To embrace abundance
- ✿ **Saraswati** – Goddess who Flows as Language, Insight and Sound – To find your voice
- ✿ **Parvati** – Goddess of Love, Power and Renewal – To embrace your individuality

Goddesses of the Mother/Nurturer archetype:

- ✿ **Durga** – Warrior goddess, She who protects, the Fierce Empowering Mother – To find your power in softness
- ✿ **Sita** – Goddess of the Earth, Teacher of Devotional Love – To be grounded in selflessness
- ✿ **Radha** – She who carries the Divine Energy of Spiritual Longing – To see that you are surrounded by love

Goddesses of the Enchantress archetype:

- ✿ **Kali** – Bringer of Strength, Fierce Love, and Untamed Freedom – To learn to love yourself fiercely
- ✿ **Lalita Tripura Sundari** – Goddess of Erotic Spirituality, Uniting the Body with the Energy of Spirit – To connect to your sensuality
- ✿ **Chinnamasta** – Goddess of Radical Self Transformation and Ecstatic Empowerment – To empower yourself fully

Goddesses of the Crone/Sage archetype:

- ✿ **Dhumavati** – Crone Goddess who Teaches to Turn Disappointment into Spiritual Growth – To receive freedom by learning to let go
- ✿ **Bhuvaneshwari** – Goddess of Sacred Infinite Space, Who Removes all Limitations into Herself – To see yourself in others and others in yourself.

More info and book in: <https://www.balancedinbeing.com/goddess-ytt>. Or email: anneriek@balancedinbeing.com

With gratitude,

