

# Make Space to Begin Again

## **WELCOME RITUAL**

Adaptogenic cacao, fruit skewers, live cello music

## **GUIDED MOVEMENT PRACTICE**

Energy Healing Practitioner, will lead you in a series of energy healing practices.

## **SALON SESSION**

Leave the baggage at baggage claim as Trauma-informed psychology expert leads a salon session on breaking up with toxic shame and setting boundaries that feel like freedom.

Only bring into the new year what truly lights you up.

## **PRACTICE & PLAY**

Release toxic shame in a letting-go ritual, then practice radical responsibility to carry only what matters. Take home a reset practice that helps your type transform shame loops into fuel.

## **CLOSING & GRATITUDE**

Bubbles and bites. 'New Year, True You Kit' gift. Exclusive breakout time for yearly members' circles.

**Tuesday, January 13, 2026, 5:30-8:30 pm**

**Lakewood Country Club**