NURTURE: REST, RESTORE, RECALIBRATE
COACHING, COMMUNITY & TRAVEL

ADVENTURE JAN 8-10
ON THE WATER IN MN

KRISTI HEMMER

WHERE MOXIE BECOMES POWER

SOJOURNERS



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 & radically welcome 2027.

Pause. Breathe. Relax. Be cool. Sauna, read, journal, lounge by the fireplace, nap...

Play. Laugh, hangout, paint, puzzle, craft, write, story tell... 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: Community is the oldest form of healing.
Play & Pause: lounge, hangout, puzzle, read...

Day 2.
Brekkie & Group MOXIE checkin.
PoWer: individual work.
Brunch & MOXIE session.
Play & Pause: sauna, hike, hangout, books, paint, craft, nap.
Dinner & Group WORDup session.
PoWer: individual work.
Play & Pause: hangout, puzzle, restore, sauna, reflect.

Day 3. (Depart 11am onwards)
Brekkie & MOXIEon Session.
Virutal group session in February.

INVESTMENT INCLUDES.

1 pre individual coaching session, 1 pre group session, 1 post group session, 3+ group coaching & facilitated restorative sessions on site, small group of women, 3 days & 2 nights of Power Pause & Play, all meals (mostly catered), soft drinks, moxie merch, SOJOURNERS membership & Kristi as your guide the whole journey.

$1,498.00 Early adopter, shared room investment (the coaching/training value alone equals the price-it's like the weekend away is free!!!!) *Mandatory Travel insurance not included. Own room add-on available.*



LEARN MORE KRISTIHEMMER@GMAIL.COM