



Goddess Course Frequently Asked Questions

How to make the most of this course.

For clarification I'll refer to:

WORKSHOPS when you've signed up for the individual goddess courses, a la carte.

COURSE when you've signed up for the entire 8-part goddess course.

RETREAT when talking about the live Zoom session.

Where to find the "classroom."

The classroom opens on September 20, 2019.

For each workshop and lesson within the goddess course, I've set up what I call a classroom space where you'll find:

- Recordings of the Presentations
- Soul Journey Audio Files
- Goddess Profile
- Symbols, Colors, Plants, Gemstones
- Animal Allies

To find the classroom go to: <http://100mandalascommunity.com>

(Be sure to bookmark this page so you can remember how to get back.)

After logging in you'll see your learning library where you can access all of the courses that you are enrolled in.

Where to find the "Classroom"
<http://100mandalascommunity.com>

Helpful Links

[Goddess Retreat Schedule 2019/2020](#)

[Test your device on Zoom](#)

[Goddess Workshop Supply List](#)

[Access the True North Arts Circle](#)

Questions?

Email Kathryn Costa at
kathryn@100mandalas.com



About the “retreat” experience.

For each goddess, I’ve designed a retreat experience where we meet up using Zoom, a web conferencing application. While you are welcome to work through the workshop and course content on your own, the energy of participating in the interactive live events offers so much more!

Each retreat is three hours long.

Dates/Times - To accommodate different time zones and schedules, I offer the same retreat experience on different days and times. Be sure to verify your time zone noting that I’m in EST (Boston)

Interactive - These are interactive experiences where all participants are on video camera. Having video and audio enabled is required to participate. [Test your device on Zoom, here.](#)

Presentations - The presentations will be recorded and made available within a couple of days of the online retreats. You’ll receive an email when they are available.

Meditation - Let those who you live with know that you’ll need some uninterrupted time to participate in this retreat, especially during the guided meditation.

Envelope - Have the envelope handy for reference during the retreat.

Oracle Card - You may use the oracle card provided in the envelope or you may draw a card from one of your own decks.

Studio Time - One hour is included in this retreat that is free time for you to use as you wish. Some people use this time to work in a journal, create goddess inspired artwork, paint, mandalas, SoulCollage® cards... You don’t have to stay in front of the camera and can even log off and log back in for the final part.

Show & Tell - Each person is given 2 to 3 minutes to share something from their experience. Participants of the live event love the richness of the sharing.

Classroom Activities & Resources - Access to each lesson opens up the day before the first online retreat..

How to register for a goddess retreat.

Refer to this [2019/2020 Goddess Retreat Schedule](#) to see the dates/times that are available.

Find the Zoom link to register in the classroom either on the “Welcome” page if you are enrolled in the individual goddess workshop or on the “Retreat” page if you are enrolled in the goddess course.

Register early! If there are no registrations one week prior to a retreat, I will close it. Registering signals to me that there is interest. I may cancel a retreat if less than four people sign up.

How to make the most of the “Studio Time.”

During the goddess retreat you’ll be given one hour to explore the topic. It’s free time for nurturing your creativity. My intention when designing these retreats is that you get an experience dedicated to your creativity. For some this is the only time in the month when they make time for their creativity. For others, they join a retreat when they have been feeling creatively stuck. I do not expect that you start and finish a project within that hour. It’s designed to get your creative juices flowing and inspire you to keep creating long after the retreat.



An hour may not sound like a lot of time, but it is amazing how much you can create in that time. To make the most of that hour, have on hand any art supplies and tools that you may like to use.

[Goddess Workshop Supply List](#) - Download this reference for ideas on what you may like to have on hand during the retreat.

Why did you decide not to record the “Show & Tell?”

I decided to discontinue offering recordings of the Show & Tell portion of my retreats when I looked at the how many people viewed them. In some cases there were fewer than six views. I spend a lot of time editing those recordings and felt it wasn't the best use of my time.

What I discovered after the last six events that I hosted where I didn't record the Show & Tell, the sharing was deeper and richer. I found that people felt more comfortable when they weren't being recorded.

As it turns out, I'm serving those who show up to the live session in a greater way.

If I can't make a goddess retreat, how can I share what I've created and connect with other participants?

Last summer I opened up the True North Arts Circle for anyone who signs up for one or more of my journal or chakra workshops. Participants of my workshops didn't want to share their personal stories in the more public Mandala Sharing Circle. I'll be adding a new section for sharing goddess inspired art from the new goddess course.

What I've found is that sharing isn't happening regularly in the TNA Circle. My sense is that those who are more actively engaged in the content are showing up for the retreats and may not feel the need for connection potentially offered by the TNA Circle.

I'll be watching to see if the TNA Circle picks up interest and activity. I may decide after 2019 to discontinue it.

[Access the True North Arts Circle](#)

I've taken one or more goddess workshop and want to enroll in the goddess course.

If you are interested in enrolling in the goddess course and have taken one or more of the goddess workshops, write to me (kathryn@100mandalas.com) and I'll either send you a coupon code or a custom invoice to give you credit for the workshops that you've already paid for.

Questions? Suggestions?

Know that I love hearing from you. The best way to reach me is by email at kathryn@100mandalas.com