

LEVEL UP RECONNECT WITH YOUR FEMININE POWER



Online Program
BY AIDA PELLEGRINO

My Dear,

I invite you to embark on a transformative journey, one that will help you reconnect with and manifest your feminine power through the **Level Up Program**.

This program is designed to guide you step by step in **working with your intimate muscles**, a practice that can transform your life physically, emotionally, and energetically.

Program Details

- **Duration:** 7 weeks with 24 Zoom sessions
- **Format:** Online (Zoom meetings, video materials, audio guides, and visual resources)

WhatsApp Group: A private space for support, motivation, and questions.

Each Zoom session 25-35 minutes



Program Structure

Week 1 – Cleansing & Foundations

Practices:

- Declutter & purification ritual for home and body
 - Release ritual
 - Set a clear intention for the program
 - Abdominal breathing & Grounding
 - Chakra Cleansing Meditation
 - Opening Webinar
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Program Structure

Week 2 – Womb, Coccyx & Voice Connection

Practices:

- The importance of the womb in a woman's life
- Womb health exercises
- Womb-Voice activation breath
- Magic point massage
- Coccyx massage & tapping
- Womb Purification Meditation
- The stress eats away your feminine energy
- **3 Zoom sessions**

Week 3 – Intimate Muscles Training (Set 1)

Practices:

- Practice Set 1 – Separating vaginal muscles from anal muscles
- Meeting Your Inner Woman Meditation
- **4 Zoom sessions**

Week 4 – Intimate Muscles Training (Set 2)

Practices:

- Practice Set 2 – Separating vaginal muscles from abdominal muscles
 - Breasts as gateways to the heart and feminine energy
 - Breast massage ritual
 - **4 Zoom sessions**
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Program Structure

Week 5 – Intimate Muscles Training (Set 3)

Practices:

- Practice Set 3 – Ovaries & Coccyx activation
- Energetic womb cleansing
- Releasing past connection ritual (womb, heart, mind)
- **4 Zoom sessions**

Week 6 – Intimate Muscles Training (Set 4)

Practices:

- Practice Set 4 – Amplification of Sexual Energy Practice
- Maternal lineage transmission
- Maternal Line Healing Meditation
- **4 Zoom sessions**

Week 7 – Menstrual Cycle Wisdom, Healing Sounds & Closing

Practices:

- Understanding the 4 phases of the menstrual cycle
 - Menstrual Dance
 - The Healing Sounds – transforming negative emotions
 - Healing Sounds Meditation
 - Closing Webinar – recap & celebration
 - **3 Zoom sessions**
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After registering, you will be added to the
WhatsApp group to begin your journey.
For private program, message me on WhatsApp

Now is your moment to step forward.

I can't wait to welcome you into the Level Up Program and
walk beside you on this transformative journey of
reconnecting with your feminine power.



**With love,
Aida Pellegrino**

Let's Begin!

For booking and questions,
feel free to message me on
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