

Make Space for Joy

WELCOME RITUAL

Fizzy drinks, feel-good music, bubble machine

GUIDED MOVEMENT PRACTICE

Led by a somatic coach, this playful movement sequence blends gentle stretches and lighthearted prompts that rewire the body toward joy.

SALON SESSION

Joy isn't a privilege—it's your birthright. A leadership coach guides a session on transforming old pain into present power. Learn why joy is your nervous system's reset, not something you earn later, and why high-achieving women need it most.

PRACTICE & PLAY

Reset your nervous system with laughter and movement, then design a Joy Calendar of small delights. You'll leave with practical ways to make joy a daily reset, not a distant reward.

CLOSING & GRATITUDE

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

Tuesday, May 12, 2026, 5:30-8:30 pm

Lakewood Country Club