

Updraft

A Membership Program



If you are part of the *Women with Wings* community, whether you attend Saturday morning Zoom calls or follow along with emails, you have probably experienced a desire that is common to all of us: the desire to live your life with more presence and purpose.

One comment I hear after Saturday morning *Wings* calls on Zoom is this: "I feel so uplifted after our calls. It trickles into the rest of my day." *Can we learn to sustain this experience, so it becomes our norm, and not just something we pop in and out of during isolated moments?*

It is so easy to get swept away by the complexities of our lives: family, work, health . . . it can sometimes feel like we spend the entire day lost in the chatter in our head with its litany of likes and dislikes, fears and desires. It doesn't have to be this way! We don't have to remain "asleep at the wheel." With some intention, attention, and a supportive structure, we can let all those complexities become our teachers, and life itself the garden in which we blossom, becoming more awake and more present, moment by moment.

I recognize that we all have different needs and ways of engaging, so I have designed the *Updraft* subscription program to offer you a menu of options for staying engaged on your personal, learning journey. You can participate in some or all of these offerings. Read on if you hear a "yes" bubbling up inside or click on the **video link** for more details.

I hope you will take the *Updraft* journey with us and that we can learn to provide that updraft for each other, becoming stronger and wiser as we immerse ourselves in the richness of each moment of our lives.

***Updraft* is a subscription that will give you access to a number of resources.**

Included in your subscription:

- **Weekly video**
 - These 5 – 10 minute weekly video recordings will provide focus and inspiration for the week ahead and a simple daily practice you can weave into your existing routines.
- **Daily (except Saturday) reading**
 - Daily email readings will take just a few moments to consume and will keep you centered on the week's *Updraft* topic. Read them first thing in the morning, to set a foundation and tone for your day. Or read them midday to shift and reset for the afternoon. Or read them before bed, to deepen your dreamtime.
- **Access to recordings of *Wings* journeys**
 - The *Women with Wings* Zoom calls will be free to all (you do not need to enroll in *Updraft* to participate) but recordings of guided journeys will be accessible only to *Updraft* members.
- **Discounts:**
 - 30% discount on quarterly workshops (NEW – beginning October 2023) or access to recordings
 - 15% discount on *Flight School*
 - 20% discount on retreats (excluding food, lodging and transportation costs)
- **Quarterly check-in**
 - Our experiences and learning journeys are unique. Take advantage of a quarterly check-in chat to personalize your learning by exploring special applications tailored to your needs and interests.

Price:

Updraft membership is priced at \$50 / month. You can pay quarterly (\$150) or annually for a \$100 discount (\$500).