

Make Space for Gratitude

WELCOME RITUAL

Warm apple cider & refreshing hot towel

GUIDED MOVEMENT PRACTICE

Juliana from Barre3 will lead us in a yoga practice with a heart opening posture.

SALON SESSION

A trio of Spiritual leaders join together for a rare, heartfelt conversation you'll never forget. Together, we explore gratitude and the art of forgiving without forgetting.

PRACTICE & PLAY

Immediately apply insights with MR tools to shift from frustration to grace. Learn how to stay centered during family holidays and leave with language that protects your peace and restores your joy.

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