

## **Greetings Beloved!**

I'm delighted to share with you how you can birth a soul-sourced burlesque act, witnessed in a safe and sacred container ... being truly seen – unapologetically – as YOU.

... Without abandoning yourself in service of pleasing others

... Without performing for anyone except yourself

... And free from the need to hide, shrink yourself down or over-edit your truth in order to belong

## **Here's the scoop ...**

I'm gathering a small group of deeply caring, highly sensitive women – coaches, creatives, therapists, healers, leaders and visionaries – to come home to your body and life through the creation of a solo act of soul retrieval performance art in **Burlesque from the Inside Out**, a 3-month high touch, live online program.

You will create and perform an act through which you have full permission to express yourself, enjoy and celebrate your body, and receive adoration and applause from a circle of sisters who are there to see the true YOU into existence.

As you are.

Your whole, beautiful self.

Vibrating and alive.

***But here's the real magic ...***

The connection you develop with yourself through the creation and performance of your self-revelatory burlesque solo will ripple out into your whole life, clarifying and deepening your relationships, reigniting and aligning your purpose, and fueling your creative ventures – from reawakening forgotten passion projects to launching your own work into the world for the first time, or on a bigger and more visible scale than was formerly available to you.

### **So how does this happen?**

One of my mentors once said, “We’re only ever looking for a good mirror.”

It’s a fundamental human desire to be seen. And yet – because of millenia of patriarchy, intergenerational trauma and the shame born of them – it is also risky.

So we hide and edit ourselves into the far away background, not allowing our full selves to blossom nor embody our core values and purpose.

We have so few spaces in our world where it’s safe to be seen both vulnerable and in our power at once.

In Burlesque from the Inside Out, we reclaim this birthright.

You’ll experience being seen and mirrored in ways that feel good and call you deeply into your own body and experience.

You will no longer rely so heavily on catering your expression to what you imagine others’ desire to see in you.

And you will experience comfort in – and even *\*relish\** – your own skin.

## **This is the kind of magic my clients experience in Burlesque from the Inside Out (BIO):**

“I felt whole.

Alive.

Like a GODDESS.

My soul was longing for this. To be seen. On my terms.”

“I got to create **me**, and actually inhabit **me**, which is virtually unheard of in this world. And do so with complete safety and trust.”

“I remembered and reclaimed parts of me that had been repressed or forgotten – parts that are sensual, joyful, trusting and creative. I felt supported and championed to take new risks and discover sources of energy and joy that were not previously available to me.”

“My business and relationships have flourished and it is no coincidence. I am creating my life and business from the inside out, and BIO has given me the tools to make this a reality.”

“BIO is a template to truly accept myself. To not reject my intellect, not reject my vulnerability, not reject my insecurity, not reject my belly, not reject whatever I'm tripping on body-wise.”

“BIO is so much more than peeling articles of clothing off ... It allowed me to peel the layers of ‘life shit’ and conditioning back to reveal what is true, what is Me.”

“This will change the way I’m able to navigate the rest of my life, because I have a new level of self-authority.”

“I have found a connection to myself – a connection to my soul – that I didn’t even know I had access to.”

Deeeelish, yes??

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All the therapy and yoga and meditation and self-awareness and healing changework of all kinds you've done have brought you to where you are now.

Bless all that work! What a journey it's already been.

And perhaps more years of your chosen changework will yield the embodied expression you desire.

Or perhaps it's simply primed you for *this* work.

BIO is a unique and unusual opportunity, to come home to your body, to have the visceral felt-sense that your needs and desires matter. That not only do you have a right to exist and belong *as you*, but both you and the universe will miss out on your luscious, radiant embodied essence being expressed through YOU if you stay hidden and frozen in existential shame.

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**As you take your raw desire and intentions from concept to fully fleshed-out act, with costume, music and movements that you choose...**

... you'll create a new relationship with your own amusement, fun, joy and pleasure in being embodied.

... you'll experience being seen as fully yourself, without feeling like you're too much.

... you'll feel safe to hold your own power and trust your body.

... you'll expand and savor the full range of feeling and sensitivity of the human experience.

... you'll be a model for the next generation of how to fearlessly take up space as your true and full self, in your glorious *of-courseness*.

... you'll be free to shimmy and shake your delicious hips, and enjoy moving your body without shame, but rather with delight, glee, and sovereignty!

✨💖✨ And of course, you'll have a newfound and deep appreciation for glitter and rhinestones. ✨💖✨

Here's All The Deets ... (when / where / what you get)

**Burlesque from the Inside Out (BIO)** is a joyful, deep, sensual, connected 12-week, intimate group container focused on:

1. Creating, performing, and being witnessed in a personally crafted soul-sourced burlesque act that calls you home to your body.
2. Becoming the fully alive and powerful person who trusts herself, feels her feelings, and takes up her rightful space.

**Here's how we do it:**

After you register, you'll receive access to videos of the foundational Showgirl Awakening movements and their medicine, so you have the option to start self-medicating with the Shimmy, Circles, Extensions and more, to prime your sweet body to become your most trusted home.

You'll also receive a paperback copy in the mail of my book, *How To Create A Burlesque Solo ... From The Inside Out*, which will guide you to shift your perception of performing, as something you do for others, to something you do for YOU.

You'll take the 10-minute Showgirl Archetype Quiz – if you have yet to – and will discover if it's Diva medicine, Bombshell medicine or Vixen medicine that would serve you best in cultivating your most Alive and Well self..

A couple weeks before we meet in circle on Zoom for Act Creation – a private 1:1 message thread opens up between you and me, as does a private group thread for the cohort to prime you for the journey.

The first time we gather we'll set the stage – no pun intended! – for you creating your most nourishing burlesque act – the foundational pillars of Showgirl Awakening – the 3Rs of **Reveling** (in your body), **Revealing** (your radiant essence) and **Receiving** (what you desire). We reflect on why you've been collapsing and how to access your vitality and full-spectrum Aliveness through the 3R's.

**Then the heart of the magic happens in 6 consecutive weeks**, when your cohort gathers together for Act Creation.

The first Act Creation day is extra special, as we catalyze a degree of aliveness right out the gate that you may not have believed was possible. I will not say too much here, as it is something best experienced.

In each of the following weeks when we gather for ongoing Act Creation, you'll receive both individual and group attention to learn to trust yourself, your body, your instincts and your choices. You'll discover access to your body's wisdom ... and encouragement to follow it! Your body already knows your act!

After several group sessions, you and I will meet for a 90-minute private session. You walk in with pieces of improvisation and some sense of structure, and you walk away feeling confident and grounded, because you now have an act! That you are excited to share with the group!

The glorious culmination of the experience is the showcase itself, when we share our acts in a sacred circle of other Awakening Showgirls. We gather together to prepare our bodies – with make-up, glitter and costumes. And then we prepare our souls, in an opening circle, where we set our intentions for the show.

The magic of the showcase itself is hard to put to words, but one woman gave it a go:

“The 4 minutes of my performance felt like nothing I’d experienced as a grown woman. The support of the audience, the sisterhood with the other performers. More than anything, the permission I felt to express myself in full view of other humans.”

And then we gather for our Video Viewing Party two weeks later, when we celebrate and watch the show together and harvest the deep wisdom and life lessons from our individual and collective journey.

### **Here’s our meeting schedule ::**

(Monday sessions take place at 10AM PT; Thursday sessions take place at 5PM PT; All sessions are about 3 hours)

September 1 (Monday Cohort 1) or September 5 (Thursday Cohort)

**Monday, Sept 5 OR Thursday, Sept 1** :: Telegram app 1:1 and group threads open for introductions and pre-program support.

**Monday, September 19 OR Thursday, September 15** ::

Foundational workshop where you'll learn to be seen on your own terms and experience Burlesque as a delicious PsychoSpiritual growth process

**Consecutive Mondays September 26 - October 31 OR Thursdays September 22 - October 27** :: ONGOING ACT CREATION JOURNEY

**November 5 (Monday Cohort) OR October 29 (Thursday Cohort)** :: SHOWCASE DAY

**Monday, November 14 OR Thursday November 10** :: SHOWCASE VIDEO VIEWING + CLOSING CIRCLE

**Until Monday, November 28 OR Thursday November 24**, I'm available on our 1:1 Telegram thread for continued integration support. And in our group Telegram thread, we also continue to love each other up and celebrate each other!

**\*\*\*Plus, you'll have one 90-minute private session with me, at a key moment in the journey.\*\*\*** A pivotal and magical meeting in which your confidence grows, as your act takes a leap into being!

**Can't make these dates?** Inquire about **BIO Online Retreat** or **VIP 1:1 BIO**

Got Questions? I've Got Answers ...

**Q: Do I need any dance or performance experience?**

Nope. You don't need any dance or performance experience to participate. Truly, truly, true. You simply need to be alive. To be a human. And have a desire – even if it scares the living daylight out of you! – to be SEEN ... as YOU.



And if you do have dance and performance experience, you are also welcome to join us! I have noticed it can take some extra unlearning for experienced performers to begin to use their own feeling as the guide for creating their solo, rather than outer expectations, but the rewards of doing so are immense.

Whether you've never performed, or have decades of experience, the gift of BIO is the felt-sense of being 'all here,' present in your body, savoring the moment, creating and inhabiting \*you.\*

**Q: How do you define “intimate” and how many people are in BIO?**

BIO is limited to 8 participants. Each person receives individual attention each time we meet. The act-creation truly does happen primarily when we're together. That's when and where you catch the gold of your act.

**Q: Is it OK if I can't make a class?**

Since the magic happens while we're gathered together, missing a single class is OK. But I highly recommend no more than that. If you do end up needing to miss one, let it not be the first Act Creation, if at all possible. That class is particularly magical and transformative.

**Q: What if I'm shy and introverted? What if I'm not a group person?**

Most of the women I work with identify as HSP (Highly Sensitive Person) and introverted (I identify as an extroverted HSP myself). BIO is a rare group setting where those who normally shy away from groups have had nourishing experiences.

You are not only free to, but encouraged to track how you really feel and what you really need, moment-to-moment. This is what BIO is founded on, and we practice it not only during our acts, but all the time we spend together, and we begin to use that same calibration in all the other minutes of our lives!

We actively practice resonating with each other, and genuinely affirming each others' existences. Your experience is paramount. This may be your first time of feeling held in a group setting, of being comfortable in your own skin ... with others.

We practice seeing each other through a lens of relationship, a right hemisphere-leaning lens, rather than an instrumental brain, or left-hemisphere leaning lens.

Your authenticity AND your felt-sense of belonging, dovetailing \*finally\*!

“When I say I’m not a group person, I swear it’s true. I’ve done a lot of things; I’m old. And I never felt as held and comfortable ... I never felt like I fit in until now in this space.”

**Q: Do I have to end my act in pasties?**

Simply put, NO. You do NOT need to end your act in pasties.

And don't worry if you don't know what the word "pasties" even means yet! They are bejeweled nipple covers, by the way :) They are typical in burlesque as a final "reveal," after a costume bra is removed.

The byline of my book, *How To Create A Burlesque Solo From The Inside Out* – which ended up on the back cover, but is nevertheless a byline – is: *Never Ever Ever Show A Disembodied Boob.*

What do I mean by that? If the prospect of removing your bra during your act causes you to dissociate at all, then, DO NOT remove it! We are working with deep levels of consent in BIO, and you tracking your genuine desire and moving from that place is KEY to the good magic we're up to of cultivating your own self-trust and self-sovereignty.

**Q: Do I have to wear high heels?**

You absolutely do NOT need to wear heels. Over 50% of Burlesque from the Inside Out solos are barefoot. And if you choose to wear shoes, they can be heels, tennis shoes, combat boots ... whatever both serves your aesthetic and concept. What is key is that you are comfortable and present in your body, not having your attention on not falling over!

**Q: Will I learn a lot of new dance moves? Will I break a sweat?**

BIO is not a dance class, per se. It's a group coaching program in which we use the creation of a self- and soul-sourced solo as the vehicle through which we arrive home ... home in our bodies. And you *do* end with a real solo! That you can perform again and again. They are living acts, which give new medicine every time we perform them.

Except for the first Act Creation day, it's unlikely you'll sweat, as we spend much of our time witnessing each other (and being genuinely in AWE at what we see). We exercise our people-seeing muscles more than our physical muscles ;).

**Q: Will you choreograph my solo for me?**

I will not choreograph your solo for you ;) But I will coach you directly on how to discover your own signature movements that you may not have even known were yours. And I'll help you craft them into a piece that

both gives you the experience you'd like to have in your body AND expresses it to the loving, sacred circle who will witness you.

I will be available to you for all 12 weeks for asynchronous coaching and messaging via Telegram. Plus, we'll have a 90-minute 1:1 on Zoom at a key moment in your creation process.

**Q: What is an ideal spot in my healing journey to participate in BIO?**

BIO is not intended to be the first place that you address your trauma.

While BIO can be incredibly healing for a lot of people, it is not a space for specific trauma processing. It is therapeutic, but not therapy.

BIO is deep embodiment work. If feeling yourself in your body may cause you great distress, please begin with therapy. If you have any questions about this, let's chat.

An ideal spot in your healing journey to do BIO is after you've done a fair amount of self-inquiry and healing and growth work. BIO is intended to build on that foundation and take you by hand, straight to the center of YOU.

**Q: Who's welcome in BIO?**

Women of all races and all sexual orientations are welcome in BIO. And by women I mean cisgender, transgender and non-binary.

Creating self- and soul-sourced solos as we are, we are dismantling patriarchy and systems of oppression within our very bodies, from the inside out.

**Q: What experience and qualifications do you have as a guide/mentor/space holder?**

I've been a performing and teaching artist for over 20 years, with burlesque dance as my primary medium. I'm a 5-time finalist at the Burlesque Hall of Fame, 5-time international festival headliner (Chicago, Austin, Toronto, Munich and Osaka), and Queen of Carnaval San Francisco 2008. I've won whimsical awards like 'Little Miss Aftershock' – for my outstanding shimmy-shake. ✨

I've always approached art making and art sharing relationally. And have cared for the whole person in each of my students, whether they were with me for an hour, a season, or years.

Over the last 14 years, I've supplemented my coaching and space holding with advanced certifications in EFT, Transformational NLP, Systemic and Family Constellations and Interpersonal Neurobiology, to name a few.

My main learning has been in holding space for actual humans in intimate circles, as it becomes safe for them to become more and more of who they are.

I've been leading BIO circles for more than a decade now. And am both surprised – and quite delighted – that the transition to online circles has only deepened the work, if anything.

BIO is the thing I needed that I couldn't find in the world. So I created it.

**Q: What if the above dates and times don't work for me?**

If these particular dates and times don't work for you, inquire about **BIO Online Retreat** dates!

**Q: What if I'm so busy with work and life that I can't spare this many hours for this process, but I'd really like to create my own soul-sourced burlesque solo?!**

If you can't fathom spending this many hours at any time in the foreseeable future on your BIO solo creation, I also offer VIP 1:1 BIO.

For VIP 1:1 BIO, we custom create your schedule, and you can still perform in the sacred circle of a BIO showcase with other BIO solo sisters!

If you have more money than time, VIP 1:1 BIO is for you!

**What's the Investment?**

It's hard to put a price on the experience of feeling not only safe to live in your body, but to also feel joyful there. To feel safe to be truly expressed as YOU, and to still have the experience of belonging. Authenticity and Belonging: the elusive duo that we all long for as human beings.

And to develop the self authority and creational authority, to express yourself, in ways you might never have had the ability to consciously imagine.

Coaching programs vary widely in their cost. Some colleagues charge 5-10K for groups with 3-30 times the amount of participants.

**Your Investment for the unique offering of Burlesque from the Inside Out is \$3000 USD.**

**(Payment plans range from 3-9 months, depending on when you sign up. A service fee of 11% is added for payment plans.)**

By enrolling now for any 2022 session, you not only secure your spot, but you lock in the current tuition for BIO.

I'm in! How do I get one of these spots?

To confirm your spot, just reply to the email or PM thread we've been communicating on to let me know YOU'RE IN.

If you're a BIO alumni or you've attended an intro workshop with me before, I can directly send you over your agreement, payment link and then your welcome details. If we've not met in an intro workshop, we'll hop on the phone and have a short chat first.

And of course, if you have further questions, please ask.

One last thing ...

Your experience of feeling unapologetic about your existence, and truly at home in your own skin, all while cultivating a sense of belonging that matters to you is really important to me.

There are currently **6 spots open** in the Monday cohort and **4 spots open** in the Thursday cohort. So if you're ready to be truly supported, **write to me here asap to reserve your spot.**

I can't wait to support you to birth your soul-nourishing burlesque act, witnessed in a safe and sacred container ... being truly seen – unapologetically – as YOU.

Love + Shimmies, Beloved,  
Your Very Own Showgirl Shaman,  
Kellita

