

Make Space to Receive

WELCOME RITUAL

Cranberry orange sparkler with figs & cheese

GUIDED MOVEMENT PRACTICE

Sweetbay Yoga will lead us in a gentle practice to make space to receive.

SALON SESSION

Expert speakers discuss why women are conditioned to give more than they receive. We will explore why receiving is an act of trust, not selfishness.

SENSORY RECEIVING STATIONS

You give, and give, and give - especially in December. This is your time to be pampered via all senses of touch, sound, sight, smell, and taste.

CLOSING & GRATITUDE

Bubbles and bites. 'Receiving Kit' gift

Tuesday, December 2, 2025, 5:30-8:30 pm

Lakewood Country Club