

Welcome to the place where you'll begin to create YOUR balanced, spiritual and endlessly awesome life

(even if you're based in London rather than on Bali and your meditation time is limited to five minutes on the tube)

Is this you?

You *know* there must be more to life – more laughter, more balance, more feeling connected with yourself (and less of what everyone else thinks you ought to be).

You're tired of the same old and secretly longing for that “spiritual awakening” everyone's talking about.

But you're also on a busy schedule with real-life stuff to take care of, and chanting “Hare Krishna” with feathers in your hair doesn't feel like your thing?

Then this is where your feather-free, real-life spiritual journey begins!

Hi, I'm Sib, and I'm going to take you on a journey to a life that suits YOU. Not your mum, not your partner, not your best friend, not your boss (or even me). **You**. Yes, there'll be spiritual stuff, but I promise you I won't throw empty phrases like “connect with your heart” or “just be yourself” at you and then leave you hanging.

Spirituality isn't about incarnating a Greek goddess and meditating five hours a day. Spirituality is that unspectacular moment when you look around and for the first time feel unconditionally happy even though nothing has really changed. It's that single deep breath you take before you dive into drama with your partner. It's knowing that no matter what life throws at you, you can deal with it. You'll be fine.

Let's be honest: Life isn't all dance and love and roses.

If it were, you wouldn't be here. In real life, sometimes we lose touch with ourselves, we get pissed off, we argue and create drama and we fail. That's okay.

Living a spiritual life simply means you'll know how to get back on track, no matter what. And how to do that while working a normal job, in the midst of a discussion with your partner, and while washing a shitload of dishes. (Because, you know, feeling spiritual on holiday with the sun in your eyes and the wind in your hair is easy.)

Sometimes, that means taking a good hard look at yourself and actually dealing with your shit. It also means finding practical tools that fit into YOUR life **as it is right now**. Both of that is exactly what you'll get here.

Are you tired of settling for “satisfying” and ready to go for “F*CKING fabulous”?

Take your pick:

Individual Coaching with Sib

Want to go all-in and take full responsibility for yourself? I'll help you figure out what YOU (and only you) want your life to be like – and exactly how to get there, one meaningful step at a time.

Your One-Day Urban Goddess Retreat

Learn how to bridge the gap between your busy urban lifestyle and a spiritual, mindful way of living – using practical, hands-on strategies that fit into your life as it is right now.

Need to know more before you leap? Get in touch.

Let's take you from SURVIVING to THRIVING!

Love

Sib