

# 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**