



Finding Stillness Before the Holiday

with
SUSANNE



Soft Landing into the Season

Take two hours to reconnect, ground, and centre before the busy holiday season begins.

NOVEMBER 29, 2025



Peaceful Presence

I'll be guiding you in this intimate workshop through gentle yoga, therapeutic movements, breath-work, and meditation — so you can release what's heavy and arrive lighter, grounded, and fully present.

1PM - 3PM



Grounded in Grace

Step into the season feeling lighter, centred, and full of ease and joy...
because you deserve this moment for yourself.

\$50