

7-DAY ONLINE PROGRAM

DECEMBER 26, 2024 – JANUARY 1, 2025



GROUNDING & CONNECTING

Setting up a Calm Cocoon



ACCEPTING & LETTING GO

Embracing Rituals for Healing



NURTURING & RECOVERING

Resting and Relaxing, Yin & Chakra Meditation



BALANCE & MIDWAY REFLECTION

Setting up a Calm Cocoon



PREPARING NEW BEGINNINGS

Embracing Flow & New Moon Manifestations



REFLECTING AND RELEASING

Mindful Closing of 2024,
New Year's Ceremony



WELCOMING THE NEW YEAR WITH LIGHTNESS

Embracing New Beginnings and
Setting the New Year's Tone

the **SOULSPACE**