



Calling In

A day to find clarity in your intentions for the new year.

Join us for an intentional, integrative breathwork experience designed to support clarity, embodiment, and aligned next steps. We will move beyond release alone and place a strong focus on integration - how we consciously invite in and live what we are calling forward. Through breathwork, intuitive movement, and guided creative practices, you'll ground your intentions into the body and nervous system. This is an opportunity to get clear on what you are ready to call into your life, and how to support that shift with presence and intention.

Reserve your space by messaging us directly.

What are you ready to welcome in?

Together, we will:

- Ground and activate the body through intuitive, intentional movement
- Use breathwork as a tool for release and recalibration
- Integrate insights through guided art, reflection, and intention-setting practices

Details:

- Date: Saturday, January 17th, 9:30AM-5:00PM
- Location: Priddis, Alberta
- Price: Suggested \$175 (pay what you can)
- Small intimate circle limited to 8 participants
- A light meal & art materials provided for reflection
- Bring: A yoga mat, water bottle, journal, and anything else to feel comfortable and supported
- No prior experience necessary

BREATHE. MOVE. RELEASE. MANIFEST.

A one day immersive workshop with MindManifest