

Make Space to Breathe

WELCOME RITUAL

Herbal tea, refreshing hot towel, essential oils, ambient music.

GUIDED MOVEMENT PRACTICE

RTR Pilates will lead us through a grounding yoga practice focusing on making more space to breathe in our diaphragm.

SALON SESSION

Our rockstar panel, includes a powerhouse family attorney, and a couple's therapist who will walk through ways to spot your energy leaks and BREAK UP with what's draining you-people, projects or patterns.

PRACTICE & PLAY

Map your energy leaks on MR's Drop, Delegate, or Double-Down grid and ground yourself with breathwork. Walk away with a personalized Energy Map to spot and reclaim your type's biggest drains.

CLOSING & GRATITUDE

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

Monday, October 20th, 5:30-8:30 pm

AC Hotel, Bethesda