



The Path of the Warrior Goddess

Beloved, welcome!

There's no one right way to walk the path of transformation. Whether you're just beginning to explore your inner fire or you've been walking this road for years, we're here to walk beside you.

This guide is a map to the many ways you can learn, heal, gather, and grow with us—through online programs, in-person retreats, seasonal immersions, and community experiences.

Each offering supports a different stage of your journey and is designed with care to meet you where you are.

Here, you'll find what each program is about, who it's for, and the gifts it can unlock in your life. And remember: this journey isn't linear. Every step is part of your unfolding.

Wherever you are now, there's a next step waiting for you.

Visit our interactive visual guide here: <https://wariorgoddess.com/path/>

Take your time. Read about each offering, and if something calls to you, simply click the link to learn more.

Trust where the current (and your curiosity) takes you.

Blessings,
HeatherAsh and the Warrior Goddess Team



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PERSONAL DEVELOPMENT

PERSONAL DEVELOPMENT ONLINE PROGRAMS

Warrior Goddess Core Strategy Quiz

If you're someone who's committed to personal growth, feeling stuck in old habits, or curious about why you react the way you do—this quiz is for you. Whether you're struggling with boundaries, burnout, or self-expression, this tool offers clarity and direction.

The Warrior Goddess Core Strategy Quiz is a quick yet powerful 5-minute online quiz that leads to a personalized results report. You'll also receive a free email series filled with tailored insights, practices, and encouragement to help you integrate what you learn.

Through the quiz, you'll uncover your core strategy—patterns like Controller, Pleaser, Isolator, or Distractor—and learn how these reactive tendencies show up in your daily life. You'll begin to understand how these unconscious strategies impact your choices, relationships, and energy, and how to uncover the strengths within them. Each report offers personalized tools to help you shift from autopilot into conscious action.

By the end of your experience, you'll have increased self-awareness and a deeper understanding of your emotional and behavioral patterns. You'll begin to break cycles of self-doubt and guilt, and feel seen, understood, and empowered to move forward with greater clarity and confidence.

Recommended / Required Prerequisite: None, everyone is welcome.

[Take the Quiz](#)

Big, Beautiful Boundaries Mini-Course

If you've ever struggled with saying "no," found yourself giving more than you truly have to give, or felt guilty for putting your own needs first, this course is for you. It's especially supportive if you tend to people-please, avoid conflict, or neglect your own self-care in order to keep the peace.



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The Big, Beautiful Boundaries Mini-Course is a self-paced program that includes a 3-part video series (also available in audio) and a downloadable guidebook filled with practices and reflection prompts. Each teaching is designed for gentle integration into your daily life, so you can build lasting change without overwhelm.

Through the course, you'll explore practical tools for setting and holding boundaries with clarity, compassion, and confidence. You'll learn how to release guilt, express your needs with love, and create a foundation of self-support that ripples into every relationship.

By the end of your experience, you'll feel more grounded and self-assured. You'll shift from self-sabotage to consistent self-support, gain clarity in your relationships, and strengthen your ability to make empowered choices that honor your truth.

Recommended / Required Prerequisite: None, everyone is welcome.

[Explore Big, Beautiful Boundaries Now](#)

True Self-Care Mini-Course

If you're feeling burned out, overwhelmed, or disconnected from yourself, this course is for you. It's especially supportive if you tend to put others first and are learning how to prioritize your own well-being in a sustainable, guilt-free way.

The True Self-Care Mini-Course is a self-paced program that includes a 3-part video series (with audio option) and a 20+ page guidebook filled with practices and reflection prompts. Each teaching is designed to integrate gently into your daily life, helping you create a self-care foundation that lasts.

Through the course, you'll learn a holistic, sustainable model of self-care rooted in clarity, courage, and compassion. You'll build your own personalized "Circle of Self-Care" to support you through life's challenges, and discover how to transform intention into consistent action with meaningful daily rituals. You'll also cultivate energetic boundaries and inner support systems that nurture you from the inside out.



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By the end of your experience, you'll feel more present, balanced, and rooted. You'll know how to meet your needs without guilt or hesitation, and reconnect with your inner wisdom through rhythms of rest, renewal, and resilience.

Recommended / Required Prerequisite: None, everyone is welcome.

[Start Your Self-Care Journey](#)

Letting Go Mini-Course

If you've been gripping tightly to outcomes, relationships, or the future—and it's leaving you drained, tense, or anxious—this course is for you. It's especially supportive if you're ready to release unhealthy attachments and step into a life guided by greater trust, clarity, and ease.

The Letting Go Mini-Course is a self-paced program that includes a 3-part video series (with matching audio files) and a 14-page PDF guidebook filled with reflections, exercises, and visual prompts. Each teaching is designed for gentle integration into your daily life, so you can soften old patterns and create lasting shifts.

Through the course, you'll learn five practical methods to release attachment and embrace flow. You'll explore the difference between healthy and unhealthy attachment, uncover fear-based control patterns, and gently rewire the inner stories that keep you stuck. Along the way, you'll cultivate a lived trust in life, moving from fixing to presence, and from resistance to surrender.

By the end of your experience, you'll feel more peaceful, grounded, and emotionally free. You'll let go of the need to control, find deeper connection in your relationships, and move from striving into a softer, more trusting way of being.

Recommended / Required Prerequisite: None, everyone is welcome.

[Begin Letting Go](#)

Seasons of Self (90-Day Seasonal Immersions)

If you're navigating a life transition, feeling disconnected from the rhythms of the natural world, or longing for a deeper sense of flow, this program is for you. It's especially



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supportive if you're ready to move out of old patterns and step into embodied alignment with the cycles of life.

Seasons of Self is a series of four 90-day online immersions, each aligned with a season—Spring, Summer, Fall, and Winter. Each seasonal cohort includes a 4-week core series with Sarina Harz-Tolbert, weekly and monthly live calls with Warrior Goddess mentors, and a monthly State of the Revolution call with HeatherAsh Amara. You'll also receive worksheets, daily Sparks (short wisdom prompts), access to recordings, and connection inside our vibrant Warrior Goddess online community.

Through each season, you'll learn when to paddle, when to rest, and when to ride the rapids. You'll deepen your connection to inner cycles, intuition, and authentic leadership while releasing outdated patterns that no longer serve you. With the support of mentors and community, you'll build grounding, clarity, and a rhythm that sustains growth across all areas of your life.

By the end of your immersion, you'll feel more centered, cycle-aware, and attuned to the natural world. You'll move with greater ease, purpose, and creative expression, cultivating consistency, reflection, and renewal in ways that root your transformation deeply.

Recommended / Required Prerequisite: None, everyone is welcome.

[Step into Flow with the Seasons](#)

Journey of the Nine Moons

Whether you're standing at a crossroads, carrying the weight of burnout, or sensing old patterns holding you back, this journey offers a way through. It's especially supportive if you've already done some healing work yet sense that something deeper is still calling. This is your invitation to lasting transformation, spiritual connection, and a supportive sisterhood.

Journey of the Nine Moons is a 9-month guided online experience led by HeatherAsh Amara, Sarina Harz-Tolbert, and the Warrior Goddess Mentors. Structured into three trimesters, Intent, Inspiration, and Intuition, this journey is aligned with the cycles of the



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moon. You'll receive video lessons, live Zoom calls, community sessions, bonus classes, and access to Seasons of Self.

Through this experience, you'll commit to yourself and shed outdated roles and beliefs. You'll heal emotional wounds, release ancestral and energetic burdens, and reclaim your voice, creativity, intuition, and truth. With the support of a judgment-free sisterhood, you'll learn to flow with life's cycles while building inner resilience that lasts.

By the end of your journey, you'll feel more alive, centered, and whole. You'll wake up with renewed energy and self-love, trust your intuition, and anchor into your purpose. You'll speak your truth with clarity, set healthy boundaries, and reconnect with your body and joy. Most importantly, you'll leave with lifelong tools, a circle of support, and a radically transformed relationship with yourself.

Recommended / Required Prerequisite: No requirements; suggested next step after Seasons of Self or reading Warrior Goddess Training.

[Begin Your Nine-Moon Journey](#)

PERSONAL DEVELOPMENT IN-PERSON PROGRAMS

Warrior Goddess Wilderness Weekend at Warrior Heart Ranch

An Introductory Rites of Passage Experience

If the noise of the modern world has left you craving stillness, connection, and renewal, this weekend is for you. It's especially supportive for women and non-binary folks longing for a deeper relationship with nature, community, and their own inner wisdom.

The Warrior Goddess Wilderness Weekend is a 3-night, 3-day in-person retreat held at Warrior Heart Ranch in Las Vegas, New Mexico. Facilitated by Sarina Harz-Tolbert LCSW, ritualist, trauma-informed guide, and Certified Wilderness Rites of Passage leader, the program weaves camping, community meals, and a rich mix of group and solo activities. You'll experience playful movement, storytelling, poetry, dreamwork, and elemental rituals that reconnect you to the cycles of earth and spirit.



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Throughout the weekend, you'll disentangle from external demands and return to your intuitive voice. You'll cross inner thresholds through sacred witnessing, awaken your creative energy, and deepen your relationship with the elements. Together, we'll explore the art of personal myth-making and craft rituals that carry meaning long after the weekend ends.

By the time you return home, you'll feel renewed, grounded, and lit with possibility. You'll carry a soul-deep reset, a community of support, and practical ritual tools to weave into your daily life—strengthening your resilience, creativity, and sense of belonging.

Recommended / Required Prerequisite: None, everyone is welcome.

[Let the Land Lead You](#)

Ancestral Healing Journey / Day of the Dead in Teotihuacán, Mexico

If you feel called to honor your lineage, release inherited burdens, or step more deeply into ritual and ceremony, this pilgrimage is for you. It's especially supportive for those navigating grief, transition, or emotional healing, and for anyone longing to reclaim ancestral wisdom through earth-based, heart-centered practices.

The Ancestral Healing Journey is a 7-day in-person pilgrimage to Teotihuacán, Mexico during Día de los Muertos (Day of the Dead). Guided by HeatherAsh Amara and team, the journey weaves daily rituals and ceremonies at the sacred pyramids with teachings, community activities, altar creation, and group healing. Accommodations, meals, and local excursions are included, with optional firewalk and workshop add-ons available.

Throughout the pilgrimage, you'll release generational pain and open to the blessings of those who came before you. You'll walk in ceremony at ancient pyramid sites, create and tend ancestral altars, and experience the healing power of community. Together, we'll honor both life and death in vibrant ritual, awakening a deeper sense of belonging and clarity.

By the time you return home, you'll feel renewed, connected, and purposeful. You'll carry forward a sacred relationship with your lineage, practical tools for ancestral healing, and a revitalized spiritual practice rooted in love, respect, and interconnection.



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Recommended / Required Prerequisite: None, everyone is welcome.

[Begin Your Ancestral Healing](#)

Scottish Highlands and Hebrides Pilgrimage

If you feel called to deepen your ancestral connection, walk sacred landscapes, and weave yourself back into the lineage of story and ritual, this pilgrimage is for you. It's especially supportive for seekers of Celtic magic, creative explorers drawn to earth-based practices, and anyone ready to blend adventure with profound inner transformation. All genders and all lineages are welcome, no prior experience with Celtic spirituality required.

The Scotland Pilgrimage is a spiritual journey through the Scottish Highlands and Hebrides. Guided by HeatherAsh Amara and Rhonda McCrimmon, with guest teachers and local guides, the pilgrimage combines physical travel to ancient sacred sites, castles, and wild landscapes with heart-centered ritual and community. Along the way, you'll explore the Celtic Three Cauldrons and the Wild, Willing, Wise inner guides through daily ceremony, storytelling, and deep connection with the land and ancestors. Accommodations, meals, ground transport, and pre-trip calls are included.

Throughout the journey, you'll connect with your ancestral roots through ritual, lore, and land. You'll reclaim your wildness, willingness, and wisdom, rebalance your nervous system, and heal intergenerational wounds. With each step, you'll be invited into deeper embodiment, intuition, and reverence for the unseen.

By the end of the pilgrimage, you'll feel renewed, rooted, and clear. You'll return home with ancestral tools, grounded inspiration, and a new way of walking in the world—more connected to who you truly are and the purpose you carry forward.

Recommended / Required Prerequisite: None, everyone is welcome.

[Journey Into the Heart of Scotland](#)



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LEADERSHIP

LEADERSHIP ONLINE PROGRAMS

Unconditional Leadership (Warrior Goddess Leadership Level 1)

If you're a therapist, coach, healer, teacher, or creative who's feeling burned out, disconnected, or weighed down by perfectionism and overwhelm, this program is for you. It's especially supportive if you're ready to redefine leadership, from chasing ideals and overextending yourself into guiding with authenticity, vulnerability, and grounded joy.

Unconditional Leadership is a 13-week live online program with HeatherAsh Amara and the Warrior Goddess Mentor team. The program includes weekly live sessions, a 4-part video teaching series, and Q&A calls with experienced facilitators. You'll also receive lifetime access to materials, plus access to Seasons of Self. For those inspired to teach, certification as a Warrior Goddess Facilitator is available, equipping you with tools to lead workshops and classes in your community.

Through this journey, you'll reconnect with your authentic self and learn to lead without sacrificing your energy or truth. You'll set healthy boundaries, release people-pleasing, and embody a style of leadership rooted in joy and presence. You'll discover how to hold space with clarity and compassion, creating safe, inspiring environments for growth.

By the end of the program, you'll feel empowered to lead with both fierceness and playfulness. You'll make confident, aligned decisions, inspire through your presence, and step into a new paradigm of leadership, one that honors your wholeness and cultivates lasting community support.

Recommended / Required Prerequisite: No requirements; suggested next step after Journey of the Nine Moons or reading Warrior Goddess Training.

[Learn to Lead from Presence](#)

Journey of the Nine Moons Facilitator Training (Warrior Goddess Leadership Level 2)

If you've completed Journey of the Nine Moons (or equivalent Warrior Goddess work) and feel the call to guide others, this training is for you. It's designed for aspiring and emerging



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leaders ready to step into heart-centered service, unlearn traditional models of leadership, and embrace a sacred, soulful, and structured path of facilitating transformation.

The Journey of the Nine Moons Facilitator Training is a 9-month immersive leadership program aligned with the Nine Moons framework. You'll join bi-weekly live training calls with HeatherAsh Amara and Sarina Harz-Tolbert, supported by community, peers, and ongoing mentorship. The training includes a digital facilitator manual, workshop outlines, supply lists, access to class recordings, and bonus Leadership Coven calls. You'll learn to host monthly in-person Moons circles, guiding others through the Nine Moons journey in your own community.

Throughout the program, you'll deepen your personal growth while developing the skills to guide others with compassion, boundaries, and authenticity. You'll strengthen your voice and confidence as a facilitator, learn to navigate group dynamics, and embody Warrior Goddess tools in a way that inspires trust and transformation.

By the end of the training, you'll feel equipped and supported to lead. You'll walk away with a tested curriculum, practical tools, and a sacred circle of peers. Most importantly, you'll be grounded in your own practice while holding space for others to heal, transform, and reclaim their authenticity.

Recommended / Required Prerequisite: By invitation only; designed for dedicated Warrior Goddesses ready to lead.

[Speak with Our Team to Learn More](#)

Warrior Goddess Leadership Training Level 3

If you are a seasoned Warrior Goddess Facilitator who has been teaching Reclaim or the Foundation Series for at least five years, and you feel ready to pass on the teachings by training others, this advanced leadership program is for you. It's designed for established facilitators, teachers, coaches, healers, and creatives who are called to step into the next evolution of leadership and service.

Warrior Goddess Leadership Training Level 3 is a 13-week live online program with HeatherAsh Amara and Sarina Harz-Tolbert. Running simultaneously with an Unconditional



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Leadership course, you'll attend both the live UL classes and an additional Facilitator-only call each week.

The program includes weekly live sessions, a 4-part video teaching series, lifetime access to materials, Seasons of Self, and a final evaluative activity to demonstrate your ability to train future facilitators. Certification at this level empowers you to train others to lead Warrior Goddess workshops and classes.

Through this training, you'll deepen your leadership style, strengthen your voice as a teacher, and refine your ability to hold space for those stepping into facilitation. You'll learn to cultivate brave, dynamic environments for growth and to guide others in embodying the Warrior Goddess teachings. Leadership becomes a prayer for transformation, a path of dreaming new dreams into being.

By the end of the program, you'll step into your role as a trainer of facilitators, equipped with practical tools, proven curriculum, and spiritual grounding. You'll expand your capacity for service, embodying clarity, compassion, and heart as you guide the next generation of Warrior Goddess leaders.

Recommended / Required Prerequisite: Certified Warrior Goddess Facilitators who have taught the Reclaim one-day workshop and/or the Warrior Goddess Foundation Series for at least 5 years.

[Contact Us to Learn More](#)



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LEADERSHIP IN-PERSON PROGRAMS

Firewalk Instructor Training (FIT)

If you're ready to ignite your courage, expand your leadership, or add a life-changing tool to your offerings, this training is for you. It's especially supportive for coaches, facilitators, speakers, healers, and seekers who feel called to the transformative power of fire and want to guide others through breakthrough experiences.

The Firewalk Instructor Training (FIT) is a week-long in-person certification and empowerment retreat in Teotihuacán, Mexico. Across 6 full training days and 2 partial days, you'll engage in daily firewalks, transformational exercises, and hands-on facilitation practice. Certification includes the ability to safely lead firewalks, arrow breaks, and rebar bending. Accommodations, meals, training materials, and ground transport from Mexico City are included, with an optional extension for extra fire tending and leadership practice.

Through this immersion, you'll strengthen your presence, courage, and intuitive capacity to hold transformative space. You'll learn practical tools to design unforgettable rituals and safely facilitate high-impact empowerment activities. Alongside deep personal breakthroughs, you'll gain the skills and certification to expand your leadership path and professional offerings.

By the end of the training, you'll return home as a certified firewalk instructor through the world-renowned Sundoor method. You'll carry forward embodied confidence, elemental wisdom, and access to a global graduate network, equipped to ignite transformation in yourself and others.

Recommended / Required Prerequisite: None, everyone is welcome.

[Become a Firewalk Instructor](#)



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SPIRITUAL / MINISTERIAL / APPRENTICESHIPS

SPIRITUAL / MINISTERIAL / APPRENTICESHIP ONLINE PROGRAMS

Jaguar Heart Apprenticeships: Courage, Level 1, Level 2

For those ready to step beyond foundational Warrior Goddess work into deep apprenticeship, Jaguar Heart is an advanced 12-month journey of personal and collective transformation. These invite-only programs are designed for seekers committed to liberation, spiritual practice, and embodied presence.

Jaguar Heart weaves together Toltec teachings, shamanic and ceremonial practices, tarot, dreaming, and ritual. Each level offers a structured path of training and initiation with HeatherAsh Amara and the Warrior Goddess mentors, alongside community integration, seasonal retreats, and access to ongoing Warrior Goddess resources.

Three Branches of Jaguar Heart:

- Jaguar Heart Level 1 — For graduates of Journey of the Nine Moons + Returning, this path initiates you into HeatherAsh's lineage of apprentices. You'll clear old patterns, expand your capacity to hold energy, and step into choice and freedom with new tools and Toltec practices.
- Jaguar Heart Level 2 — For graduates of JH1, this path deepens your work with Toltec gateways, tarot, ritual recipes, and elemental teachings, guiding you further into discernment, embodiment, and joy.
- Jaguar Heart: Courage — A parallel branch for witches, rebels, creatives, and those healing the "witch wound" and ancestral trauma. This intimate circle focuses on courage, magic, stalking and dreaming, and reclaiming your power in community.

Through Jaguar Heart, you will:

- Dissolve fear, shame, and repression that limit your freedom
- Reclaim your voice, energy, and presence as acts of courage and choice
- Train your attention, willpower, and intuitive capacities
- Heal ancestral wounds and participate in collective liberation
- Deepen your relationship with ritual, dreaming, and the elements
- Broaden your awareness and embody transformation with joy



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By the end of your Jaguar Heart year, you'll emerge with a renewed sense of power, resilience, and freedom, living courageously, magically, and authentically, held in a sacred circle of peers.

Recommended / Required Prerequisite: By invitation only; designed for graduates of Journey of the Nine Moons + Returning (specific entry requirements vary by level).

[Contact Us About Jaguar Heart](#)

Returning

For those who have already walked the Nine Moons or stepped into apprenticeship work, this circle offers a return—a deeper spiral into ritual, dreaming, and community. It's for advanced students craving more freedom, steadiness, and connection to the sacred heartbeat of the seasons.

This three-month intensive weaves ceremony, shamanic journey work, ancestral energy practices, and transformative play. Twice a month, you'll gather online with HeatherAsh, Sarina, and guest teachers to explore earth-based teachings, deep ritual, and visioning. You'll also join quarterly solstice and equinox retreats with the larger Warrior Goddess community, rooting your practice in the cycles of nature.

Through this circle, you'll return to living from ritual, remembering yourself as divine and sacred. You'll unwind from linear thinking, deepen your Toltec path, and share the journey with others walking alongside you.

By the end of the intensive, you'll feel renewed and expanded, part of an intimate, shamanic-based circle dedicated to weaving a new web of possibility, presence, and power.

Recommended / Required Prerequisite: Completion of Journey of the Nine Moons or a prior apprenticeship (Jump!, Jaguar Heart, Inner Fire, etc.).

[Contact Us About Returning](#)

Jump!

For experienced seekers ready to leap into a high-level transformational journey, Jump! offers an intensive apprenticeship of deep spiritual work, community, and initiation. It's



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designed for those who've completed prior Warrior Goddess programs, have an established practice, and feel called to dissolve unconscious patterns and live with full presence and choice.

Jump! is a one-year advanced apprenticeship that blends online and in-person elements. The program combines one of the Jaguar Heart online paths with two immersive 7-day retreats (spring and fall). Alongside monthly online teachings with HeatherAsh, you'll participate in live pods, seasonal retreats, and Returning & Seasons of Self sessions. An optional Wilderness Quest is available the following year for those ready to extend their journey.

Throughout this apprenticeship, you'll purify your body, mind, and energy field to access clarity and vitality. You'll reclaim power by moving through fear and limitation, awaken intuition and spiritual perception, and confront internal blocks around power, sexuality, and self-worth. With shamanic tools and ceremonial practices, you'll train your awareness to live with integrity, intention, and courage.

By the end of your Jump! year, you'll embody your truth with fierce joy and clarity. You'll release unconscious stories, strengthen your creativity and boldness, and integrate shamanic practices into your daily life. Most importantly, you'll experience profound transformation held in authentic, empowered community.

Recommended / Required Prerequisite: By invitation only; designed for dedicated Warrior Goddesses ready for a high-level transformational journey with in-person elements.

[Contact Us About Jump!](#)

Impeccable: Priestess Circle and Ministerial Training

If you feel called to serve as a priestess, minister, or ceremonial guide, this training offers a sacred path of devotion and leadership. It's for women and femmes longing to deepen their connection to the Divine Feminine, embody humble, spirit-led service, and step into community leadership with clarity and presence.

Impeccable is a 13-Moon priestess and ministerial training through the Center for Creative Intent. The program weaves monthly online classes, spiritual tools, and priestess teachings



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with one in-person retreat in Mexico, including a pilgrimage to Guadalupe. You'll also be supported through Returning calls, optional apprenticeship sessions, and lifetime membership in the Warrior Goddess Training Circle.

Throughout this journey, you'll learn to create and officiate meaningful rituals for life's passages—birth, death, marriage, divorce, and more. You'll develop skills in spiritual counseling, grief support, and ceremonial facilitation, while embodying presence, humility, and sacred responsibility. With each step, you'll align more deeply with your spiritual lineage, the cycles of the earth, and your authentic expression of service.

By the end of your training, you'll hold confidence and clarity in crafting transformative ceremonies and leading with impeccable presence. You'll deepen your connection to intuition, Goddess, and community healing, and step forward as an ordained minister through our sister spiritual organization, ready to serve with love, justice, and reverence.

Recommended / Required Prerequisite: By invitation only; designed for dedicated Warrior Goddesses ready to serve their communities as spiritual leaders, space holders, and ceremonial guides.

[Contact Us About Priestess Training](#)