



LIFE IS CALLING

How will you answer?

MatrixWalk PDX

Taking your place in community's embrace and responding to Life's deepest call

In a small group setting, you will...

- Learn to trust your innate guidance system and read the subtle cues being regularly presented to us
- Interact more honestly, courageously, and effectively with yourself and others
- Expand your ability to perceive and respond to what matters most by staying integrated and connected *even under stress*
- Build a kinesthetic understanding of what authentic community and correct support feels like and *why it matters*

Program includes:

- Weekly teachings via Zoom
- 2 weekend immersions Feb 1-2 and May 30-31
- 3 sessions with Lexi

HEAR THE CALL?

Introductory evening November 15th Sellwood/PDX

Sliding scale \$15-25 via PayPal to lexi@lexidelgado.com holds your place

Contact Sara for more information 303-818-0494

“MatrixWalk graduates say...

Body-centered *and* brain changing. **INCREDIBLY SAFE AND SUPPORTIVE COMMUNITY** Soul-stirring, nourishing, and challenging. Perfect. **SAVED MY LIFE. REALLY.** Phenomenal!
STILL EXPERIENCING PROFOUND AND TANGIBLE RESULTS.

“Praise for Lexi...

Impeccable guidance
MASTERFUL FACILITATOR
Deep presence and precise insight **MODEL OF EMBODIED WISDOM** Charismatic and compassionate



lexi delgado MA

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Lexi Delgado has degrees in Education, Counseling, Psychology, and Group Facilitation. She has worked in education and mental health for 25 years. Lexi dedicates her life to supporting our rapid evolution in these incredible times of change.

