



embodied  
*Revival*  
DOORS NOW OPEN !

Where nourishment meets  
nervous system healing



do I need this?



# who is this for?

If you're someone who starts every new year with feelings of shame, overcommitment, and wondering where if this year's goals are even worth it?

- You've told yourself this is the year things change (even though you sense that bit of doubt when you try to commit)
- You're tired and your meals are an afterthought
- More often than not you're bloated and uncomfortable
- You feel like your nervous system is fried
- You wish you had more time and energy
- Stuck in a cycle of over-thinking and over-analyzing

what can i expect to get after 6 weeks?



# what you'll gain

- A sense of calm and inner steadiness - no more running on empty
- Renewed confidence in yourself and your choices
- Improved digestion and a deeper understanding of how your body works and the signals it sends you
- Breath and body awareness practices to help you tune into your inner wisdom
- The ability to make aligned, intuitive choices around food, health, and life that don't depend on willpower
- A deeper sense of self-trust you can carry with you throughout the entire year

# embodied

## Revival

### what you'll receive over 6 weeks

- In person (or virtual) launch party at EMBARK Studio, near Saskatoon, SK
- Custom 1 hour call with Kimberley and Alisha discussing nutrition / meditation / mind / breath practices specifically for you
- 60 minute Somatic Breathwork Journey
- Weekly group coaching calls focusing on the integration of 6 different bodily systems.
- Weekly mini podcasts with Alisha diving deeper into each weekly topic
- Access to 100+ breath & meditation audio tracks & 100+ virtual yoga classes
- On-going support through community connection in custom app

Release the mental noise. Reclaim your trust.  
**Revive your radiance.**

# embodied Revival

ready for your **revival?**

STARTING JANUARY 17TH

MIND

BODY

INTUITION



# Kimberley

is a breathwork facilitator, holistic coach, yoga teacher, and Registered Nurse who guides women through deep self-reconnection and transformation. She specializes in neuroscience-based mindset work, somatic breathwork, and yoga & meditation practices to help clients step off the hamster wheel, honor their bodies, and reconnect with their authentic selves. Known for her warm, light-hearted presence, Kimberley creates spaces where real growth, clarity, & lasting change can unfold.



# Alisha

is an ex-binge eater and shame spiraler, turned Nutritional Therapy Consultant who deeply understands the emotional landscape of healing, modern lifestyle and diet. Alisha is known as the “big sister.” A role model who is fiercely supportive in guiding women to become liberated, aligned, and deeply at home in who they are. She believes women are sensory, intuitive, and beautiful but the world has stripped this away. It’s her mission to recapture that essence through compassion and education, so the world can see that true healing is theirs to receive.





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# join US *here*

Our launch price is **HERE** and it's the lowest you'll ever see for this program!

1

E-Transfer \$555 to  
hello@embarkwellbeing.ca

2



pay in full

credit card

Use coupon code: REVIVAL at checkout  
to save \$333 for launch price

## Payment Plan:

3

E-Transfer \$292 to  
hello@embarkwellbeing.ca

And \$292 in 1 month

4



payment  
plan

credit card

Includes 5% payment plan charge