**Sakieto8in Ki Pimatisi8in – Heal Your Life Workshop & Coaching**

**Sign-Up Sheet Please print out and Email to tanya@indigpolitics.com**

**Facilitator:** Tanya Audrey Matthews, Certified Heal Your Life® Facilitator & Coach  
**Services Offered:** Heal Your Life Workshops | Teen Empowerment | Life Coaching

**Participant Information**

* **Full Name:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* **Age Group (circle one):**  
  ☐ Youth (11–17)  
  ☐ Young Adult (18–24)  
  ☐ Adult (25+)
* **Phone Number:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* **Email Address:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* **Mailing Address:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Workshop Options**

Please select your program(s):

☐ **Two-Day Heal Your Life In-Person Workshop**

* Fee: **$2,000 per participant** (includes hotel, meals, and all materials)
* Location: Various Northern Ontario & remote First Nation communities
* Includes: Digital/hard copy workbook, meditations, group activities, certificate of completion

☐ **12-Week Online Heal Your Life Program**

* Fee: **$500 per participant**
* Includes: Weekly live coaching, workbook, guided meditations, group sessions, certificate

☐ **Teen Empowerment Workshop (Ages 11–17)**

* Focus on confidence, self-love, peer connection, and empowerment

☐ **Young Adult Rebuilding Workshop (Ages 18–24)**

* Focus on life direction, healing past struggles, building independence, goal setting

☐ **Adult Transformation Workshop (25+)**

* Focus on emotional release, self-acceptance, healing relationships, and personal growth

☐ **One-on-One Life Coaching Session**

* Available separately (rate discussed upon booking)

**Additional Options**

☐ Please notify me of future **Retreats and Online Healing Workshops**

**Payment Information**

* **Total Amount Owed:** $\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* **Payment Method:**  
  ☐ E-Transfer ☐ Community Sponsorship ☐ Other: \_\_\_\_\_\_\_\_\_\_

**Consent & Agreement**

I understand that all workshops are based on the philosophy of Louise Hay and combined with First Nations healing perspectives shared by Tanya Matthews. I agree to participate with respect and confidentiality.

**Signature:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_\_

**Return completed forms to:**  
Sakieto8in Ki Pimatisi8in  
Email: tanya@indigpolitics.com