

Your Sign to Finally Start

Hi {firstname},

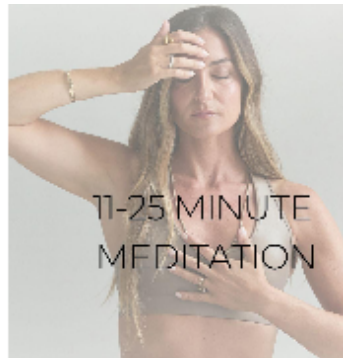
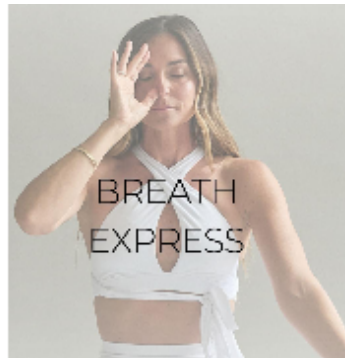
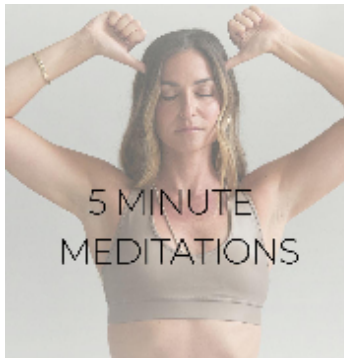
If you've been thinking about starting a meditation practice, here's the truth: it doesn't have to take an hour. It doesn't have to be perfect. It just has to happen.

The most effective practices are the ones you'll actually do — short, focused, and built for real life. That's exactly what EVOLVE BY ERIKA was built to deliver.

No overwhelm. No unrealistic expectations. Just a practice that works.

[Start for just \\$10 your first month](#)

Create Real Change in Just 5 Minutes a Day



[Start for Just \\$10](#)

Use Code: 10DOLLARMONTH at checkout for \$10 your first month

Inside the app you'll find:

- 5-minute meditations you can do anywhere, anytime
- 10 to 15 minute sessions for when you have more space
- Movement and meditation combos when you need to shift your energy
- 5 to 7 day programs built around specific intentions
- Live meditation classes with Erika

Your First Month Is Just \$10

This transformational program is just \$29.99/mo, but you can **start for only \$10 your first month.**

Hurry: If you join today, you'll be just in time to attend our members' **Full Moon Live** session tonight at 8:30 PM EST, included with your membership!

Do you have wuestions? Just reply to this email. [Join now for just \\$10](#)

See you inside the app!