

4-WEEK GUIDED APPRECIATION JOURNEY

Gratitude Tapping Circle

POET EDITION: People • Opportunities • Experiences • Things

DATES

Saturdays

14, 21, 28 Nov & 5 Dec 2026

TIME

6:00 – 6:45 PM IST

(45 mins live session)

LOCATION

Online via Zoom

(Live Interactive Circle)

OUR FOUR WEEKS JOURNEY

WEEK 1

P

PEOPLE

Appreciating the people who have touched and shaped our lives.

WEEK 2

O

OPPORTUNITIES

Recognizing the doors that have opened for us along the way.

WEEK 3

E

EXPERIENCES

Honouring experiences that brought joy, learning and growth.

WEEK 4

T

THINGS

Noticing the everyday things that support and enrich our lives.

WHAT EACH SESSION INCLUDES

Gentle Grounding • Guided EFT Tapping • Reflective Journaling Prompts • Optional Sharing

CHOOSE YOUR CIRCLE

Gratitude Circle

₹1,500

- All 4 live Zoom sessions
- Weekly reflection prompts shared through WhatsApp group

Gratitude Circle Plus

₹2,500

- All 4 live Zoom sessions
- Weekly prompts via WhatsApp
- ★ 4 Downloadable Gratitude Audios
- ★ POET Reflection Journal PDF

“A gentle space to pause, tap, reflect and cultivate a more conscious relationship with gratitude.”

TO REGISTER: SEND ME A MESSAGE at 9677248146