

# THE WARRIOR

## *Within*

### RELEASE CEREMONY EXPERIENCE



A MOMENT TO LET GO.  
A CHOICE TO STEP FORWARD.

There comes a point when strength is no longer about holding on—but about deciding what no longer belongs to you.

Join us for a powerful, guided release ceremony designed to help you lay down what you've been carrying and reconnect with the *strength within.*



#### WHAT TO EXPECT



A brief, guided Warrior Within reflection



A private opportunity to release what no longer serves you



A symbolic water release using dissolving paper



A quiet, intentional moment of renewal



#### HOW IT WORKS

- 1 You will receive dissolving paper
- 2 Write down what you choose to release
- 3 Step forward when guided
- 4 Place your paper into the water and watch it dissolve
- 5 Take a breath—and return lighter

*No sharing. No pressure.  
Just your decision.*



#### THIS EXPERIENCE IS FOR YOU IF YOU'RE READY TO RELEASE:



Old stories, expectations, or silent burdens



Fear, guilt, or emotional weight



Anything that no longer aligns with who you are becoming

*Because the WARRIOR WITHIN...*

does not fight to prove strength—she chooses what she carries forward.



**DATE:**  
AUGUST 22, 2026



**RELEASE CEREMONIES:**  
Sunrise Ceremony • 9:00 AM Ceremony



**TRANSPORTATION AVAILABLE:**  
6:00 AM • 8:00 AM • 10:00 AM • 12:00 PM



**LOCATION:**  
BEACH/OUTDOOR LOCATION



**COST:**  
\$40



**FACILITATED BY:**  
GINA L.

**COST**  
**\$40**

