



## Women's Groups — Two Ways to Work With Ariel

Choose the group that reflects where you are in your process — and how closely you'd like to be supported.

We offer **two ongoing women's groups**.

Both are deep, structured, and led with care — and each serves a different level of support and intimacy.

Review the options below to choose the right fit.

Feature	Group 1: Curated	Group 2: Foundations
Group size	Strictly Six women	Open cohort
Depth of support	Personalized	Foundational + group-focused
1:1 access	Built-in attention	Group access
Pace	Advanced, applied practice	Foundational learning
More Information	<a href="#">Book to discuss</a>	<a href="#">Book to discuss</a>

### Values Both Groups Are Built On...

Women arrive feeling:

- Lonely in ways they don't talk about
- Disconnected from desire
- Shut down or numb
- Lost, dissatisfied, or ungrounded in their Life's purpose, fulfillment, or direction
- Unmet, unseen, misunderstood, overlooked, frustrated
- Surrounded by people, yet feeling deeply lonely and alone in their life's process
- Shut down, numb and struggling with the implications of living like this
- Successful but unsatisfied, unknown, unmet



- Surrounded by people, yet inwardly feeling disconnected with the thought, “What’s wrong with me?”
  - Tired of collecting concepts, books, and “advice,” longing for skills that are felt, integrated, and sustainable, that genuinely grow through them
  - Tired of being alone, not partnered, and not knowing how to change that
  - Caught in relationship cycles that no longer nourish, but deplete
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## What Women’s Work Really Is

This is not drop-in, therapy, or a sharing circle.

You are engaged, participating, and working toward real outcomes designed to create actual change—in relationships, desire, money, and how you live.

Over time, you’ll experience tangible changes—ending or repairing relationships, stabilizing money, reclaiming desire, and feeling **grounded in your life again, or maybe for the first time.**

We work with the nervous system, emotional patterns, and relational dynamics that quietly run your life—often for decades.

We also address women’s work directly—and honestly.

What community among women actually is. Where it started, who started it, and what it looks like in real life. What “women in community” *actually* feel like.

What’s called women’s work today is incomplete and misses the point. Women's work has become diluted and replaced with sharing circles.

*This group is not that.*

This group is designed to guide you to what women's work really is, in a practical, lived way.

This is women’s work: direct, embodied, relational, and honest.

**To find out more or reserve your spot, [book here.](#)**



It means:

- Shared maturity
- Similar life complexity
- Discretion
- Emotional capacity
- Willingness to be accountable

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**The container for this group is held so that you don't have to:**

Manage the room.

Educate others.

Emotionally carry the other women.

**Instead, you are invited to become:**

A student of yourself and your inner process.

A witness to others' learning and growth.

Being witnessed by others as you learn and grow.

Shift your attention from "getting it right" to trusting the process.

## Core Themes We Work With in Both Groups

### Desire

This group is about connecting with what you truly desire in life.

Not superficial desire. Not ego desire. Not what you *think* you should want.

But the deeper truth—what lives underneath years of conditioning, adaptation, and disconnection. For many women, that desire has been buried for decades.

This work begins by unwinding the patterns that have been shaping your life without your awareness.

**To find out more or reserve your spot, [book here.](#)**



## Relationship (Romantic, Relational)

- Why you keep choosing the wrong partner or inspiring the worst in them, and what is it teaching you:
  - It's not about them—it's about the part of you that still believes you have to earn love.
  - The unconscious patterns behind your attraction style, how to choose love from wholeness rather than wounds.
- The difference between love and skill.
- Why giving more doesn't make them love you more.
- What "knowing your value" truly looks like in partnership.
- Feminine discernment vs emotional over-giving.

This includes romantic and long-term partnership dynamics, such as:

- "Why doesn't my partner do the work."
- "Why does my partner take me for granted."
- "Why doesn't my partner hear me."
- "Why doesn't my partner see me."
- "Why doesn't my partner make time for me."
- "My partner doesn't know I'm no longer connected."
- "I keep attracting the same type."
- "I'm overlooked."
- "Partners want me but don't choose me."
- "I'm too old to find a partner."
- "Why do I attract married partners."
- "I bend over backwards, and I'm never chosen."

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## Money & Work

Women who've built everything through performance, perfection, and pressure — and are ready to experience steady wealth that doesn't require self-betrayal.

You've mastered the outer world of strategy, and inside, there's still a quiet need for performance, a need to prove and be perfect just to feel safe receiving.



**Authentic wealth cannot land in a system that punishes itself for having it.**

It only stabilizes when your field — body, emotions, cells — no longer breaks under pressure.

When alignment becomes your baseline, wealth becomes inevitable.

*Topics Explored*

- Hidden emotional patterns that quietly repel or leak prosperity.
- Stabilize your field so that opportunities, wealth, and influence flow
- Earned success vs. Effortless magnetism.
- Manifesting wealth vs. Becoming the container in which that wealth can take root.

**This Is Goal-Oriented Time Together**

We are not just “meeting.”

Women come into this group with tangible goals, such as:

- Ending or repairing a relationship
- Finding a partner
- Developing money skills
- Stepping out of over-functioning
- Living with more choice and self-respect

This is a deep commitment—to yourself and to the group. By the end of the year, you do not question whether you have changed; you embody the change.

**Overview**

We meet every two weeks for three hours. Within the session, you are guided through embodiment practices that engage every layer of being: mental, emotional, and cellular. Nothing is theoretical. You don't leave to “go do the work later.”

The work happens here, in real time, in your body. The changes are permanent because they are integrated through direct experience, not memorized concepts.



You have a private WhatsApp space, a thread of connection where insights, reflections, and moments of truth are shared.

You receive practices and gentle assignments designed to refine your awareness—so the conversation doesn't end when the call does.

Over time, the circle itself becomes an ecosystem of coherence. Women begin to attune to one another, to mirror, to hold, to witness. A shared feeling of calm and truth emerges. This is not community as sentiment—it's community as emotional intelligence.

Ashley will send out each class reminder a few days before class. She will send out the Zoom link for each class, homework suggestions, and responses to any logistical questions you may have.

**To find out more or reserve your spot, [book here.](#)**

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This is a group of women committed to real growth — a sanctuary designed for those ready to move beyond conversation into transformation.

- You are in a **safe space designed for privacy, depth, and real change**—no spectators, no gossip, no performative sharing.
- You feel safe to tell the truth about your life—money, marriage, desire, numbness—without judgment, labels, or leaks.
- You receive **high-touch attention from Ariel**—so we move the exact levers that actually change your life, not generic curriculum.
- You experience deep somatic + inquiry work that unwinds the real source of your patterns—far beyond advice, mindset tips, or “be positive.”
- You shift from managing optics to **living from truth**. The pressure to perform softens; your cells settle; your presence steadies.



- You protect your public identity while transforming your private reality. Your process stays yours. Your reputation remains intact.
- You rebuild trust in women by sitting with peers, at your level, private, powerful, discerning, who are done with superficiality.
- You **gain clarity in a relationship: stay or go, repair or release**—made from steadiness, not reactivity. If you separate, you do it with dignity and clean lines.
- You stop outsourcing your life to status, staff, or schedules. You return to self-respect, choice, and sovereignty.
- You **break addictive loops** (work, control, spending, distraction) not with willpower but with alignment; the behavior stops needing to happen.
- You learn precise tools you can use in the boardroom and at home—**clear boundaries, clean asks, truthful communication**, cellular reset.

## Key Differences Between the Two Groups

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### Group 1: Curated Women's Group

#### ***A Sanctuary for internal growth & personalized healing***

This is a private, online women's circle, limited to six women who have already worked with me and are familiar with inquiry and self-responsibility. The small group offers depth, presence and personal attention, naturally fostering a bond as you learn and grow together.

Each session gently guides you inward through inquiry, writing, and somatic practices—supporting deep listening, self-trust, and the release of old patterns and “shoulds.” From here, you strengthen essential skills and reconnect with your natural ability to heal, grow, and co-create a life that reflects who you are now.



This curated group is for women drawn to rigorous self-study and meaningful exploration of life themes shared by women worldwide, held within the support of a like-spirited, thoughtful circle.

This is not a drop-in, therapy, or social group. It is a safe, contained space where each woman moves at her own pace, guided through a straightforward, step-by-step process of inner looking, inquiry, writing, sharing, somatic practice, and deep listening.

Each participant is actively engaged in every Zoom session, working toward real outcomes—shifts in relationships, clarity around money and wealth, alignment with life direction, and a more grounded, intimate relationship with self.

You may experience tangible changes such as ending or repairing relationships, stabilizing finances, reclaiming desire, and feeling more rooted in your choices, creative work, and daily life.

We work with the body (the soma) through gentle practices that help release emotional patterns learned earlier in life, allowing for recalibration and integration. We work with the mind through inquiry—writing, reflection, and contemplation—bringing awareness to blind spots in relationships, career paths, money decisions, and other key areas of life.

### **You might arrive feeling...**

- Like you need a space to be heard, with like-minded women
- You want a steady, personalized practice that moves your life's healing, learning, and self-understanding forward.
- You want to deepen your practice with the Master Class skill set.
- You want to feel safe in revealing and expressing through your personal learning and growth process.
- You want to become proficient in guiding yourself or others through the inquiry process.
- Over time, the group builds trust, honesty, rigor, and self-practice within a shared, confidential container.



**The power of an Intimate Women’s learning group, with like-spirited women.  
A sense of belonging with women that goes beyond surface connection.**

- Autonomy, dignity, and clarity, as you naturally develop in depth and insight, you can live by.
- Deep trust through being truly seen—and witnessing others—in sincere inner work.
- Learning through each other’s processes, questions, and learning stages.
- The realization that you are NOT a “problem,” you’re not “broken,” you just need a space to unpack, witness, and be seen.
- That your “issues” are universal, fundamentally, we grow from one another

This is a deep commitment to yourself and to the group. By the end of the year, you will have grown through many topics that once held you back, were a conundrum for you, and where you felt limited or defeated. As we go through the classes, you will find yourself embodying a New Self and becoming the change you are looking for.

**To find out more or reserve your spot, [book here.](#)**

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## **Group 2: Foundations Women’s Group**

This is an online women’s circle for women who would like to learn through a lead process of Inner work that teaches to heal, grow, and develop themselves by working with their believed thoughts through a process called Inquiry Work.

I will introduce a series of somatic practices that support deep listening, self-trust, and the release of old patterns and “shoulds.” From here, you strengthen essential skills and reconnect with your natural ability to heal, grow, and co-create a life that reflects who you are now.

This online group is for women drawn to rigorous self-study and meaningful exploration of life themes shared by women worldwide.

This is not a drop-in, therapy, or social group. It is a safe, contained space where each woman moves at her own pace, guided through a straightforward, step-by-step



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## Logistics

### Group 1: Curated Women's Group (Limited to Six Women, first-come, first-served)

Time-Limited Investment	<b>*Limited to Six Women, First Come, First Served.</b>
Dates (Sundays 2026) Meeting Twice A Month 3 Hour Sessions	<b>JOIN ANY TIME</b> Ongoing Sunday's Starting April.12th Rotating Every TWO Weeks. This is an ONGOING Group.
Times (Time Zones)	11:00 AM EST (8:00 AM PST, 5:00 PM CEST, 8:00 PM GST).

To find out more or reserve your spot, [book here.](#)

### Group 2: Foundations Women's Group



<b>Dates (Sundays 2026) Meeting Twice A Month 3 Hour Sessions</b>	<b>JOIN ANY TIME</b> Ongoing Sunday's Starting March.15th. Rotating Every TWO Weeks. This is an ONGOING Group.
<b>Times (Time Zones)</b>	11:00 AM EST (8:00 AM PST, 5:00 PM CEST, 8:00 PM GST).

**Fine Print:**

- Both Groups are ONGOING throughout the year. The goal is to build depth, rapport, and lifelong connections.
- July will be a month for integration and time off if desired. Live classes will be replaced with recorded exercises; payments continue as usual.
- If you leave the group and come back, you will be re-entering at the regular price of the program. You also may lose your spot if the group is full.
- If payment is interrupted and you don't get back to us promptly, we will consider you to have left the group and vacated your seat.
- Attendance is key to maintaining the integrity of the group. Also, being on time to start and being fully present with your video on is expected.

**Disclaimer:**

This year-long online women's group is for personal inquiry, self-development, and embodied learning. It is not therapy, medical treatment, or a substitute for professional mental health, medical or financial care.

Participants are responsible for their own emotional, physical, and psychological well-being. All insights and experiences that arise are part of a personal learning process and remain each participant's responsibility.

Confidentiality is essential. By joining, you agree to keep all shared experiences, discussions, and personal information within the group strictly private.

This is a curated, long-term commitment and not a drop-in or crisis-support group. Active, respectful participation is expected to support the safety and depth of the container.



By enrolling, you acknowledge that you are participating voluntarily and agree to engage honestly, with self-responsibility, and with respect for yourself and others.

Questions or to speak to us further: [info@inquiryembodied.com](mailto:info@inquiryembodied.com) - Ashley Ryan, Online Growth Coordinator.