

Make Space for Gratitude

WELCOME RITUAL

Warm apple cider, refreshing hot towel,
turmeric popcorn.

GUIDED MOVEMENT PRACTICE

Yoga 6 will lead us in a yoga practice with a heart
opening posture.

SALON SESSION

A Priest, Rabbi and Buddhist monk (no, don't walk into a
bar) but they will walk into our salon session of
enneagram type-specific reframes and "grace exits" to
make space for forgiving without forgetting.

PRACTICE & PLAY

Reframe tricky family stories and practice graceful
exits that keep your dignity intact. Leave with scripts
and type-specific gratitude reframes you can use at the
holiday table.

CLOSING & GRATITUDE

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

Tuesday, November 18, 2025, 5:30-8:30 pm

Lakewood Country Club