

Make Space for Joy

WELCOME RITUAL

Exhale as you arrive in your favorite pajamas to a girls' night with depth, complete with candles, cozy seating... and popcorn.

OPENING CIRCLE

Grounding meditation to leave the day behind. No choreography. Just presence. Joy, embodied.

CIRCLE CHECK-IN

Every voice is heard in small, intimate groups to share what's lighting you up and what's draining you. Facilitated real conversation on happiness vs. joy and why we keep postponing the very thing we want most. Expect aha moments.

PRACTICE & PLAY

Using the Modern Revival Joy Reframe™, we'll shift from circumstantial happiness to accessing joy in real time.

CLOSING & GRATITUDE

Bubbles and bites. 'Joy Kit' gift.

Tuesday, May 12, 2026, 6:00 - 9:00 pm

Potomac, Md