



Member Events



OCT 26: The Power of Gratitude - \$50

9:00 am - 10:30 am

Livestream on ZOOM

Join us for The Power of Gratitude, a 90-minute virtual workshop offered via ZOOM designed to help you cultivate a deeper sense of appreciation in your daily life. From the comfort of your own home, enjoy an insightful discussion on the transformative effects of gratitude, a guided Gratitude Meditation, and a soothing Gratitude Yoga practice to help you embody thankfulness.

NOV 10: Member Gratitude Brunch

11:00 am - 2:00 pm

We look forward to seeing you at our 2nd Annual Gratitude Brunch, a delightful morning of connection and appreciation. As we embrace the beautiful tapestry of fall, we want to take a moment to express our heartfelt gratitude you. This is the perfect time to connect, to share stories, to laugh, and to create memories.

NOV 16: Tranquil Touch at Home - \$50

9:00 am - 10:30 am

Livestream on ZOOM

This workshop will guide you through the essentials of facial reflexology, helping you relieve stress and maintain a toned, lifted appearance throughout the holiday season. You will need to order a reflexology tool for the workshop. A detailed face map, offering a rejuvenating Tranquil Touch routine, is included in the workshop. Join us from the comfort of your own home to learn how to stay relaxed and radiant during the busy holiday season.

NOV 29: Genuine Gifts - \$50

10:00 am - 11:30 am

Livestream on ZOOM

Instead of standing in line or shopping online, spend Black Friday nourishing and nurturing your spirit from the comfort of your own home. Genuine Gifts is designed to help you get quiet and tune into your genuine gifts: love, kindness, peace and joy. Embrace this opportunity to slow down, reflect, and connect with the true reason for the season.

DEC 1-30: The Gift of Yoga

On Demand & Livestream

Give the gift of yoga to friends and family. All members will receive a special access code to gift friends and family 30 days of PeaceFull Living. Embrace the joy of the season and practice with your loved ones near and far from the comfort of your home.
