



# Qoya: A Compass for Navigating an Embodied Life that is Wise, Wild and Free

*Rochelle Schieck*

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## **Qoya: A Compass for Navigating an Embodied Life that is Wise, Wild and Free** Rochelle Schieck

Are you ready to step into a world where you can trust yourself and trust life? Your body is your guide to accessing your inner wisdom, creativity, sensuality, and soul so that you can fully embody and express your truth, do your sacred work, receive life's blessings, and commune with the divine. QOYA: A Compass for Navigating an Embodied Life that is Wise, Wild and Free will help you go beyond illusion to remember the physical sensation of truth in your body as your North Star. Rochelle Schieck draws on spiritual teachings from across the globe, personal pilgrimages from suburban Minnesota to the Madre de Dios River in Peru, and extensive studies of the divine feminine to craft a book that is part memoir, part social commentary, and part workbook, with over 35 detailed exercises that initiate your own life's journey back to yourself. The truth we seek is waiting for us to remember. Through Qoya, we remember that our essence is wise, wild, and free.

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