

Make Space to Begin Again

WELCOME RITUAL

Vitamin C shots and healthy bites.

GUIDED MOVEMENT PRACTICE

Increase body awareness and release emotional tension as Somatic practitioner leads a mind-body movement.

SALON SESSION

Leave the baggage at baggage claim as 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 shame in a playful letting-go ritual. Take home a fun reset practice to carry only what matters.

CLOSING & GRATITUDE

Bubbles and bites. 'New Year, True You Kit' gift.

Tuesday, January 13, 2026, 6:00-9:00 pm

Pink Moon

Bethesda, Md