



Soulful

Masterclass Companion

*Soul
Studio*

Hi there!

I'm Sarah Kerr, founder of Soul Studio and healer with 20 years experience as a healer, both for myself and for others. I've helped hundreds of people find balance, hope and just enough magic to change their lives for the better.



I am dedicated to helping others step into their power and embrace their unique path. My work is deeply rooted in the cycles of nature, energy healing, and a profound respect for personal transformation.



Welcome, lovely soul,

Whether your spiritual path has been steady or stop-start, deep or drifting — this guide is here to help you return to centre. To remind you that your practice is not meant to be perfect... it's meant to be yours.

Inside, you'll find gentle reflections, soulful prompts, and space to map out a rhythm that supports and nourishes you.

There's no rush here. No right or wrong. Just you, your soul, and the sacred rhythm that's been waiting for you to hear it again.

Let's begin, with kindness and care.

The Three Pillars



Pillar 1: Rituals That Fit You

Your practice doesn't need to be long, complex, or curated for Instagram. It needs to fit your life.

Maybe it's:

- Lighting a candle while you brew your morning tea
- Pulling a single card on a Sunday night
- Taking three deep breaths before bed

If it connects you back to yourself — it counts.

Try This: What simple rituals already exist in your life that feel sacred, even if you haven't named them that way yet?



Pillar 2: Community & Accountability

We're not meant to do this alone. Sacred practice thrives in connection — with others who see you, support you, and remind you of your own magic when you forget.

This is why HearthFire was born — to offer that place of belonging. Where you can show up just as you are, and still be held.

Try This: What simple rituals already exist in your life that feel sacred, even if you haven't named them that way yet?



Pillar 3: Seasonal Flow

Just like the moon, you don't need to shine at full power every day.

Some seasons call us inward. Others invite action. When we follow the rhythms of the earth and our own bodies, practice becomes less of a pressure — and more of a partnership with life.

Try This: Look out your window. What's nature doing right now? How might that reflect your own needs?

Journal Prompts



Take these slowly. Pick one, or explore them all over time.

- What does my soul crave more of in my practice?
- What already feels sacred in my life that I haven't been honouring?
- When does my practice feel most nourishing?
- What have I been telling myself I "should" do — and what do I actually want to do?
- What would it feel like to trust my own rhythm?
- Where in my week or month could I weave in moments of soulful connection?



Gentle Practice Planner

You don't need a rigid routine. You need rhythm.

My Weekly Ritual Might Be...

(e.g., lighting a candle, journaling, pulling a card, meditating)

My Connection or Community Focus...

(e.g., circle, conversation, checking in with someone, HearthFire session)

My Seasonal Soul Focus...

(e.g., gratitude, tending my space, harvesting joy, resting more)

Next Steps

Ready to go deeper?



If this guide has sparked something in you — a remembering, a longing, a yes — then come explore HearthFire.

It's a space of warmth, wisdom, and weaving your practice into real life with support, community, and rhythm.

HearthFire includes:

- Monthly workshops & women's circles
- Seasonal rituals & celebrations
- Printable resources & prompts
- A community of kindred souls walking beside you

Not sure if it's for you?

Book a free Soul Check-In and we'll explore it together.

With deep roots and an open heart,

Sarah x



Stay Connected



SarahsSoulStudio



sarahkerrrsoulstudio



sarahkerrrsoulstudio



@soulstudioderbyshire

Ready to go deeper? Let's keep in touch! Visit the website for more details on healings, readings, memberships, teachings and more!

www.sarahssoulstudio.com