

LEELA FRANCIS

About Leela's Latest Book... *Woman's Way Home: Navigating Your Path to Embodied Power*

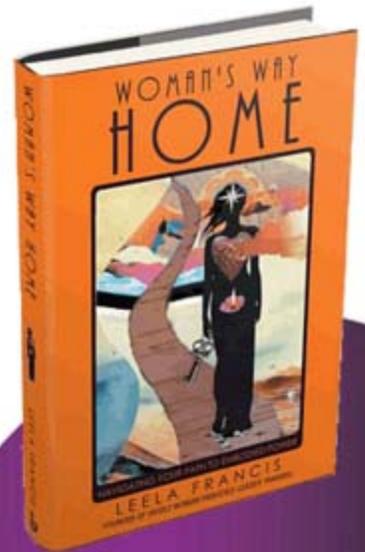
The goal of *Woman's Way Home: Navigating Your Path to Embodied Power* is to help women midwife our own awakening, break free from the chains of self judgment, release shame and personal suffering and open to our vividly vivacious true Self.

A woman in her authentic, embodied power lives into the essence of her true self and inspires the same in others. She accesses a profound wisdom from within herself and dances it sensually, emotionally and intuitively. Her personal journey is also her activism and she claims her potential to affect change in the world by how she attends to her own awakening.

Sharing her own wonderful way home, the stories of her students and clients, and the elements of the Vividly Woman signature embodiment system, Leela shows you how to:

- Live more sensually everyday
- Honor and free yourself emotionally
- Access intuitive wisdom
- Become your own wisest teacher
- Resource body truth
- Understand and encourage healthy boundaries
- Release shame and express authentically
- Dance and transform whatever issue is challenging you

You'll inquire into some important dimensions of your life and discover vital portals and lenses that will help to guide your journey home to embodied self- love and leadership. Plus it includes an accompanying stimulator course.



WHAT PEOPLE ARE SAYING ABOUT WOMAN'S WAY HOME

Leela Francis' new, juicy book, Woman's Way Home is inspiring and motivating. There is nothing more important to the planet and people than inspiring and motivating women to fall in love with their power and grace! Bravo.

- Debbie Rosas

Founder and CEO of the Nia Technique, Inc.

Leela is tuned in deeply to the ancient music of the body. With passion and compassion, she guides her readers into the realms of rooted, sacred embodiment, and into the resting place of our soul's true home."

- Susan Chernak McElroy
author *Heart in the Wild*

As you read this book you'll realize the importance of women truly owning and respecting our bodies in order to fully claim our power and place in this world as leaders.

- Kris Steinnes
Founder, Women of Wisdom Foundation,
and best selling author of *Women of Wisdom, Empowering the Dreams and Spirit of Women.*



Woman's Way Home
Navigate Your Path to Embodied Power

LEELA FRANCIS, Founder Vividly Woman

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Leela

Embody, dance, live your power!

Dynamic, life changing speaker, facilitator and author

How does someone blend a dynamically soulful mix of dance/movement activism, life coaching, spiritual teaching and empowered public speaking into a life changing experiential program and passionate endeavor? That someone combines their deep passion and empathy for guiding women to thrive and move through their lives with peace, power and radiant self worth. That someone is Leela Francis.

Creator of Vividly Woman Embodied Leader Training, Leela Francis is devoted to guiding women home, body, self and soul, through her live experiential events, online monthly community, educational tools and personal and professional lifestyle trainings.

An internationally acclaimed dance/movement facilitator for more than twenty years, Leela Francis is an esteemed industry expert in the field of body consciousness, self actualization and soulful, personal healing work. Leela's diverse studies, extensive trainings, holistic shamanic initiations and her own rich personal life experience, add depth, dimension and authentic richness to her work with individuals and groups both in the US and abroad. Leela's knowledge base as an Integrative Body therapist, yoga instructor, shamanic dance and sacred circle facilitator, have empowered and guided individual transformation in the lives of thousands of recipients of her gifts worldwide.

Leela Francis is recognized as a valued keynote speaker and trainer able to provide audiences large and intimate, with inspiring wisdom and action strategies to connect their physical, spiritual and intellectual selves. With grace, charm, wit and supreme sensitivity, Leela motivates and moves people back into experiencing their bodies, channels her energy to assist a more connected sense to their own personal power, and allow for the safe, secure environment to open to connecting with others and the life force of personal body intelligence.



Highlights and Benefits of Working with Leela Francis:

Leela Francis is a speaker and facilitator in demand for the following types of groups and events:

- Women's gatherings, retreats and experiential workshops
- Business, health and women's conferences, seminars and wellness trade shows
- Corporate in-service trainings and mind-body retreats

Quotes & Testimonials:

Leela's passion is incredibly contagious. She vibrates what she teaches. I listen to lots of teleclasses and I certainly have interviewed many amazing people over the past six years. However, Leela's interview was one of my favorites.

Jan Janzen, Business Coach

VWoman Leaders Circle was a milestone in my life. The powerful sacred space created by Leela and her guest facilitators allowed authentic embodiment of who I am to flow. At Leaders Circle, I took what I'm learning in my head much deeper into my body. I am so much more aware of what it's telling me and it doesn't have to scream so loudly to get my attention!

Stacie NW, Program Participant

A lovely moving experience. This weekend was a time of connecting with spirit through divine earthly goddesses. It was a time of unraveling of old strings. The web of hearty support created by the women has become the wings that will assist me to soar. Leela is a beautiful divine goddess. A loving leader of the soul.

Barbara, Editor Canadian Health & Lifestyle Magazine

Explore what your life can become with
Leela Francis special events;

Feminine IS Powerful

Activate Your Business for Solopreneurs

Textures of a Life Richly Lived

*Woman's Way Home:
Your Path to Embodied Power*

Hire Leela Francis and experience how your audiences will be positively and profoundly changed through her unique programs and her qualified, savvy approach as a facilitator.



Quotes & Testimonials:

Leela is awesome! She is a uniquely dynamic and inspirational contribution to our programs. Our participants adore her heart opening and joyful blend of the sacred and the sensual, eliciting purpose and passion, and a profound experience of personal expansion.

T. Harv Eker, NY Times #1 Best-selling Author of Secrets of the Millionaire Mind

Leela has profoundly contributed to our events over the last few years. Her teachings and facilitation have significantly amplified the learning and integration at our Beyond Courage 5 day camp. Hundreds of participants are forever changed and grateful for the opportunity to experience her gifts. We are honored to have her on our team.

Dave Wood, Chief Training Officer, Isagenix

Working in the helping profession, I am well aware of the need to attend to the self. Leela has provided me with both a therapeutic outlet and a process of self-discovery. The results are more energy, greater ability to focus, and increased creativity, deepening my relationship to self, others and my work. Vividly Woman has brought balance and harmony into my personal and professional life. Thank you Leela!

D. Padmore, Program Coordinator, Family Services of Greater Vancouver

Leela has facilitated personal and professional wellness for the following organizations:

Bentall Corporation
Royal Bank
Intra Corporation
Surrey Project Parent
WCB
Isagenix
Jewish Women's Psychotherapy Association
Peak Potentials
YWCA
City Of Vancouver
ANAD (Awareness & Networking Around Disordered Eating)
Downtown Eastside Women's Centre
Women in Trades
Yorkhouse & Bodwell Schools
Movement Matters
Leader to Luminary

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