

Make Space to Be Seen

WELCOME RITUAL

Herbal mocktail, charcuterie, visibility wall

GUIDED MOVEMENT PRACTICE

Barre 3 will lead exercises and strategies to strengthen your pelvic floor.

SALON SESSION

Shrinking isn't your style. A confidence and visibility coach leads a workshop on reframing self-doubt, owning your voice, and taking up space—without apology. What if your most magnetic move wasn't perfection, but honesty?

PRACTICE & PLAY

Step into witnessing circles where your honesty is met with pure presence. You'll leave with language and affirmations that help you stay real—and be seen—beyond the room.

CLOSING & GRATITUDE

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

Tuesday, March 10, 2026, 5:30-8:30 pm

Lakewood Country Club