



# *Slowing* Down to Gain *Momentum*

An Ongoing Guided Program  
& Commitment to Yourself, without Overwhelm.

## SLOWING DOWN TO MOVE FORWARD — TOGETHER

In a world that rewards speed, this space invites you to move differently.

**Slow Down to Gain Momentum** is a membership for people who want to stay connected to themselves while navigating full lives — without pressure, hustle, or constant self-optimization.

### What this space offers

- 2 live sessions per month
- Meditation, Yoga Nidra & mindfulness practices
- Gentle reflection & integration
- A steady rhythm you can return to

Join live or practice in your own time.



## Who is THIS FOR?

- You've done inner work and want continuity
- You value depth over intensity
- You want to slow down without losing direction
- You're seeking a grounded, supportive rhythm

## How it WORKS

Join anytime — sessions run through December 2026

2 live sessions per month (45–60 min) - Wednesday nights 8pm

- One practice-focused
- One integration/reflection-focused

## Join MID-JOURNEY?

No problem. When you sign up for all remaining months, you'll receive recordings of the previous sessions — so you can catch up in your own time before joining live.

## Your INVESTMENT

€199 for all 10 months — you'll receive the recordings of past sessions

€22/month — paying on a month to month basis

### VERENA SEIPP

ICF Associate Certified Coach | Certified in Coaching for Wellness  
[www.seippcoaching.com](http://www.seippcoaching.com) | [hello@seippcoaching.com](mailto:hello@seippcoaching.com) | 0152 04165113

# *Our Journey* TOGETHER

## **Spring – Grounding & Reconnection (March–May)**

### **Coming back to yourself after winter**

March – Returning to Presence

- Grounding meditation & mindfulness basics for everyday life

April – Breath, Body & Awareness

- Breath-focused practice & nervous system regulation tools

May – Energy & Boundaries

- Gentle Yoga Nidra & energy awareness + simple boundary practices

## **Summer – Resilience & Inner Stability (June–August)**

### **Staying connected while life gets busy**

June – Resilience in Motion

- Meditation for emotional balance & micro-practices for stress & pressure

July – Self-Compassion & Inner Dialogue

- Loving-kindness meditation & working with the inner critic

August – Slowing Down to Reset

- Deep rest Yoga Nidra & reflection on rest vs. productivity

## **Autumn – Clarity, Momentum & Meaning (September–November)**

### **Intentional movement forward**

September – Resetting Momentum

- Grounded visioning meditation & re-aligning focus after summer

October – Creativity & Inner Expansion

- Mindful creativity practice & opening space for new ideas

November – Gratitude, Integration & Trust

- Gratitude meditation & integrating lessons from the year

## **Winter – Closure & Renewal (December)**

### **Ending consciously instead of rushing into the next thing**

December – Closing the Year with Intention

- Restorative Yoga Nidra & gentle year review + intention setting