VIRTUAL RETREAT

Fall

#TRANQUILITYDUJOUR

KIMBERLYWILSON.COM

TRANQUILITY IS THE QUALITY OF CALM WITHIN A FULL AND MEANINGFUL LIFE.

Welcome

"Autumn is a second spring when every leaf is a flower."
—Albert Camus

I'm delighted that you're joining me for the **Virtual Retreat on Saturday, October 15 from 2-4 pm ET**!

Our day includes: savoring an all-level yoga and meditation practice video, spending time in contemplation and community, reflecting on the year so far, designing the rest of 2022, art journaling, and creating an action plan.

Click here shortly before 2 pm ET.

To prepare, please:

1. **Print and familiarize** yourself this workbook.
2. **Visit** our private page for updates.
3. **Complete** pp. 8-9 in advance.
4. **Gather your tools** and set the stage (p. 5)
5. **Pull images and words** from magazines that represent your vision for the rest 2022.

Throughout our gathering, you'll have the chance to share and connect in the chat box. I can't wait to celebrate this season with you!

PS *Use code FABULOUSFALL to save 20% off TDJ Clothing through 10/17.*

PPS *Check out the TDJ Lifestyle e-course and join us after the retreat for a live kickoff.*

PPPS *If you miss any of today's event, it's being recorded and you'll receive it within 48 hours.*

Kimberly

agenda*

Module 1: Flow Video

2 pm ET Welcome

Module 2: Reflect

Module 3: Create

4 pm ET Closing

For TDJ Lifestyle E-course LUXE members . . .

4:30 pm ET: Kickoff

**Subject to change.*

What To Expect

2-HOUR LIVE RETREAT

ARTIST DATE

SELF-CARE

SPOTIFY PLAYLIST

RETREAT REPLAY

TDJ DISCOUNT CODE

LIKE-HEARTED GROUP

FESTIVE FINALE

INSPIRING WORKBOOK

1-HR GUIDED MEDITATION & YOGA

Retreat Tips

"Slowing down is sometimes the best way to speed up." — Mike Vance

To prepare for our retreat, these tips will help guide your experience.

BRING A BEGINNER'S MIND. There's a Zen saying that "in the beginner's mind there are many possibilities, but in the expert's mind there are few." I encourage you to approach this experience with a sense of playfulness, openness, and curiosity. There is no one way to do any of the practices or to participate. Make this retreat your own and I'll be your gentle guide.

GATHER YOUR TOOLS. **Creature comforts**: lavender oil, tea, a scarf, rosewater spray, lip balm, flowers, candles, and/or twinkle lights. **Creativity supplies**: journal/sketchbook, writing tools, a glue stick, scissors, and a black Sharpie. *Optional:* two small bottles of acrylic paint in your favorite colors, old credit card or hotel key card or paper towel "paintbrush," stamps/stamp pads, colored pencils, washi tape, any additional favorite tools. **Ephemera**: bits of paper such images from magazines that represent what you'd like to see more of in your life, scrap paper, postcards, tissue paper. **Tech**: a computer or smartphone with internet access. **Yoga and meditation**: sticky mat and meditation cushion or chair.

SHOW UP. Bookmark your private page. Do the one-hour yoga and meditation video before we begin, if possible. Clear your calendar to join the full experience. Remove distractions, close browsers, and toggle "Do Not Disturb" on your phone to help you drop into the retreat. Tune into the Zoom link on your private page a few minutes before 2 pm ET.

SET THE STAGE. Wear something comfy that stretches and you feel good in. Spritz perfume. Sip green juice and/or a cuppa tea. Moisturize. Get a good night's sleep. Eat a nourishing meal. Have your tools within reach. Light a candle to signify the start of each session. Make your retreat set up inviting.

CONNECT. Share photos of your set up and throughout the retreat using #tranquilitydujour. Ask questions, share takeaways, and offer support in the chat box.

TDJ Tenets

Tranquility du Jour is your guide to infusing tranquility and beauty into your every day. We started as a yoga studio in 1999 and have grown into a like-hearted global community on a path to live and spread tranquility. Below are the five principles of living the Tranquility du Jour lifestyle.

1. **COMPASSION:** We seek to alleviate the suffering of all beings through our daily choices. Sustainability is a priority and we actively reduce our impact on the planet. We treat others as we want to be treated and know that compassion starts from within. We stand for social justice and meaningful change.

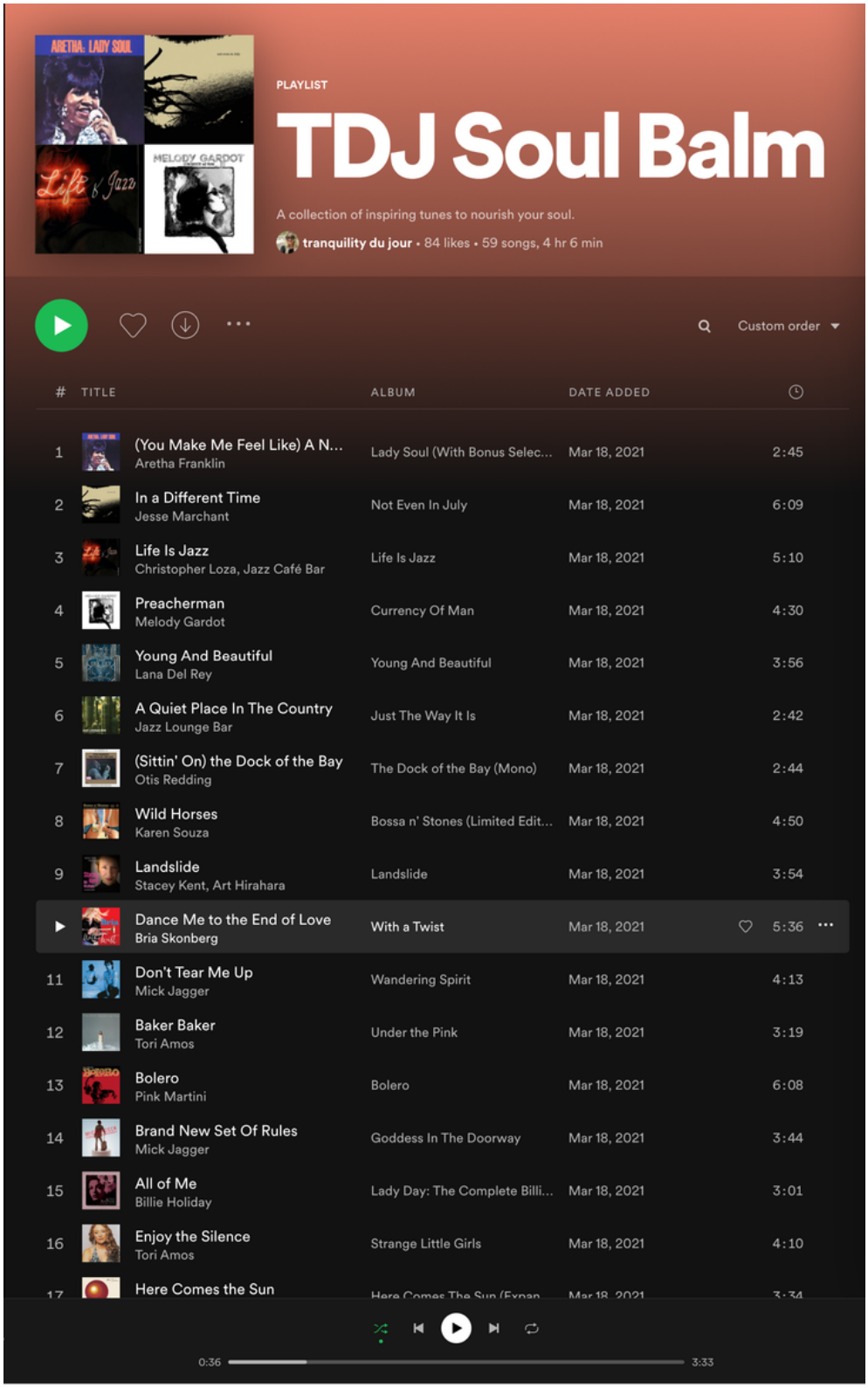
2. **CREATIVITY:** We connect with our artistic side and let it shine through our everyday actions. We see most activities as a way to express our creativity and refill our creative well regularly through reading, taking classes, and playing. How we show up is our art and each day is a fresh canvas.

3. **STYLE:** We know that how we present ourselves affects how we feel and tells a story. We choose a signature style that is personal and reflects who we are. Our personal and professional spaces are designed to nourish our spirits. We are moved by the arts, flowers, and simple pleasures.

4. **MINDFULNESS:** We bring awareness to our thoughts, feelings, and physical sensations throughout the day and prioritize practices such as yoga and meditation. When we notice ourselves ruminating about a past situation or fretting about a future one, we gently guide ourselves back to the present moment.

5. **WELLNESS:** We choose self-care though gratitude, reflection, whole foods, meaningful work, and exercise. Our support system is held with healthy boundaries and clear communication. As lifelong learners, we seek self-awareness and set SMART goals to help achieve our dreams.

Playlist


PLAYLIST
TDJ Soul Balm
A collection of inspiring tunes to nourish your soul.
tranquility du jour • 84 likes • 59 songs, 4 hr 6 min
Custom order
TITLE ALBUM DATE ADDED
1 (You Make Me Feel Like) A N... Aretha Franklin Lady Soul (With Bonus Selec... Mar 18, 2021 2:45
2 In a Different Time Jesse Marchant Not Even In July Mar 18, 2021 6:09
3 Life Is Jazz Christopher Loza, Jazz Café Bar Life Is Jazz Mar 18, 2021 5:10
4 Preacherman Melody Gardot Currency Of Man Mar 18, 2021 4:30
5 Young And Beautiful Lana Del Rey Young And Beautiful Mar 18, 2021 3:56
6 A Quiet Place In The Country Jazz Lounge Bar Just The Way It Is Mar 18, 2021 2:42
7 (Sittin' On) the Dock of the Bay Otis Redding The Dock of the Bay (Mono) Mar 18, 2021 2:44
8 Wild Horses Karen Souza Bossa n' Stones (Limited Edit... Mar 18, 2021 4:50
9 Landslide Stacey Kent, Art Hirahara Landslide Mar 18, 2021 3:54
Dance Me to the End of Love Bria Skonberg With a Twist Mar 18, 2021 5:36
11 Don't Tear Me Up Mick Jagger Wandering Spirit Mar 18, 2021 4:13
12 Baker Baker Tori Amos Under the Pink Mar 18, 2021 3:19
13 Bolero Pink Martini Bolero Mar 18, 2021 6:08
14 Brand New Set Of Rules Mick Jagger Goddess In The Doorway Mar 18, 2021 3:44
15 All of Me Billie Holiday Lady Day: The Complete Billi... Mar 18, 2021 3:01
16 Enjoy the Silence Tori Amos Strange Little Girls Mar 18, 2021 4:10
17 Here Comes the Sun
0:36
3:33

Fall Intention Setting

What is my intention for this retreat?

How do I want to show up?

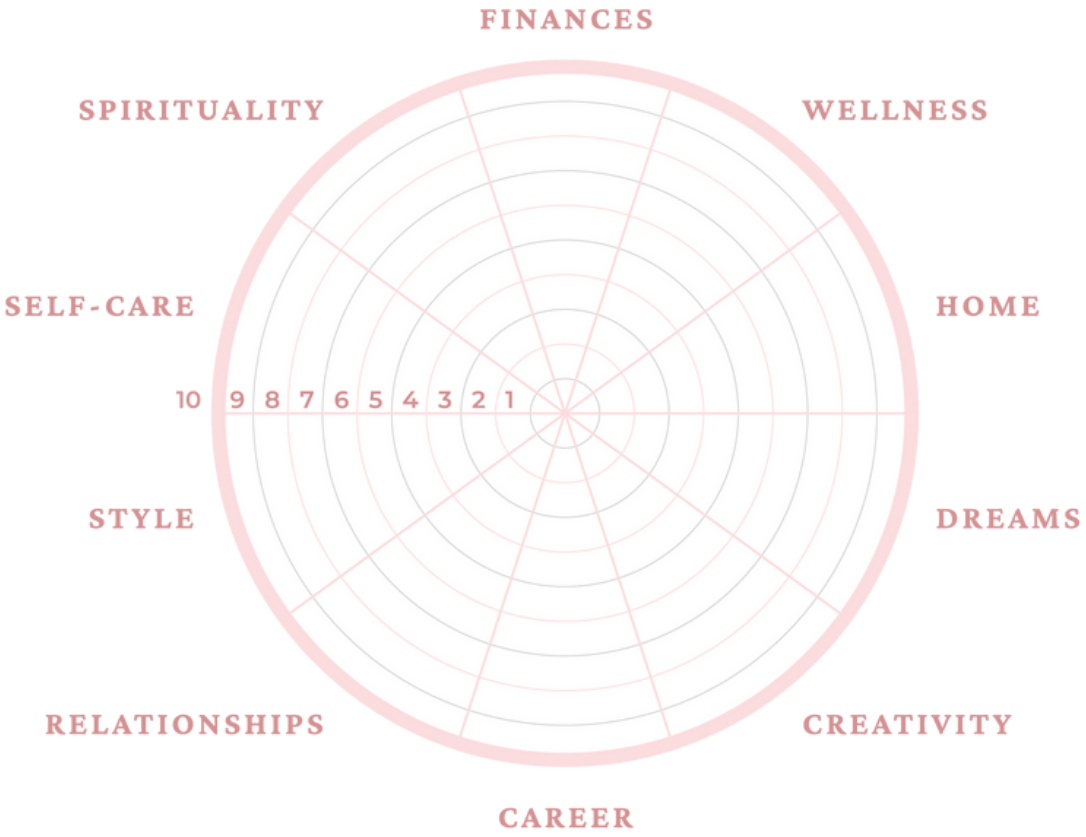
How can I best prepare myself to be fully present?

What most needs attention right now?

How do I want to feel by the end of this season?

Fall Life Review

Seasonally reflect on areas of your life.
Rate each one with your level of satisfaction 10 = bliss, 5 = so-so, 0 = boo.



SMART (Specific, Measurable, Achievable, Relevant, Timebound) action steps to increase areas that are lower than I'd like:

1.

2.

3.

4.

5.

Seasonal Tranquility Tools

__ Seasonal Life Review __ Deep Clean __ Practice Essentialism __ Bed Day

__ Try Something New __ Rearrange __ Tend Your Garden __ Get Cultured

Love After Love

by Derek Walcott

The time will come
when, with elation
you will greet yourself arriving
at your own door, in your own mirror
and each will smile at the other's welcome,

and say, sit here. Eat.
You will love again the stranger who was your self.
Give wine. Give bread. Give back your heart
to itself, to the stranger who has loved you

all your life, whom you ignored
for another, who knows you by heart.
Take down the love letters from the bookshelf,

the photographs, the desperate notes,
peel your own image from the mirror.
Sit. Feast on your life.

Yoga

WHAT IS YOGA? The word yoga comes from Sanskrit, an ancient Indian language. It is a derivation of the word *yuj*, which means to yoke. In contemporary practice, this is often interpreted as union of the mind, body, and spirit.

WHY IS IT BENEFICIAL? Yoga is known to improve flexibility, build strength, quiet the mind, increase muscle tone, improve balance, support joint health, teach better breathing, increase self-confidence, and reduce stress.

HOW TO DO IT: Put on comfy clothing that stretches, light a candle, and roll out your yoga mat. Move slowly and intentionally. Listen to your body and avoid stretching beyond its limits. If something doesn't feel good, pause and modify. Try this sun salutation:

1. Come to mountain pose at the top of the mat. Feel your feet grounded firmly. Set an intention. Inhale, reach your arms to the sky.

2. Exhale, trace the midline of your body through prayer position and into a forward fold.

3. Inhale, step back with your right leg to a lunge.

4. Exhale, step back with your left leg to downward-facing dog (an inverted "V").

5. Inhale, float forward to plank pose. Align your shoulders over your wrists and wiggle your feet back so your heels are over the balls of your feet. If this is too much on your wrists, drop your knees.

6. Exhale, drop your knees, bend your arms to a 90-degree angle, hug your elbows into your body, and lower down so that your shoulders and hips are in a straight line for half-chaturanga.

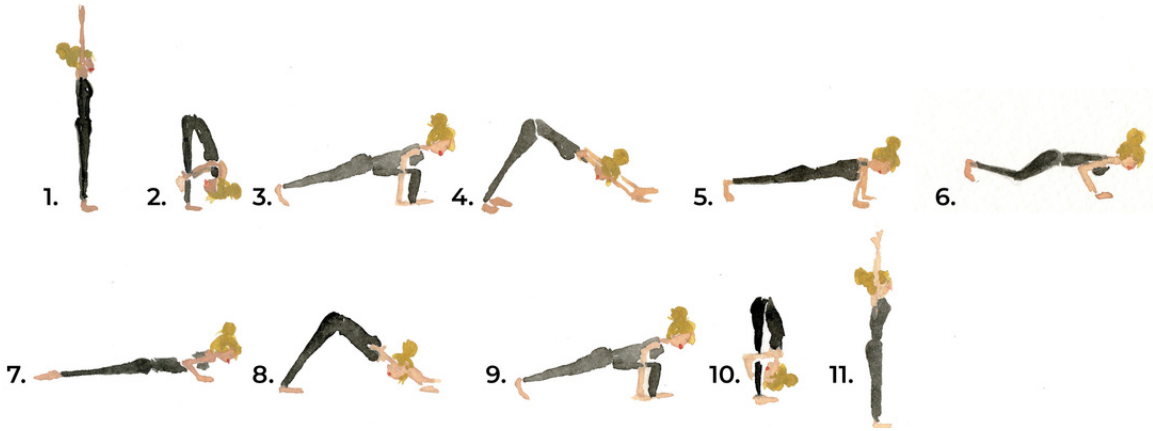
7. Inhale, uncurl your toes, drop your belly, lift your heart center, and slide into cobra. Relax your shoulders from your ears.

8. Exhale, curl your toes under, and lift your hips up and back into downward-facing dog.

9. Inhale, step forward with your right foot.

10. Exhale, step your left foot between both hands to a forward fold.

11. Inhale, trace your midline to the sky. Exhale, place your hands to prayer position in front of your heart. Repeat on the opposite side (step back with the left leg).



Breathe

"With every breath, the old moment is lost; a new moment arrives. We exhale and we let go of the old moment. It is lost to us. In doing so, we let go of the person we used to be. We inhale and breathe in the moment that is becoming. In doing so, we welcome the person we are becoming. We repeat the process. This is meditation. This is renewal. This is life."

—Lama Surya

Without getting all fancy on you, I'm encouraging the exploration of a basic three-part breath (dirgha pranayama). Our breath serves as a tool for coming into the present moment and eases stress, calms the nervous system, increases focus, and increases oxygen to the blood.

And the best part, we always have it with us. No need to roll out a yoga mat or put on stretchy clothing.

Begin by finding a comfortable seat and breathe naturally for a few moments.

Next, draw the breath in through your nose and fill your belly, ribs, and chest with air. Then exhale and release your chest, ribs, and belly.

If you can't quite feel one of these parts (often the belly), place your hand there and try to move it with your breath. That's the best way to find those tricky parts.

Continue this breath for a few minutes.

No one has to know you're doing this. If you're dealing with a delayed flight, a tough conference call, a crying baby, or barking dog, this is a great go-to. Try this practice (the fourth limb of yoga) throughout the week a few times a day and watch your body and mind soften. Notice your breath.

Mindfulness

"You are the sky. Everything else—it's just weather."

—Pema Chödrön

WHAT IS MINDFULNESS?

Jon Kabat-Zinn defines mindfulness as "paying attention in a particular way: on purpose, in the present moment, and nonjudgmentally." Instead of going down the rabbit hole with our thoughts (usually about the past or future), we make a conscious effort to catch ourselves and bring awareness back to the present moment. Mindfulness is the process of deep awareness and accepting each experience, sensation, thought, or feeling, just as it is, without trying to change it.

WHY IS IT BENEFICIAL?

Benefits of mindfulness include an increase in acceptance, compassion, concentration, and self-control, along with a decrease in stress (to name a few). Neuroscientists have found that after just 11 hours of meditation, practitioners had structural changes in the part of the brain involved in monitoring focus and self-control.

10-MINUTE SEATED MEDITATION

Come to a comfortable seated position. Close your eyes and pay attention to your breath, body, thoughts, and emotions. As your mind wanders, bring it back to the breath to build concentration, observe your emotions, and notice physical sensations like clenching of the jaw. You will get distracted repeatedly and it doesn't mean you're doing it wrong. The act of noticing you're distracted and returning to your breath IS the practice of meditation.

WALKING MEDITATION

Instead of getting from point A to point B, the point of walking meditation is to arrive in the present moment of each step. Notice the movement of each foot as you lift it, move it forward, and place it back down with each step. Lift, shift, place. Walk back and forth in a line at home or wander on a large lawn. Practice for five to 10 minutes.

Journaling

"There is no greater agony than bearing an untold story inside you."
—Maya Angelou

This may be a practice that you've done since grade school where you wrote about your crush of the day, a practice you pick up when you're upset and need a space to process, or something you've never done or understood. No matter how much journal writing you've done, my hope is that this will be a helpful gateway to engage with the experience.

Journal writing is the process of putting pen to paper (or fingers to keyboard) and, for many, it can be a therapeutic brain dump to bring light to dark, unchartered territory. As Joyce Chapman says in *Journaling for Joy*, "Through the act of writing things down, you allow yourself to wake up, be aware, and pay attention to what your life has to teach you."

JOURNAL PROMPTS:

1. What do I know to be true that I didn't one year ago?
2. What feels particularly good in my life right now?
3. As I look at the results of my Seasonal Wheel of Life, what needs attention?
4. How am I feeling about this time of the year?
5. Explore an issue or experience from the third person or another person's point of view.
6. What distractions are in the way of me living my best life?
7. What actions can I take to strengthen my connection to the TDJ Tenets—compassion, style, wellness, creativity, mindfulness?
8. What do I need to let go of to make space for something new?

Journaling is a tool to help explore and better understand patterns, motivations, fears, and struggles. It's also a safe space to capture dreams, to celebrate, and to grow. Let's get started!

Reflection

1.

2.

3.

4.

Fall Wish List

1. Picnic in the park
2. Plan a hike and meditate outdoors
3. Wrap yourself in soft blankets
4. Add a chunky sweater to your summer dress
5. Sit around a campfire
6. Visit a corn maze
7. Roast pumpkin seeds
8. Repot an overgrown plant
9. Visit an animal sanctuary
10. Don tights
11. Stargaze
12. Go apple picking
13. Sip hot cocoa with vegan marshmallows
14. Attend an outdoor concert
15. Simmer homemade potpourri on the stove
16. Carve or paint a pumpkin
17. Go camping
18. Make a Halloween costume
19. Go on an evening walk and notice the moon
20. Enjoy a nature drive
21. Visit the farmers' market
22. Watch a Halloween flick
23. Ride a bike
24. Add boots to a summer dress
25. Update your capsule wardrobe
26. Decorate with pine cones, acorns, leaves
27. Live in layers
28. Unplug and go analog for an afternoon
29. Layer a turtleneck over or under a sleeveless dresss
30. Visit a pumpkin patch
31. Sign up for a new class—dance, art, yoga, writing, language
32. Sit fireside and read all afternoon

My Ideas

Values

Notes:

Schedule

"How we spend our days is, of course, how we spend our lives." —Annie Dillard

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5 AM							
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Slow & Simplify

Notes:

Goals & Action Steps

"By recording your dreams and goals on paper, you set in motion the process of becoming the person you most want to be. Put your future in good hands—your own." —Mark Victor Hansen

Goal 1:

1.

2.

3.

Goal 2:

1.

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3.

Goal 3:

1.

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3.

Goal 4:

1.

2.

3.

Art Journaling

Art journaling (also known as sketchbooking and visual journaling) is the creative process of combining color, words, and images onto a page. This is a fun practice done solo or with a group of friends. No prior experience is needed, so it's great for beginners. Consider making a virtual event out of it and experience the magic of creating in community. Host a show and tell at the end.

It differs from scrapbooking in that it's about the process, not the outcome AND about ideas, not just memories. And the best part? It's good for you. According to an article by Cathy Malchiodi in Psychology Today, studies show that regular art journaling increases the flow of serotonin to the brain and increases the number of immune cells flowing through the body. Let's get started!

1. Gather your art journaling tools: a journal, black Sharpie or permanent black artist pen, glue stick, ephemera (bits of paper with words and/or images from magazines, etc.). Optional: acrylic or watercolor paint, paintbrushes (or use an expired credit card to paint), paper towels, colored pencils, pencil, washi tape, scissors, stamps, stamp pads, wax paper (to place between freshly painted pages as they dry).
2. Make a background with paint, with a big image, by rubbing a stamp pad over it, or with colored pencils to avoid starting on a blank page.
3. Add images and words from your ephemera into a collage aligned with a theme that resonates.
4. Add words by writing over the images.

IDEAS:

- Create a color-themed page or spread using images and words in this favorite color (pink anyone?!).
- Design a page or spread using images and words that bring your Affirmative Writing to life.
- Make a background using a stamp pad by either running it down the page or stamping it throughout the page.
- Cull images and words that speak to your idealized version of creative expression.
- Create a page or spread that highlights what you look forward to while slowing down this fall.
- Choose an item from Everyday Tranquility or 30 Days of Tranquility that resonates and design a page or spread that represents it.

Gather your supplies and design a page that represents creativity to you. Remember, this is all about letting your creative spark emerge. There's no right way or wrong way to do this. Promise!

Closing

1.

2.

3.

4.

Love Note

"The future belongs to those who believe in the beauty of their dreams." –Eleanor Roosevelt

Thank you for joining me today! I hope this experience allowed you to reset, rejuvenate, and consciously reflect.

Remember, this journey toward a more tranquil lifestyle is a daily practice. A process for finding more ease and beauty. One baby step at a time.

As you transition back into your life post-retreat, go gently and stay connected to this experience. Make a nutritious meal. Dive deeper into the reflection questions. Read poetry. Spend more time with your art journal. Go for a long stroll. Reach out to a loved one. Share your dreams.

Let's stay in touch via regular Love Notes and the Tranquility du Jour podcast.

May your season be filled with intentional choices, self-compassion, and connection to what matters most. You're beautiful! x

Kimberly

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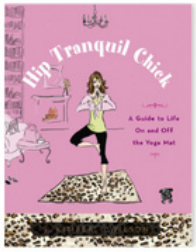
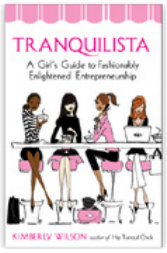
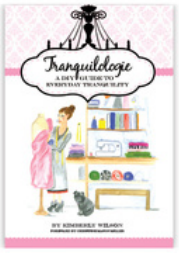
PIGS & PUGS PROJECT

1% FOR THE PLANET MEMBER

A portion of all Tranquility du Jour proceeds benefits Pigs & Pugs Project, 1% for the Planet, and Borneo Orangutan Survival, so thank you for making a difference.







Everyday Retreat

"The world needs people who retreat from the world in order to see it more clearly."
—Patrick Shen

1. **SLOW:** Let your return be gradual. Create space for yourself to ease back into routine. Maintain the slower pace of the retreat. Remember to breathe and observe what is happening within you.

2. **NOOK:** Create a space to hold memories of what fed you on this retreat—a quote, a page from your art journal, a savvy source. Have your art supplies, meditation cushion, journal, and yoga mat in this nook so that you can create and practice during those sweet moments in between.

3. **HOLD:** Keep the retreat experience close to your heart. Honor taking the time for yourself and how you showed up. Stay connected to the senses: the movement in yoga, the sitting and walking in meditation, the reflection in journaling, the play in art journaling, the taste in mindful eating.

4. **SPACE:** Carve out a sense of spaciousness in your schedule. Avoid overbooking and work with your energy flow. Mid-day naps or walks around a city block can have a profound effect on the mind, body, and spirit.

5. **EXPLORE:** Consider how you feel different from your time on retreat. What do you understand better about yourself? What were your takeaways and how are they expanding now?

Everyday Tranquility

Tranquility is the quality of calm within a full and meaningful life.

SIP hot water with lemon.

Spend a few minutes in **MEDITATION**.

MOVE YOUR BODY through yoga, walks, dance, and more.

Enjoy a **GREEN SMOOTHIE** or juice plus plant-based whole foods.

Write in a **JOURNAL** to clarify your thoughts.

REVIEW YOUR DAYBOOK and note the week's intention and MITs plus month's and year's dreams.

Savor a pot of **GREEN TEA** and nibble a square of **DARK CHOCOLATE**.

Create a **CAPSULE WARDROBE** and layer in clothing that feels luxurious on your skin.

SPRITZ PERFUME and diffuse lavender.

Read books and **LISTEN TO MUSIC** and podcasts that inspire.

PRACTICE GRATITUDE.

MAKE SOMEONE'S DAY with a simple "I appreciate you" text or smile.

TRACK your energy, time, and money habits.

DECLUTTER your mind, home, and digital environments.

BATCH TASKS by categories and hats you wear.

ESTABLISH ROUTINES and healthy habits.

MAKE A DIFFERENCE as a volunteer, donor, and awareness-raiser.

Practice mindful **SELF-COMPASSION** and treat yourself as you would a dear friend.

Surround yourself with **BEAUTIFUL THINGS** such as flowers, art, plants, and twinkle lights.

Be a **LIFELONG LEARNER** and study what makes your heart sing.

FOREST BATHE and soak up the natural world.

Be a **FLÂNEUR (A PASSIONATE WANDERER)** to clear your mind and get those steps.

When triggered, take **10 DEEP BREATHS**.

Make **SLEEP** a priority.

PRACTICE STOP: Stop, Take a breath, Observe what's happening, Proceed with awareness.

After a long day, put your **LEGS UP THE WALL** and exhale.

When in doubt, **TAKE A NAP**.

30 Days of Tranquility

Try this 30-day challenge to infuse your month with simple pleasures.

1 SIT STILL FOR FIVE MINUTES

2 DO SIX SUN SALUTATIONS

3 WRITE A LOVE LETTER

4 APOLOGIZE

5 TELL THE TRUTH

6 CONSUME A GREEN DRINK

7 GO MEAT-FREE

8 WALK FOR 20 MINUTES

9 DO LEGS UP THE WALL

10 GIVE $10 TO CHARITY

11 PEN TWO JOURNAL PAGES

12 REVIEW YOUR YEAR'S DREAMS

13 CLEAR CLUTTER

14 GO ON AN ARTIST DATE

15 COLLAGE TWO PAGES

16 TREAT YOURSELF TO TEA

17 READ FOR 20 MINUTES

18 BUY YOURSELF FLOWERS

19 DANCE TO A FAVORITE TUNE

20 EXPRESS GRATITUDE

21 EAT ONLY UNPROCESSED FOODS

22 SOAK IN A BUBBLE BATH

23 MINDFULLY SIP A LIBATION

24 GET OUT IN NATURE

25 FORGO COMPLAINING

26 TAKE A DIGITAL DAY OFF

27 SNAP PHOTOS FROM YOUR DAY

28 MAKE A FAVORITE MEAL

29 HUG

30 BE FULLY PRESENT

Savvy Sources

Creativity

#78 Creativity Cravings
#122 Being Succulent with SARK
#152 Musings on Creativity
#154 Guide to Creativity
#184 Creative Awakenings
#238 Abundant Wild Life
#242 Brave Intuitive Painting
#273 Making Your Creative Mark
#307 Yoga + Creativity
#373 Creative Practice
#442 Creativity
#472 Wild Words
#495 Free the Creative Within

Style

#42 Outer Beauty
#179 Signature Style
#259 Project 333
#289 Finding Your Ooh la la
#310 Style Secrets
#338 All About the Pretty
#351 At Home with Madame Chic
#354 The Good Karma Diet
#366 Polish Your Poise
#414 Parisian Charm School
#438 Simply Luxurious Life
#464 Summer Style
#510 Soulful Living

Wellness

#61 Self-Nurturing Survival
#181 Living The Not So Big Life
#240 Main Street Vegan
#335 Walk On the Healthy Side
#348 Mindful Self-care
#370 Sipping Tea
#397 Nourish 360
#398 Make Peace with Your Mind
#421 From Anxiety to Love
#426 Breaking Up with Busy
#484 Money Management
#486 Stop Checking Your Likes
#506 Living Ayurveda

Mindfulness

#171 Musings on Mindfulness
#267 Mindful Living
#317 Mindfulness Diaries
#320 Mindfulness
#341 Everyday Mindfulness
#356 Uncovering Happiness
#357 Mindful Eating
#416 All Our Waves Are Water
#470 Love On Every Breath
#473 Now is the Way

Compassion

#116 Spiritual Activism
#328 Life Purpose Bootcamp
#359 Artistic Activism
#439 Give A Sh*t
#451 Racial Justice
#452 Reducetarian
#475 Zero Waste
#491 Being An Ally
#501 Slow Living
#508 Sustainable Living

TDJ Lifestyle E-Course

Sunday, October 16–November 13

Want to ignite a deeper relationship with yourself and the world? Craving more tranquility and less overwhelm? I have a solution!

In this five-week e-course, you'll be guided through living the five TDJ Tenets (mindfulness, creativity, style, wellness, compassion) with practical tools, poetry, how-tos, and everyday examples.

The program offers five modules with 25 bite-sized videos to watch at your leisure, a gorgeous 65-page + workbook, email encouragement, a private group, and more.

Choose from the Classic or LUXE options.

Learn more HERE.

Tranquility Coterie

Starts Saturday, December 31

Join a yearlong journey into all things tranquil.

Life can get super busy and it may become tricky to prioritize reflection, intention setting, and self-care. You don't have to do it alone.

The Coterie provides a tested road map coupled with community and day-to-day tips to help get your tranquility back, whenever you need it.

Enjoy 30+ live events, a private community, 12 monthly themes, weekly lessons, a tranquility-infused resource library, and lots of love.

Join the waitlist HERE.

Hip Tranquil Chick's Sweet 16 Birthday

Monday, November 14
7:30 pm ET

Join me in celebration of my first book's 16th birthday!

This one-hour free event is an opportunity for us to reflect, connect, and return to timeless inspiration from this pretty pink book.

Bring your dog-eared copy of *Hip Tranquil Chick* your workbook (coming to registrants early November), a pen, and a cuppa tea or effervescent beverage. I can't wait to celebrate with you!

Save your spot HERE.

TDJ Holiday Pop-Up

Monday, December 12
7:30 pm ET

Spend 45 (ish) minutes journaling, planning, and dreaming within a like-hearted group during this free annual event.!

Bring your journal, a pen, a libation, and your TDJ Daybook (or planner).

You'll also be among the first to hear about the TDJ Coterie—exclusive access to 2023 offerings, community, and overflowing perks.

Save your spot HERE.