

Jump! Apprenticeship

You are invited to join us – HeatherAsh, with Mary Nicosia and Sarina Harz-Tolbert – in a very special one-year, in-person, intimate apprenticeship circle. Jump! is HeatherAsh's most advanced program, named for the courage, willingness, and faith it takes to leap into the heart of the mystery and into the depths of ourselves.

Jump! consists of the online Jaguar Heart: Courage apprenticeship program AND two seven-day LIVE sessions over one year in the spring and fall. Apprentices, assistants and teachers spend the entire seven days together, giving us the opportunity to go very deep very quickly.

This unique opportunity will tap the depths of the facilitating team's wisdom and experience to guide you to relinquish your fears, explore new ways of being, and hone your intuitive and energetic perceptions. We pull out all the stops and use tools and insights not shared with public forums and beginning apprenticeship programs. While the philosophy and general thrust of the teachings remains the same, Jump! offers a powerfully deeper level of participation than what you have experienced before with our community.

Each Jump! Circle is a very select group and mix of people. Everyone invited to Jump! has already invested significant time on their spiritual path and has demonstrated a long-standing level of commitment to doing the hard work required to de-construct their unconscious belief structure and to start living from a place of choice.

This is an intensive apprenticeship, designed to take a small dedicated group of people and to dive right into whatever obstacle is holding each person back, the things that interfere with living a life of 100% choice right now.

Our aim is complete freedom, fully living each moment fiercely alive, vibrant, and enjoying the incredible mystery of life. And to have FUN!

Over the Jump! Apprenticeship you will:

- Cleanse both your physical and energetic body from top to bottom.
- Explore and practice many awareness exercises.
- Confront and move through your fear using shamanic and indigenous practices, such as firewalks, sweat lodges, vision seeking, shamanic journeying, etc.
- Challenge your identifications and explore new ways of being through magical theatre and stalking practices.
- Practice taking concrete actions to dissolve your limiting and repressive structures.
- Discover and live your integrity in terms of sexuality, power, and money.
- Purify your self-relationship so you can be fully present without nagging background voices.
- Connect with your Divine essence so your actions flow with ease.
- Train your mind and will to take their proper place in aiding, rather than hindering, you on your path to true authentic living.
- Explore your ability to use dreams and sleep states as tools for awakening.
- Hone your intuition and energetic perceptions.
- Experience the true joy of working in a spiritual community.

Between live sessions there will be the Jaguar Heart: Courage online sessions, Jump! homework, required reading assignments, and opportunities to communicate and be supported by the other members of the group to help you integrate and apply your intensive experiences in your daily life. There are no specific prerequisites needed as we look at the broad base of your experience, but we do recommend that you have participated in Jaguar Heart or Inner Fire apprenticeship, Nine Moons / 13 Moons, a power journey to Teotihuacan, or a weekend intensive and have a strong spiritual practice.

Cost and dates below. For any questions about the program, please contact HeatherAsh at 512-965-6382 or haa@warriorgoddess.com

Blessings,

HeatherAsh

I'm ready.
[Apply now.](#)

JUMP! 2025 IN-PERSON SESSIONS

LIVE, IN-PERSON SESSIONS:

Jump! includes two week-long intensive sessions with six months between them, with one monthly Jaguar Heart: Courage teaching online and one online Jump! Gathering a month. (You will also have access to Returning, our bi-weekly advanced teaching sessions.)

Spring in-person session: June 6 - 12 in New Mexico at Warrior Heart Ranch

(this includes June 6 - 8 which will be overlapped with Shamanic Summer Camp)

Fall in-person session: December 7 - 13 in Teotihuacan, Mexico

Bonus offering: April 2026 Wilderness Quest bonus with Sarina Harz-Tolbert (more information after acceptance to Jump!)

JAGUAR HEART: COURAGE CALL **SCHEDULE**

February 2025 to December 2025

Tuesdays at noon Los Angeles, 3 pm New York, 8 pm London

Teachings with HeatherAsh:

First Tuesdays of each month

noon Los Angeles, 3 pm New York, 8 pm London

90 minutes; everything recorded

#1 February 4th: Introduction and crafting the circle

#2 March 4th: The Witch Wound / Wisdom Keepers Healing Part 1

#3 April 1st: The Witch Wound / Wisdom Keepers Healing Part 2

#4 May 6th: Recapitulation and Energy work for Courageous Inner Cleaning

#5 June 3rd: Recapitulation and Energy work for Expanding your Courage: Wild

#6 July 1st: Dreaming practice for shifting the assemblage point: Willing

#7 August 5th: Dreaming practice for expanding possibilities: Wise

#8 Sept 2nd: Magic and journeywork for personal freedom

#9 October 7th: Magic and journeywork for ancestral healing

#10 November 4th: Magic and journeywork for collective liberation

#11 December 2nd: Closing ceremony

ADDITIONAL SUPPORT

Pods:

February 18th

March 18th

April 15th, 29th

May 20th

June 17th

July 15th, 29th

August 19th

September 16th, 30th

October 21st

November 18th

December 16th

Returning with HeatherAsh + Seasons of Self with WG Mentors

Winter

Winter Solstice Mini Virtual Retreat - December 21st and 22nd

December 24th, 2024

January 14th, 28th

February 11th, 25th

March 11th

Spring

Spring Equinox Virtual Retreat - March 20th through 22nd

March 25th
April 8th, 22nd
May 13th, 27th
June 10th

Summer

Summer Solstice Mini Virtual Retreat - June 19th and 20th

June 24th
July 8th, 22nd
August 12th, 26th
September 9th

Fall

Fall Equinox Virtual Retreat - September 20th through 22nd

September 23rd
October 14th, 28th
November 11th, 25th
December 9th

Jump! Tuition

Price includes food and lodging and local group transportation at both retreats

\$913.17 monthly / 6-month payment plan
\$461.15 monthly / 12-month payment plan

\$368.92 monthly / 15-month payment plan: November 2024 to January 2026

\$5,479 paid in full

Transportation

You are responsible for transportation to ABQ or Santa Fe, NM for the June session and to Mexico City for the December session. We will cover local ground group transportation from the airport to the retreat centers. (For those of you who want to drive to New Mexico we'll provide directions to Warrior Heart Ranch outside of Santa Fe.)

Important Note: Your deposit and program costs are non-refundable. When you sign up for Jump! you commit to pay for the entire apprenticeship and all lodging, whether you choose to attend or not. There are no scholarships available.

[Click here](#) to apply

Note: if you apply for Jump! And are not accepted and you want to be part of the [Jaguar Heart: Courage online circle](#) you will still receive the 20% discount through January 31, 2025. All Jump! Applications will be reviewed by January 7, 2024.