



18 APRIL
2026

NERVOUS SYSTEM RESET

This day is designed to support deep inner exploration, meaningful connection, and gentle integration in a supportive space. You can expect a blend of grounding practices, a guided breath work journey, time for rest and reflection, and opportunities to share and connect with the group. Everything is optional; you're always invited to participate in a way that feels right for you. Our intention is to create a safe, spacious environment where you can be fully yourself. We'll offer clear guidance, emotional support, and lots of room for your own rhythm and experience. We're honored to share this day with you and look forward to breathing, exploring, and integrating together.

Investment: \$200+GST Individual