

Make Space to Be Seen

WELCOME RITUAL

Herbal mocktails & healthy snacks

GUIDED MOVEMENT PRACTICE

Practitioner leads playful, interactive movement designed to stretch what feels tight and wake up your inner joy.

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.

PRACTICE & PLAY

Step into a Witnessing Circle to discover what's holding you back and the parts of you ready to be seen. A fun accessories exchange is symbolic of letting go and stepping into something new. Bring 2 pieces you love, but no longer wear; leave with 2 new-to-you treasures.

CLOSING & GRATITUDE

Bubbles and bites. "Visibility Kit" gift.

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

Lakewood Country Club