

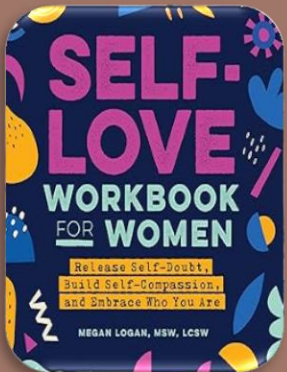
COFRIENDS: LIVING YOUR BEST LIFE

SUPPORT FOR WOMEN SEEKING MORE
SELF-LOVE

SATURDAYS, 6 – 7:30 p.m.

ZOOM: ID: 655-031-2820 Passcode: yu1f9f

Book of the Month:



COFRIENDS



NON-DENOMINATIONAL GUIDANCE FOR
WOMEN ELEVATING THEIR LIVES THROUGH
THE JOURNEY OF SEPARATION & DIVORCE

AGENDA – SELF LOVE

Guided Meditation/Hypnotherapy

Fall In Love with Your Body, Marisa Peer

<https://youtu.be/jsST3evqr7c?si=5JWVi4AtsTrT1yGi>

[illegible]

Gentle Yoga Stretches

Seated Full Body Stretching Routine, Mizi

https://youtu.be/n0sCHcQK4_0?si=i_XZgxVhbhhiRBOp

[illegible]

Therapy/Guidance Check-In/Review

With Much Love, From Your Friend, Divorce

BOM Part One, Chapter 1 Review

IDENTIFYING SELF LOVE – What It Is & What It Is NOT

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## VISION BOARDING ACTIVITY

# Who Are You?

## Intention Setting for Taking Journey to Love Yourself

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## Today's Meditation Music Link

## 528 Hz Heart Chakra Regeneration | Repair/Heal Heart Chakra

<https://youtu.be/74uQghVd9Mo?si=j0JpFVEm6WQHFN7q>

# GUIDED MEDITATION

Marisa Peer



# GENTLE YOGA STRETCHES

Mizi





*New Insights into Self?*

*Emotional/Mental Health  
Successes*

*Areas of Concern?*

CHECK-IN



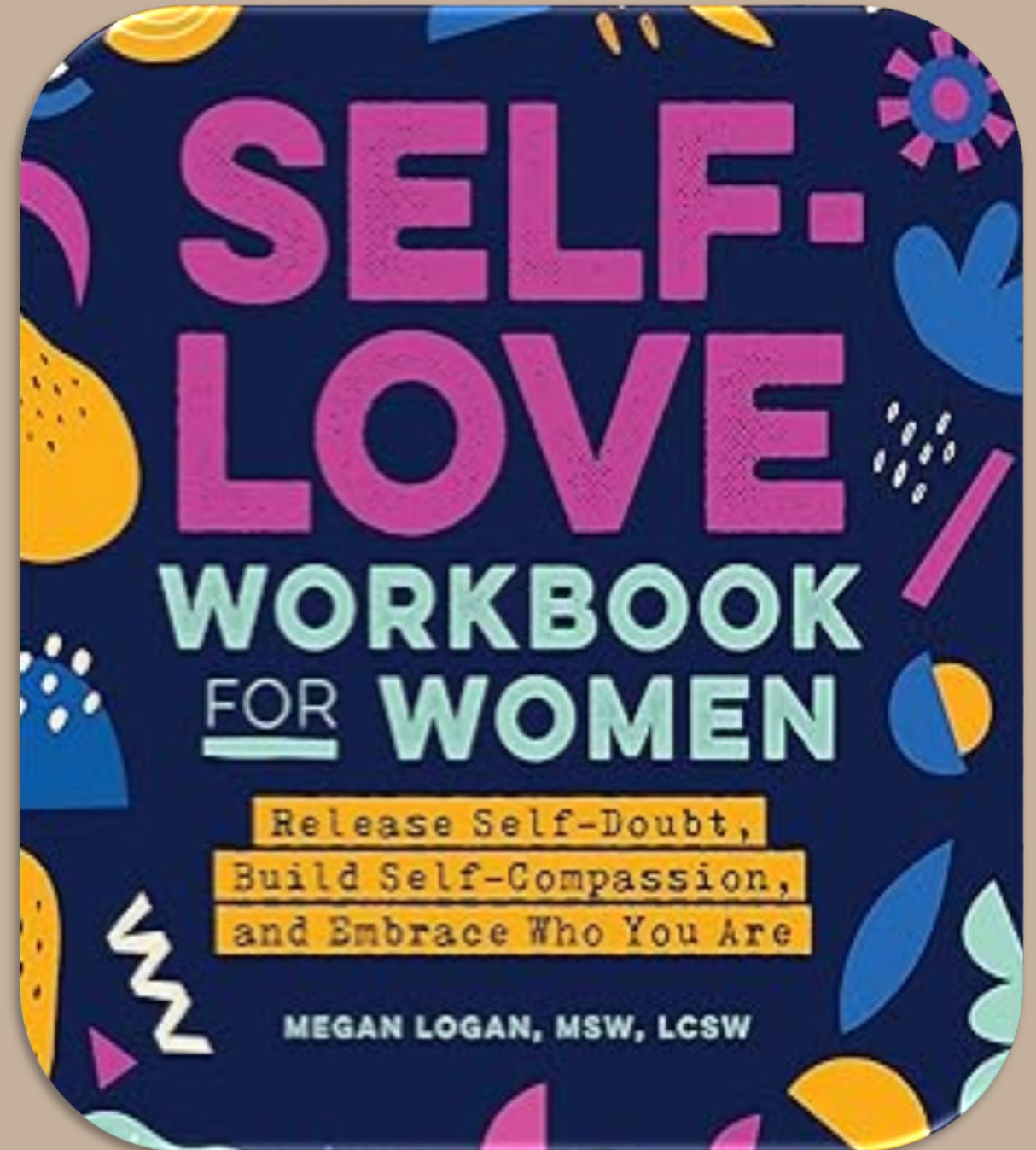
# SELF-LOVE WORKBOOK FOR WOMEN

Part One, Chapter One

What is Self Love?

Setting Intention

Preparing to Love Yourself



COURTESY

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FORGIVENESS    RIGHTEOUSNESS

# HOMEWORK FOR 8/9

- Keep solidifying your reasons for leaving/ending your role in unhealthy relationships (Visit <https://osairo.wixsite.com/wtofarm>)
- Finish Reading/Completing Part One Chapter One: The Lowdown on Self-Love in *Self Love Workbook for Women* by Megan Logan.
- Create Your Meditation Space to Focus on Loving Yourself & Take Picture to add to Vision Board (Left Side – Titled: My Journey to Love Myself)
- Title Right Side of Vision Board: Visions of My



# COFRIENDS



NON-DENOMINATIONAL GUIDANCE FOR  
WOMEN ELEVATING THEIR LIVES THROUGH  
THE JOURNEY OF SEPARATION & DIVORCE





***SACRED SPACES FOR  
SELF LOVE  
MEDITATIONS***



# AUGUST, 2025

## MEMBERSHIP DONATION



### **Monthly Donation on 1<sup>st</sup> of Month**

Zelle – [singalong2016@gmail.com](mailto:singalong2016@gmail.com)

CashApp - \$Free2Bees

#### **INCLUDES:**

- Saturday Support Group Mtgs – 90 min
- One-to One Support/Strategic Planning Meeting  
Once a Month – 45 min.