

# April – The Edge

## Axe Throwing



**Date:** Wednesday, April 22

**Time:** 6:00-9:00 PM

**Location:** Private residence,  
Potomac, Md



**Practice & Play** - Dr. Brian Paris, integrative health innovator, leads with meaningful tools and embodied practices to explore how calm presence creates a real power.

**Activity**- Axe Throwing as a metaphor for precision over force to find your edge.

**Social** - Connect under the stars with a pig roast and fire side conversations as the backdrop.