



As September closes and October begins, we're reminded that every ending carries the seed of a new beginning. In this natural shift of seasons, we mirror the transitions within ourselves._

Come Know Yourself

A journey for the Awakened Woman

In the previous workshop [_Come Meet Yourself_](#), we opened the door to awareness and touched down into self. Now, it's time to step further inside — **to know yourself more deeply**.

Guided by a **science-based model of transition and change**, this experience frames the journey of self-discovery through the natural phases of [_endings, the space-between, and new beginnings_](#). You'll be held in both evidence-based practice and soulful reflection as you navigate your own story.

No prior workshop needed — come as you are.

Reserve your spot https://bronwynrusso.com/?page_id=22904

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