

# Make Space for Desire

## **WELCOME RITUAL**

Hibiscus juice, Rose water spray, chocolate covered strawberries

## **GUIDED MOVEMENT PRACTICE**

Slow, floor based somatic movement concluding with Savasana final resting pose.

## **SALON SESSION**

Passion isn't lost—it's waiting for permission. An accredited sex therapist leads a provocative, permission-giving session on rekindling sensuality and reclaiming desire—that ripples through your life. (Partners welcome.)

## **PRACTICE & PLAY**

Learn MR's "Desire is Data" tool to name what you want and sense it in your body. Go home with a playful practice for unblocking desire and reigniting vitality.

## **CLOSING & GRATITUDE**

Bubbles and bites. 'Desire Kit' gift. Exclusive breakout time for yearly members' circles.

**Saturday, February 21, 2026, 2:00-5:00pm**

**Lakewood Country Club**