

Make Space to Move

WELCOME RITUAL

Hydrating herbal elixirs, walk in the grass

GUIDED MOVEMENT PRACTICE

A movement instructor combines a barefoot grounding sequence in the grass and expansive, sky-reaching shapes. The practice emphasizes listening to gravity and breath—rooting down to rise up.

SALON SESSION

Your body holds what your mind hides.

A professional dance instructor takes you through a dynamic blend of functional and freeing movement—think belly dance meets embodiment. Shake off what's heavy and let your body lead the way.

PRACTICE & PLAY

Use movement as metaphor to explore where your life wants to flow again. Walk away with a mini-movement practice that matches your unique way of moving through the world.

CLOSING & GRATITUDE

Bubbles and bites. 'Momentum Kit' gift.

Exclusive breakout time for yearly members' circles.

Tuesday, June 9, 2026, 5:30-8:30 pm

Lakewood Country Club