

Tuesday Rivera

Luminosity

INTENSIVE

STEP INTO YOUR LIGHT



COURSE OVERVIEW



Tuesday Rivera

hello@tuesdayrivera.com
tuesdayrivera.com
linktr.ee/tuesdayrivera

Tuesday's programs and workshops are immersive experiences designed to catalyze your transformation as you come into connection with yourself, others, and the divine.





WELCOME

OUR PATH TOGETHER

The Luminosity Intensive is a program for women who know that in shining our own light, we make the way for others to do the same. The program is a rigorous and supported exploration that creates the space for each and every participant to become more of our truest, deepest selves. This 10-week online journey will move us toward more depth, joy, and ease with being who we actually are and deepen our connection with the divine feminine. We will step into the unknown together and move beyond our current binds and limitations toward the future we want for ourselves.

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ARE YOU READY TO STEP INTO YOUR LIGHT?

LUMINOSITY INTENSIVE IS A FEMININE SPACE:

The space we will create together will be deeply feminine in the most basic way: we must do the work in front of us, and we will do it in a joyful way. We will hold each as we laugh and cry. We will sing and move our bodies. We will receive the support and insight we need to take action. We will be alternately pushed and held.

We will be a sisterhood: full of heart, gossip, laughter, dancing, eros, creativity, pathfinding, care and delight, child raising, crop sowing, tears, pain, grief, birth, death, celebration, blood, bones, skin, teeth, nails. All of it. All of it. All of it. We will make room for all of it. We will welcome all of it. We will not be afraid of any of it. We will be whole.

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WE WILL BE HELD,
PROVOKED, LOVED, AND
EMBOLDENED INTO OUR
BRIGHTEST LIGHT.





LUMINOSITY INTENSIVE QUICK OVERVIEW

10 WEEKS ONLINE

The Luminosity Intensive is an online program with three distinct modules that build upon each other.

Each module has three sessions, and there is an integration week midway through the program.

During the integration week, there will not be a scheduled call, but participants will be supported to reflect and apply lessons from the previous sessions into their real lives. As this is a progressive program, modules may not be taken individually.

Additionally, each participant will get a 1:1 Intuitive Coaching session with Tuesday during the course of the Intensive. We recommend that this session happen in the initial weeks of the program to further connect with Tuesday and set course intentions, but this will be at the discretion of the participant.

Cost: \$1,999 USD

Location: Zoom (sessions are recorded)

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LUMINOSITY INTENSIVE

THE PROGRAM

"The Luminosity Intensive is a program for women who know they are here to light up the world. The program is a rigorous and supported exploration that creates the space for each and every participant to become more of our truest, deepest selves.

This 10-week online journey will lead us into a fuller expression of ourselves in the world. It will move us toward more depth, joy, and ease with being who we actually are. We will step into the unknown together. We will move beyond our current set of binds and limitations into more fullness of what we want for ourselves and the future.

Our first responsibility is to embody our own brilliance. For a long time, I have been imagining a sisterhood that is "lit up and lights up the world": A group of women who know that in shining our own light, we make the way for others to do the same. A group of women who understand that it is in knowing ourselves as the very source of love and guidance, we become self-illuminated. This is the luminosity and that lights and guides the path for others. That is where we will start.

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LUMINOSITY INTENSIVE THE PROGRAM

*Luminosity explores and embraces the sacred feminine. In this program, we unapologetically turn to the feminine as holy. We will come to know the divine - the life force that inhabits everything. We will claim our own divinity in relationship with the inherent sacredness of the world - nature, deities, and that which is more than human. We will explore our own intuitive gifts as we walk this sacred path.

Luminosity is an initiation.

This intensive will begin with a rigorous journey inward, where we will connect with our divine natures and also embrace the role of the dark and unseen in our lives. This journey demands courage and it will be rich with joy, love, and exploration. It requires a willingness to go inward and an open heartedness to support other women as they do the same.

This is an initiation where each of us will be validated in who we are and stretched into who we are becoming.

We will be held, provoked, loved, and emboldened toward our next truest selves.

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LUMINOSITY INTENSIVE

WHO IS IT FOR?



Do you have an intuition that there is something more or next for you? That you have been hiding your light under a bushel and now it's time to let it out?



Do you have the hardiness and maturity to enter the spiritual underworld of your own life?



Do you have an inkling that you are special? (I know it's hard to admit!) That you have the capacity to bring more to the lives of others in your work, home, or community?



Do you want to be with other women who are ready to become a more whole version of themselves? To do your work alongside them?

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LUMINOSITY INTENSIVE

WHAT TO EXPECT

This intensive is for those women who are ready to be initiated into a path of luminosity. Women who simply must become a fuller version of themselves. Women who are ready to take their practice to the next level. Women who understand that Luminosity is an experience not just a class - a training ground for becoming more of themselves and bringing what they are here to bring.

Joining this intensive is signing up to meet yourself in a new way. A way that is surprising, will push your buttons, and take you to the edge of your comfort zone. If you know you can't take the next step alone. That you need fellow travelers, friends and guides. That you need the level of support provided by the divine, the myriad unseen forces, the potency of our ancestors, then Luminosity is for you.



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LUMINOSITY INTENSIVE

THE JOURNEY

TOPIC

1

KNOWING OUR
LIGHT: COMMUNION
WITH THE DIVINE
FEMININE

- Wed, Mar 18th from 12pm - 2pm EST
- Wed, Mar 25th from 12pm - 2pm EST
- Wed, Apr 1st from 12pm - 2pm EST

TOPIC

2

RECLAIMING THE
DARK: FINDING OUR
WHOLENESS

- Wed, Apr 8th from 12pm - 2pm EST
- **Integration Week - No class**
- Wed, Apr 22nd from 12pm - 2pm EST
- Wed, Apr 29th from 12pm - 2pm EST

TOPIC

3

BECOMING
LUMINOUS:
STEPPING INTO OUR
FULL EXPRESSION

- Wed, May 6th from 12pm - 2pm EST
- Wed, May 13th from 12pm - 2pm EST
- Wed, May 20th from 12pm - 2pm EST

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LUMINOSITY INTENSIVE THE MODULES

- 1** This **inaugural module** will focus on getting to know selves on a deeper level and connecting to that which is sacred in us. We will explore the sacred feminine and get a sense of being divinely held and supported. This module asks us to go inside ourselves and open up to our own inherent goodness, unearthing that which may have been buried.
- 2** Our **second module** will have us diving into our blocks and what is holding us back. The divine support we accessed in the first module will hold us as we turn towards our own wounds and work with them as portals to our highest selves. This module will have us facing some of our darkness - together - and finding that our wholeness is inviolable and fully available to us.
- 3** Our **final module** will ask us to explore who we are called to be and what we are called to do in the next phase of our journey. What are we seeking to express now? This module will involve envisioning our next steps - big or small - and committing to moving forward in a way that honors the light we have kindled through the program.

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LUMINOSITY INTENSIVE Q&A

Q: How much time is required?

- In addition to the weekly classes, participants will have between 45-75 minutes of personal study/homework weekly. The homework will be fun, engaging, and relevant to what's covered in the sessions.

Q: What is my commitment if I join the Luminosity Intensive?

To be part of the program, you must commit to:

- Live attendance of at least 8 of 10 virtual sessions.
- 45-75 min of personal study time / week
- Come ready to focus at each virtual session and set a personal intention for your own growth across the three modules.
- Commit to service - the Luminosity Intensive is a high touch cohort within a larger community of women who are also transforming. Each intensive member will be asked to provide some service within the cohort and/or to the larger community group. This service could be something as simple as sharing a meaningful resource or practice, or it could be more extensive like offering a talk or ritual to other cohort/community members. There will be full flexibility in this one-time service offer, but we ask that you commit to sustaining our community within and, perhaps, beyond the cohort.

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LUMINOSITY INTENSIVE Q&A

Q: Can I get a payment plan?

Absolutely - we want to make this possible for you!

Please reach out to us directly at hello@tuesdayrivera.com to determine which payment plan would work best for you!

Q: What is the size of the group?

The group will be “small but mighty” - we anticipate a group size between 8-12 women but will cap participation at 15 to keep it intimate.

Q: Is Luminosity only for women?

Yes, this program is for women and is open to anyone who can feel “woman-ness” as part of their identity. If you have any questions about this, please reach out to us directly to discuss.



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