



# Untethered

## Frequently Asked Questions

# Is Untethered right for me?

Only you can decide if this 3-month online circle and meditation journey is right for you, and if it falls at a time in your life that allows you to participate whole-heartedly. Having agency over this decision is incredibly important, no one else can decide this for you.

Your curiosity and gentle enquiry into Untethered is the beginning of your decision. By reading The Calling section of the website you can reflect more on whether this experience is what you need.

Often in these moments of decision making, a helpful question to sit with is:  
‘does the idea of doing this make me feel expanded or contracted?’

If you have not sat in circle before and are new to this type of space, then you might like to book into a one-off circle or guided meditation class first to see how the space feels. You are also welcome to reach out to [sophie@risingwisdom.co.uk](mailto:sophie@risingwisdom.co.uk) for a conversation about Untethered if you would like to explore your decision further.

# How big will the group be?

Our mission is for every person on this journey to feel that they have space and time to share their stories, to feel heard, and to connect with one another.

For this reason Untethered will be an intimate journey for no more than 8 people.

# What sort of people will be there?

Every circle and circle journey comes together like a perfectly unique snowflake. A beautiful constellation of the exact people who are meant to gather together in that specific moment - like it is written in the stars.

By offering Untethered online, people are able to join from anywhere, and we welcome anyone who identifies as a woman or non-binary onto this journey. This includes people of all ages, bodies, races, ethnicities, socio-economic backgrounds, and life-experiences.



# Does it matter if I can't make the live calls?

The dates and times of the live calls during Untethered are available on the website in The Dates section. The live sessions include the opening and closing ceremonies, guided meditations, and circles. Whereas the journaling prompts and self-discovery activities are not live and can be completed at a time of your convenience.

As community and connection is at the core of this experience we ask that anyone committing to Untethered does so with the intention of attending all the live calls. We encourage you to be present and to prioritise this experience where you can.

However, we also recognise that commitments can suddenly change over a 3-month period, so if you need to miss a session please let Sophie know. Please also be mindful that calls are not recorded - as we find that this allows people to share more freely.

Where it is in the interest of the whole group, dates and times may be altered at Sophie's discretion to ensure the best experience for those in attendance.

# How often is Untethered offered?

Our only planned Untethered journey this year starts in September.

There may be more offerings in 2025 but these are not yet organised. If you decide that now is not the best time for you and would like to be added to a waiting list for future journeys, please email [sophie@risingwisdom.co.uk](mailto:sophie@risingwisdom.co.uk) and you will be notified of further offerings that arise.

## Support and Accommodations

Once you have committed to Untethered you will have a Discovery Call with Sophie where you will be asked to share if you have any support needs or require accommodations. Whether this is related to a visible or hidden disability, neurodiversity, chronic health condition, or anything else.

All information is discussed confidentially.

# Is any financial support available?

Our Early Bird offer is available until midnight on 1st September offering a 25% discount on the full price for anyone wishing to book early.

Payment by instalments is available for all spaces.

Should you require a different instalment duration than that described please ask so that this can be accommodated.

A few supported places are available for this Untethered journey.

Supported places are for people of lower income, for people whose identity is a target for systemic marginalisation, and for people subjected to intersecting oppressions.

The recommended donations for the Supported Places are £222.

Please reach out to [sophie@risingwisdom.co.uk](mailto:sophie@risingwisdom.co.uk) if you have any questions.