



spacesconnected.com/programs
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BE WELL: Grounded & Growing

A 4-Part Holistic Wellness Experience

A four-part immersive, holistic wellness experience designed to help women slow down, reconnect with themselves, and build a foundation for becoming more grounded, connected, balanced, and intentional to grow into their best selves and lives.

RECONNECT.

Spiritual Wellness | Oct. 8

REWIRE.

Mental Wellness | Oct. 15

REALIGN.

Physical Wellness | Oct. 22

ROOT.

Community Wellness | Oct. 29

What to Expect

- Guided by skilled facilitators
- Reflection & interactive activities
- Meaningful connection & community
- Resources, tools & strategies
- Food & refreshments
- Participant gifts

If you've been feeling lost, disconnected, overwhelmed, or longing for more in your life, this was created for you.

LEARN MORE & REGISTER



LIMITED SPOTS

CHOOSE YOUR EXPERIENCE



October 8, 15, 22, & 29, 2026



6:00 – 7:00 PM



**Los Duranes Community Center
2920 Leopoldo Rd NW, Albuquerque, NM
87104**



\$25/Session OR \$90/Complete Series

Ground. Grow. Become.