

January – The Reset

Guided Yoga



Date: Thursday, January 15th

Time: 5:00–9:00 PM

Location: Lakewood Country Club, Rockville, MD

Practice & Play - Honor your instincts: no is the answer if it's not a full yes.

Activity- A grounding practice for strength and presence. Translate body awareness into clarity in life.

Social - Curated bites, cocktails, and time to connect.