

THE ART OF HOLDING SPACE

AN 8-WEEK PRIVATE JOURNEY BACK TO YOURSELF

We meet one on one for two hours each week at Happy Blue Marble.

This is a private eight-week experience designed to help you reconnect with yourself through practical, embodied work. Between sessions, you'll leave with personalized practices and reflections that help the work continue throughout the week.

This is not about becoming someone new.
It's about remembering who you are underneath the noise.

THROUGHOUT THE PROGRAM YOU'LL LEARN TO:

- Build a personal altar and create supportive daily rituals
- Understand your nervous system and recognize your body's signals
- Practice meditation, breathwork, and somatic movement
- Learn the difference between intuition and fear
- Recognize patterns that pull you away from yourself
- Clear what isn't yours and release stored emotional weight
- Strengthen healthy boundaries and take your "no" back
- Build a relationship with your emotions instead of avoiding them
- Trust yourself again and discover what truly feels aligned
- Understand your chakras as a practical tool for self-awareness
- Create a steady spiritual practice that supports everyday life
- Integrate what you learn between sessions through personalized weekly practices

BY THE END OF EIGHT WEEKS...

You'll understand yourself more deeply.

You'll know how to recognize your body's wisdom instead of second guessing it.

You'll have practical tools to regulate your nervous system, navigate difficult emotions, and make decisions from a place of clarity rather than fear.

Most importantly, you'll know how to hold space for yourself with compassion, presence, and confidence.

INVESTMENT

\$2,888

EIGHT PRIVATE TWO-HOUR SESSIONS