

## Key Services



### Circle of Sacred Sisterhood

Gather in intentional spaces for sharing of feminine wisdom.



### Rituals of Return

Reclaim your rhythm through guided routines and meditations.



### Healing Through Her Hands

Learn & practice holistic healing through herbs, energy work, & intuitive touch.



### Earth Kitchen: Nourish & Rise

Gather in the sacred kitchen to cook with whole, natural healing foods from the earth.

## Additional Services

- ✓ Monthly virtual motivational meetings
- ✓ Guide books and resources created by S.O.S.S.
- ✓ Soul Retreats
- ✓ Virtual classes via Zoom

## About Us

Welcome to S.O.S.S. - Sisters Of Sacred Soul. A sacred movement of women returning to nature, spirit, and sisterhood. We gather not as a club but as a circle - to heal, rise, and remember our divine power together.

### Our Strengths :



Natural Healing



Sacred Sisterhood



Earth Cooking & Spiritual Connection

### Our Essence:

- The S.O.S.S. movement is rooted in sharing ancestral wisdom promoting natural healing & Spiritual growth.
- Women reclaiming our healing power through conversations, meditations, SOSS Circles, rituals, and earth-based cooking.



Root.  
Nourish.  
Rise.  
Together.

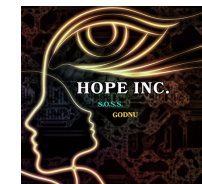


## A Call to Return to Your Sacred Self!

# S.O.S.S.

## Sisters Of Sacred Soul

Established 2025 – Sponsored by HOPEHI





## Why Choose Us?

**The S.O.S.S. Path, Not a Quick Fix:** SOSS is for women ready to go deep - grow, & reclaim their power.

**Rituals That Awaken & Transform:** Our guided routines, meditations & Sister Circles help you return to your roots & remember your worth with renewed clarity.

**Healing Through Nourishment:** From herbal medicine to earth-cooked meals, we treat food as ceremony & teach you the power in what you eat.

**Spiritually Grounded, Earth-Honoring Practices:** We blend ancient routines, nature based wisdom, and intuitive healing to create powerful, grounded experiences that awaken the whole self.

**Virtual & In-person Connections:** You can be a part of SOSS in-person and/or virtually allowing spiritual growth and connections by any means necessary.

[www.hopehi.co](http://www.hopehi.co)

## Contact Information



### Location

Tuskegee, AL & Atlanta, GA



### Phone

334-725-6088



### Email

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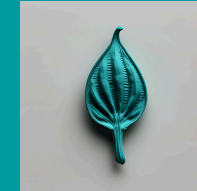
Support the sisterhood.  
Scan to shop.



**S.O.S.S. - T'La M. A., Founder**

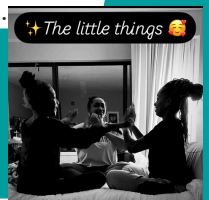


## JOIN THE S.O.S.S - Sisters Of Sacred Soul Movement!



### Become A Seedbearer

S.O.S.S. Seedbearers serve as the leaders of S.O.S.S. Circles and represent and uphold the vision of the movement. This role requires review and approval. If you're interested in becoming a Seedbearer, please email us for more information.



### S.O.S.S. - Member

A member of S.O.S.S. is a woman who actively participates in its programs and fully embraces the spirit of sisterhood. She lives, shares, and embodies the values of S.O.S.S. through her presence, commitment to spiritual growth, and devotion to the movement.

## You Are The Healer! Let's Rise Together!

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