

# **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**