

Mastery is an immersive, interactive and multi-faceted experience that unfolds over the course of Spring 2016. This program is created of women, by women, and for women to initiate you into full possession of your power, pleasure, and spirit. Mastery takes a woman through a historic reckoning, sensual awakening, psychological understanding, and a path to profound connection to herself.

LIVE INTENSIVES WITH MAMA GENA, IN NYC

The Mastery program is held during four intensive weekends in the spring (see Course Schedule for exact dates and times). Each weekend is taught by Mama Gena, and the curriculum is cumulative from one intensive to the next, throughout the program. These weekends are intense, moving, and powerful, and they are designed to teach you the tools and arts through experiential, embodied learning.

HOMEWORK, EMAIL SUPPORT & PRACTICE CALLS

You will receive weekly assignments throughout your Mastery experience. Each week, you are given exercises and activities to support, strengthen, and expand everything you're learning inside the room. You can also subscribe to daily emails from Mama Gena, with an inspiring message or suggestion to deepen your practice. Finally, you'll be invited to join live Practice Calls four days a week, throughout your program. These calls are led by a seasoned graduate, and are designed to help you stay connected and supported as you integrate the tools into your life.

GUEST TEACHERS

Mastery guest teachers are nationally recognized authors, educators, and scholars. We select the best of the best to share their expertise across a broad range of subjects from personal finance to women's sensual health. Guest Teachers will present on topics to compliment and ignite your learning in the course! Past speakers include Christiane Northrup, Barbara Stanny, Marie Forleo, and more.

GRADUATION WEEKEND FESTIVITIES

During our final weekend together in June, you're invited to bring the people most important to you to join us for special guest sessions. On Saturday, Mama Gena will host the legendary Men's Session, where she will teach the men in your life what they need to know about you—you can bring your husband, boyfriend, dad, boss, etc.! on Sunday afternoon, you may invite the women in your life to your graduation ceremony, which is a powerful initiation and outrageous celebration of womanhood, like no other. Finally, everyone is invited to join us for a fantastic After Party in New York City on Sunday night!

ONLINE FORUM & COMMUNITY

You'll get 24/7 access to our private student website where you will receive encouragement, witness and support from the community. There will be places to post your homework, practice the tools, find a study buddy and network! Your classmates will join you from all over the world; our graduates hail from more than 34 different countries and all 50 of the United States and range from ages 18-92 years old. In addition to full access to a private forum just for the students in your class, upon graduation you will receive complimentary lifetime access to our alumni online community.

COURSE SCHEDULE - MASTERY 2016

WEEKEND ONE

March 12th Saturday 10:00 am - 5:00 pm

March 13th Sunday 10:00 am - 5:00 pm

WEEKEND TWO

April 9th Saturday 10:00 am - 5:00 pm

April 10th Sunday 10:00 am - 5:00pm

WEEKEND THREE

May 21st Saturday 10:00 am - 6:00 pm

May 22nd Sunday 10:00 am - 5:00 pm

WEEKEND FOUR

June 18th Saturday 10:00 am - 6:00 pm

June 19th Sunday 10:00 am - 5:00 pm

*All times above are listed in Eastern Time.

READY TO ENROLL? HAVE QUESTIONS?

The decision to join Mastery is a life-changing choice, and we know it takes a lot to make it happen. We are here to answer all of your questions, help you get clear on whether it's a great fit (or not) and celebrate your commitment to living a turned on, fully expressed life.

If you feel the tug, come talk with us at 212.787.2411 ext 1.