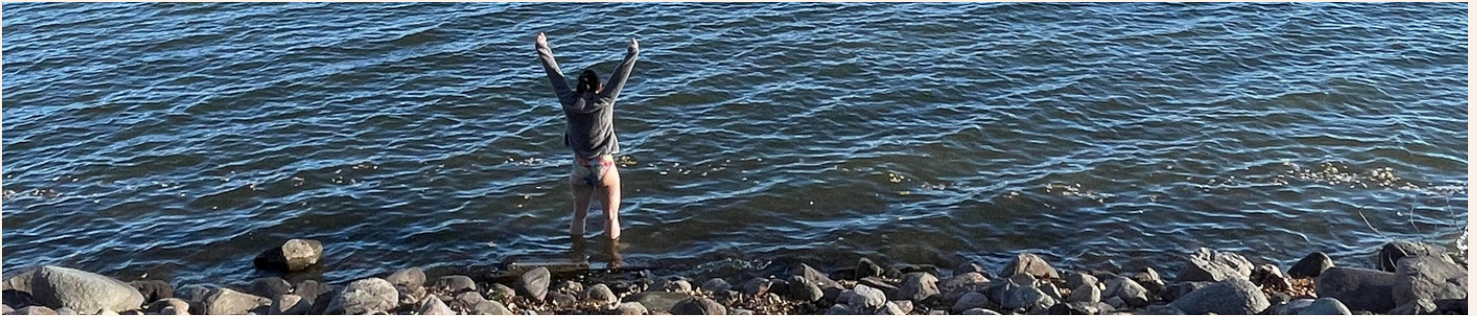


SOJOURNERS

INTENTIONAL TRAVEL



INSPIRED BY SOJOURNER TRUTH-a changemaker who traveled America in the 1800's spreading moxie-
SOJOURNERS is an unapologetic, customized coaching program that brings a select group of women together to own your poWer individually, experience the collective poWer of women & anchor your moxie through travel, coaching & MOXIE. It's where your potential, presence, poWer & possible intersect in this journey called life.

POWER. PAUSE. PLAY.

SOJOURNERS is a "Choose your own adventure" program founded on Kristi's signature framework of PoWer (customized individual/group coaching), Pause (rest/restore) & Play (laugh/travel).

Power. Individual/group coaching to be unapologetic, take up space & have the best summer ever!

Pause. Breathe. Relax. Be cool. Stare at stars, kayak, read outside, write, forest bathe, nap...

Play. Laugh, hangout, sketch, hike, paint, puzzle, craft, write, dance. Just like we did at slumber parties

CUSTOMIZED GROUP ITINERARY. (DRAFT)

Day 1. (Arrive between 5-6pm) MN on the water.

Dinner & Compass Session.

PoWer: writing session led by Kristi.

Play & Pause: dream, stars, hangout...

Day 3. (Depart 11am onwards)

Brekkie & MOXIEon Session.

Play & Pause (optional)

Day 2.

Brekkie & Group MOXIE Session.

PoWer: Read/write/ideate time.

Play & Pause: sauna, walk, hangout, read, paint, craft, nap.

Dinner & Group MOXIE Session.

PoWer: writing session led by Kristi.

Play: writing/reading discussion facilitated by Kristi.

Play & Pause: star gaze, hangout, puzzle, restore, sauna.

INVESTMENT INCLUDES.

1 pre individual coaching session, 1 pre group session, 1 post group session, 3+ group coaching & facilitated writing sessions on site, small group of women, 3 days & 2 nights of Power Pause & Play on the water, all meals, snacks, SOJOURNERS membership & Kristi as your guide the whole journey.

