



Council *of*
Spirituality

In-Person Circles

Sacred Celebration Circle

2026 is the year we come together

There is something sacred about gathering in the same room.

When we meet in person, something softens. Breath steadies. The body feels safe enough to let go. In a world that constantly pulls us outward, these circles offer a return inward, to connection, deep rest, exploration, and clarity.

Shared breath.
Shared intention.
A collective reset.

Each gathering is carefully and intentionally held. I gently weave restorative movement, guided inner journeys, and reflective space with Reiki energy holding the room, grounded yogic philosophy that brings practical insight, and a trauma-informed approach that honours your nervous system.

Safety comes first. Always.

You don't need prior experience.
You don't need to call yourself spiritual.
You don't need to be flexible or know how to meditate.

You simply need to arrive as you are.

These circles are inclusive, welcoming spaces where your body can settle, your mind can clear, and your inner wisdom can emerge naturally. Each one is guided by the energy of the season — acknowledging what is completing, what is becoming, and what is ready for renewal.

This is sacred community.
A place to reconnect.
A place to restore.
A place to reset and return to yourself with steadiness and clarity.



Sacred Celebration Circle

Renewal. Reflection. Intentional Becoming.

An afternoon of renewal, reflection, and connection as we step into the early energy of the year. We will gently move, restore deeply, journey inward through guided visualisation, and close in community reflection, opening the heart to what is becoming and letting go of what is complete.).

A simple, beautiful ceremony held in person. (Limited spaces available)

A gentle and restorative afternoon where we:

- Move slowly to open and soften the body
- Drop into guided visualisation and yoga nidra-inspired rest
- Reflect intentionally with journalling and quiet contemplation
- Share (if you choose) in a held and respectful circle

These gatherings are simple, beautiful ceremonies designed to help you honour who you are, consciously release what no longer belongs, and step forward with clarity.

There is power in marking transitions together.

Session Format:

- Two hours
- Intimate group setting to ensure depth, safety, and personalised guidance

Investment: \$49

Location: TBC

(Perth Western Suburbs)

What to Bring:

- Yoga mat
- Bolster
- Blanket (something warm and comforting)
- Eye pillow
- Notebook + pen
- Water bottle
- Comfortable clothing you can fully relax in

Bookings:



Everything we do is gentle, guided, and safely held. No experience needed. Just come as you are.



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