

Make Space to Be Seen

WELCOME RITUAL

Herbal mocktail, charcuterie, visibility wall

GUIDED MOVEMENT PRACTICE

Practitioner will lead exercises and strategies to strengthen your pelvic floor.

SALON SESSION

Shrinking isn't your style. A confidence and visibility coach leads a workshop on reframing self-doubt, owning your voice, and taking up space—without apology. What if your most magnetic move wasn't perfection, but honesty?

PRACTICE & PLAY

Step into witnessing circles where your honesty is met with pure presence. You'll leave with language and affirmations that help you stay real—and be seen—beyond the room.

CLOSING & GRATITUDE

Bubbles and bites. "Visibility Kit" gift.

Tuesday, March 10, 2026, 6:00-9:00 pm

Lakewood Country Club