

Cathy Mines Presents

# THE 8 SACRED RESPONSIBILITIES FACILITATOR PROGRAM

*Join to the Movement!*

*Our fiery and fabulous lifestyle protocol for those who thrive  
on lifting themselves and others up.*

*#ShesSacred*

# SISTERS, IT'S TIME TO THRIVE!

## At the heart of our program

- The Eight Sacred Responsibilities. This guidebook for Fiery , Fabulous Women 50+ is our foundation from which our facilitators program has emerged.
- Facilitating and inspiring like-hearted women to remember who they are and what makes their heart sing.
- Facilitators commit to the 8 Sacred Responsibilities as our protocol for a life well lived; Self Care. Rise and Shine. Know Yourself. Collaborate. Honour Your Intuition. Create and Play. Relax and Celebrate. Gratitude.
- A collaboration of women worldwide expanding the quality of our thoughts, words and actions through simple yet powerful exercises that are proven to bring coherence of heart and mind.

**Our Facilitators respect themselves and others, always.**

**They respect all living things, seen and unseen. They set a beautiful example of real women living a real life. The truth is, life can get sticky at times and that is real. The Eight Sacred Responsibilities Facilitators know this, and they turn to the power of their practices and connection to this community as they continue to build resilience and vitality so they can remain self-empowered even at the most complicated of times.**

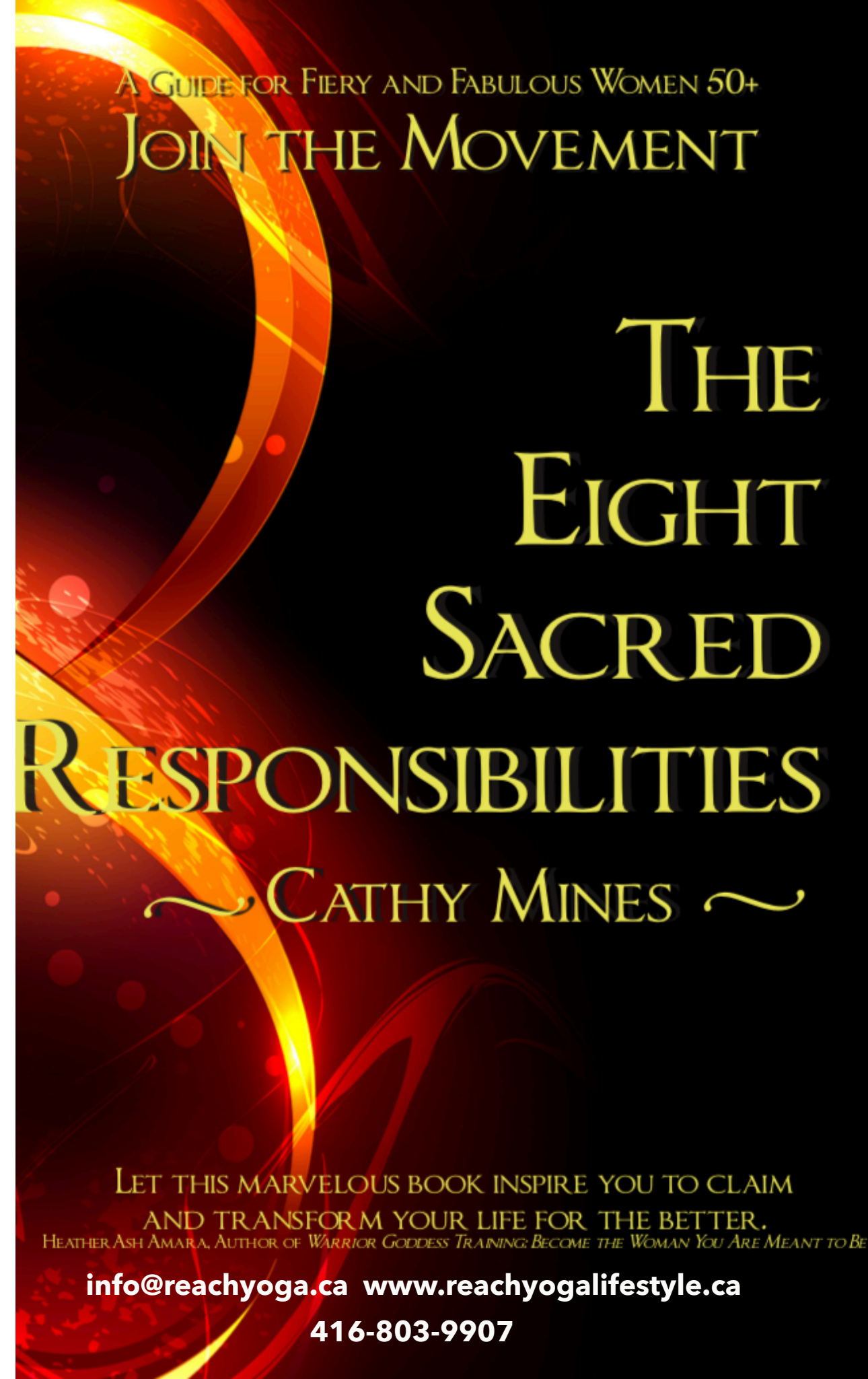
**Together we are stronger!**

*"When a Sacred Woman holds another accountable she does so with ease and grace, with humour and love. A Sacred Woman will always see our beauty even on the days we can't see it ourselves. When a Sacred Woman holds us accountable we feel respected and inspired by her, and we learn from the Sacred Woman how to hold our own selves accountable in Sacred Responsibility without judgment or shame."*

***"If it makes your heart sing to stand with other like-hearted women as a mentor, guide or example of strength and kindness then this program is for you" ~Cathy Mines***

# THE FACILITATORS TRAINING EXPERIENCE

- Deep and intimate training with Cathy Mines, the author of our guidebook and creator of the Facilitators Program.
- Supported in your unique learning style, and teaching style.
- How to use the book as your lifelong teaching tool.
- You will be tested, and you will graduate. This training is set up for all women to succeed in both the training and future facilitating.
- How to create your own unique setting to facilitate others and understand the benefits of facilitating in groups as well as one-on-one facilitation.
- Feel confident, really confident, to facilitate and represent this loving and powerful protocol.
- Business basics to get you started.
- Super fun Graduation Ceremony with other awesome women!
- Facilitators Benefits. Yearly Faculty Dues \$25.00
- Make life long connections with Fiery and Fabulous Women.



A GUIDE FOR FIERY AND FABULOUS WOMEN 50+  
JOIN THE MOVEMENT

## THE EIGHT SACRED RESPONSIBILITIES ~ CATHY MINES ~

LET THIS MARVELOUS BOOK INSPIRE YOU TO CLAIM  
AND TRANSFORM YOUR LIFE FOR THE BETTER.  
HEATHER ASH AMARA, AUTHOR OF WARRIOR GODDESS TRAINING: BECOME THE WOMAN YOU ARE MEANT TO BE

[info@reachyoga.ca](mailto:info@reachyoga.ca) [www.reachyogalifestyle.ca](http://www.reachyogalifestyle.ca)

416-803-9907



**Your instructor**

# CATHY MINES

**YOUR SUCCESS IS MY  
SUCCESS AND WE ARE IN  
THIS TO COLLABORATE AND  
SHARE 'JOY OF LIFE' WITH  
ONE ANOTHER.**

**Our Daily  
Declaration;**

***"Today I open  
myself up fully to  
living a sacred life. I  
call in now the  
people, places and  
things that lift me  
up, light me up and  
hold me up as the  
accountable,  
responsible  
authentic women I  
am here to be."***

**And so it is.**



Together we walk the way of the sovereign woman taking sacred responsibility for every aspect of our thoughts, words and actions in a fiery act of defiance against boredom, self-sabotage and old programs.

## **Commitment and Investment**

**A 15 hour Graduate Program \$475.00**

**Here is your program breakdown.**

**10 hours of Group Training;**

**Single Day Training Retreat 12-8pm (Saturday)**

**Single Wednesday Evening Final Training Points, Exam and Graduation one month after Training Retreat. 7:00-9:30pm.**

**5 hours of Personal Practice between our day retreat and our Graduation evening.**

**\$25.00 Yearly Professional Faculty Dues.**

As a Facilitator in good standing you have access to your bio featured in the world wide Facilitators Alumni Data Bank where students can find 8 Sacreds Facilitators in their area. Your Facilitators discount on books to sell to your students as well as on T-shirts, journals, mugs and all other future goodies created to support our fun and your circles!

***If this program inspires and excites you, then you are exactly the kind of Facilitator I am looking for!***

*You may embark on this journey with the intent to teach your own groups the Eight Sacreds, or perhaps you attend the Facilitators Program simply for your own personal development.*

*Join the movement! It wouldn't be the same without you...*

**Yours in Fiery Fabulousness!**

**~Cathy Mines**



# CERTIFICATION PREREQUISITE

In order to fly as a Sacred Facilitator there are subtle aspects of how we approach and deliver this material.

We are cultivating a community of women where we respond with respect, care and where we lift each other up. We agree to be a sacred listener, and to facilitate tiny shifts towards vitality using the Eight Sacred Responsibilities as our guide. As a facilitator we hold the container for personal development and self reflection, in both ourselves and the women we facilitate. It is our honour to show presence to others. The way this is taught is by experiencing the teachings yourself.

## Your prerequisites to becoming a Sacred Facilitator:

- 🌸 Attend one 6 week Meditation Circle.
- 🌸 Attend 8 Book Club Sessions.
- 🌸 Attend one session of The Living Sacred Daily Course.

This way you observe your Sacred Facilitator in action and begin to learn the subtleties of how we bring women into our community in an open loving way. This training easily applies to all areas of our life, making for a rich and healthy Third Act! **Be the change you want to see in your life.**

