

Soulful Evolution

THE EXPERIENCE



Release overthinking, reconnect with your body and spirit, and rise into your authentic, radiant, and limitless Self.

with *Kimberley Stevens*

EMBARK
Integrative Health



"That was more than 20 years of therapy in 1 session."

"I can't really explain it other than I'm different now."

"This has been the most therapeutic thing I've ever done."

"You are changing lives."

—Jaime, Client

What is Soulful Evolution?



Soulful Evolution is for the woman who knows there's more for her but feels stuck in overthinking, people-pleasing, and playing small.

Who feels disconnected from herself and is ready to break free.

This is about coming home to who you really are—not who you were told to be.

It's about finding your voice, trusting yourself, and feeling alive again.

Unlock the vibrant, unapologetic life you are HERE to live.

Would you love to feel...

- **EMPOWERED** in your decisions and confident in your journey?
- **FREE** from the shackles of overthinking and anxiety, allowing your true self to emerge?
- **GROUNDED** and present, fully connected to your body and surroundings?
- **RADIANT** as you embrace your unique essence and limitless potential?
- **CONNECTED** to a supportive community of like-minded souls on a similar path?



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Why stay in the cage when the door was always open?

– Rumi

Are you a woman experiencing...?

- **Overwhelm and anxiety:** Feeling weighed down by stress and uncertainty in your life.
- **Disconnected from yourself:** Disconnected from your body, emotions, or true essence.
- **Self-doubt:** Grappling with negative self-talk, the over-thinking monkey mind, or a lack of confidence.
- **Emotional turmoil:** Navigating intense emotions and seeking healthy ways to process and release them. Maybe you've been over-eating, scrolling, drinking, or some other way of distracting & numbing yourself out.
- **A life transition:** Such as a career shift, relationship changes, loss, or personal growth.
- **Burnout:** Feeling exhausted and depleted from your current lifestyle or responsibilities.
- **Curiosity for growth:** You're yearning for personal development and a deeper understanding of yourself.
- **A desire for connection:** Looking for meaningful connections and community support.
- **Unexplained bodily symptoms:** Alarms going off in your body, such as indigestion, nausea, heartburn, racing heart, trouble concentrating, abdominal pains, jaw clenching, muscle tension, shaking, shooting pains, insomnia, headaches, or intense cravings?



What you will experience here...

- Somatic Breathwork
- Holistic Coaching
- Mindset Transformation
- Supportive Community
- In-Person Connection Events
- Vinyasa & Yin Yoga and Somatic Movement
- Neuroscience-Based Approaches
- Transformative Workshops

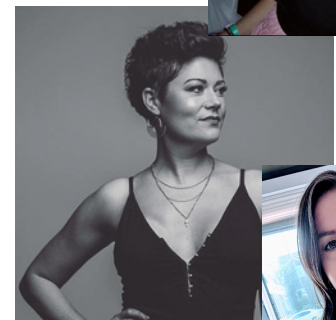
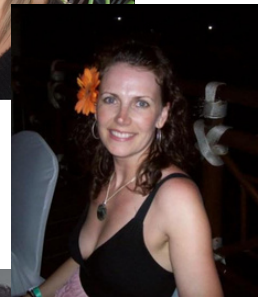
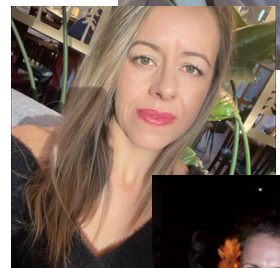
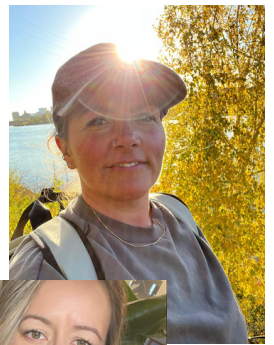
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You are the creator of
your own destiny.

– Buddha

Common outcomes of working with me:

- "I can't even put it into words since working with you. It's calm. I don't even know what my previous self was. I want to feel everything in a good way. Within 3 months I went from defeated, hopeful, & anxious to hopeful, happy, & calm. I'm not sure how to explain it to people. It's flow. That allows me to choose. I don't gotta run away from me anymore." – Joanne
- **"I feel energy in parts of my body that I haven't felt in a really long time."** – T.M.
- **"I was finally able to feel the extreme amount of pain that this shame has produced. I feel like I finally have [let go]. You do profound work; I would have never gotten here if it wasn't for you."** – Taryn Munroe
- **"My mind was the clearest it has ever been."** – S. E.
- "I feel lighter, I feel like me again. I have gone through the grief and have felt all of the feelings. I am not afraid to communicate how I am feeling and ask for what I need (from my spouse, my children, co-workers, friends). The physical pain in my body is no more, it has left! I have more awareness of what I want in life and feel more connected to pursuing all of my wants and desires. Kimberley guided me back home to myself after I had put myself last on my priority list for so many years." – Laura Heikkila
- **"I didn't think breathwork was for me... I was wrong."** – Chan
- **"If you are seeking a shift in your life, Kimberley is the way to go."** – Jamie Carlson
- "I can't even put it into words since working with you. It's calm. I don't even know what my previous self was. I want to feel everything in a good way. Within 3 months I went from defeated, hopeful, & anxious to hopeful, happy, & calm. I'm not sure how to explain it to people. It's flow. That allows me to choose. I don't gotta run away from me anymore." – Joanne
- **"I've noticed a newfound ease in how I interact with others; I feel clearer and calmer where I would have previously felt irritation."** – Christine Flynn-James



What can I expect?

As a participant in this transformative program, you will receive a comprehensive suite of offerings designed to support your journey towards holistic well-being and personal empowerment, over four months!

- Virtual 60-min group coaching calls
- 2 hour virtual or in person somatic breathwork journeys (your choice!)
- Virtual 1:1 coaching calls
- Weekly Virtual Yoga Classes (live & recorded)
- Ongoing growing library of meditations and breath audio tracks.
- Ongoing Text/Voice note support
- & ultimately. Your life back <3
- The next round begins Autumn 2025 🌱

APPLICATION:

Fill out this quick application form to ensure that Soulful Evolution is the right fit for you. I'm looking for like-minded women who are serious about their growth, ready to commit to themselves, and eager to step into their SoulFULL evolution! I'm so excited to chat with you!

APPLY NOW



SOULFUL
Evolution

Questions? Email me:
hello@embarkwellbeing.ca

