

Sanctuary Saloon

A community space for play
and rest where you can
connect with others and
yourself in a restorative way.



Are you hungry for...

Imagination

Connection

Community

I know I am.

Maybe you're also exhausted or worn down?

Maybe you're also exhausted or worn down:

Three years of a pandemic, economic upheaval,
polarization... it all adds up.

The Sanctuary Saloon is a soft landing space to
counteract some of the last three years.

So first, I want to tell you a little about the *space.

*not a physical space



What is the Sanctuary Saloon?

The Sanctuary Saloon is a space where people come together to play,
exhale, and have conversation. In community.

Literally, the goal of the space is to have a container for us to come together and play.

Play so we feel less frazzled and more grounded.

Play so we feel less isolated and more connected.

Play so we are fortified as we go about our daily living.



I dreamt up the Sanctuary Saloon in the fall of 2021 when I had no energy to do my own writing after working on a massive client project. I'd sit down to journal, to write, even to make creative lists, and nothing. I couldn't do it.

Until I started to play with stickers and colored markers in my journal.

Some pages were 95% stickers, markers, and washi tape... with only a word or two.

But, slowly, writing began to feel playful again.

In January 2022, I started to gather together my ideas for this space where we could restore ourselves through play.

It'd be a place:

- of actual doing, not just learning.
- for showing up and creating, not analyzing or "getting in touch with our inner child"
- to explore, delight, experiment... so we could remember what it felt like to play (or practice playing for the first time).



Now those ideas are becoming reality and the only thing missing is you.

Will you join us for a season of connection, play, and exhaling together?

I WANT TO PLAY

3 months: \$75/\$150/\$225/\$300

All levels receive same access

What's included:

- **Orientation Call** at the beginning of each three-month container that orients you to expectations, logistics, etc.
- **Weekly emails** to help you uncover what play means to you and spark reflection.
- **Monthly co-play session** where you can bring your leftover creative projects, start new ones, or just muck around with toys... whatever feels like play *for you*. They'll last 90 min – 2 hrs, and occur twice per month. One is only for members of the Sanctuary Saloon, and one is available for members and for people to join a la carte. These sessions will be recorded and available for 24 hours, to account for time zone differences, so you can play along, even if you couldn't make the actual call.
- **Monthly Circle of Trust conversations** are a space for us to have conversations of the heart. Topics will mirror our monthly theme, will not be recorded, and will last 90-120 minutes. All conversation is confidential.

("Circle of Trust" is borrowed from Parker Palmer, who describes this practice in his book *A Hidden Wholeness: The Journey Toward an Undivided Life. Welcoming the Soul and Weaving Community in a Wounded World*).



"Monica is ... a strong and knowledgeable guide."

–Elise Stigliano GoGardeners.com

Bonuses:

- **Access to a growing Library** of resources from other creators/teachers/etc.
- **Meditation/visualization download** so you can listen before our play calls to get in the right frame of mind
- At least one **surprise in the mail** (yes, the ACTUAL mail)!

Yes, I want my surprise!

3 months: \$75/\$150/\$225/\$300

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What The Sanctuary Saloon Is:

- A place to bring old or half-way done creative projects you want to finish
- A date in your calendar with yourself
- Space to explore and try some new things
- Connection with others—community alongside in a quiet way, as we co-play
- Space to (re)connect with what your heart loved when you were a child

What The Sanctuary Saloon Isn't:

It's not recordings

It's not recording

In order to account for time zone differences, there will be a recording of the play sessions made available for 24 hours, so you can play along, if you'd like, but couldn't make the call. There will not be any recordings of the conversations.

Think of the play sessions as studio time. In college when my sister took art classes, she would go to the studio. Everyone would be working on their own projects. Sometimes someone would have a question, but otherwise, folks did their own thing. To me, it doesn't make sense to record these and have them sit in the ether, as the gold is in the showing up.

Our monthly conversations are containers to enter into community and conversation through a poem, story, piece of artwork. Again, the invitation is for participation, not consumption. I know that it can be hard to make live events—but it's critical to me that these conversations be a protected space.

It's not a mastermind or business experience

This isn't here to help you uplevel your business, earn more money, hone your marketing, etc.

It's not an online community space for ongoing conversation

This may come later, but for now, our only points of connection will be the emails, and the monthly live calls.



"I adore working with Monica. She is wicked smart, madly intuitive and hilariously funny.... Monica has a luminous soul that brings joy to every thing she does. She lights me up with delight every time."

—Renee Magnusson

Now, I know this sounds radical—community without an online conversation space?

That's right.

When you go to a saloon, a pub, or any other sort of community hub, you're there. Maybe you sit on a comfy couch or on a barstool.

You might meet someone new that you hit it off with, and later connect on your own, outside the saloon, or as you're leaving the saloon.

But we all have plenty of tasks and places that are already burdening our cognitive load.

Let's not make Sanctuary Saloon one more piece of that.

FAQ

- How does this pricing thing work? +
- I can't make any of the calls. Is there an option for me? +
- Are there scholarships available? +
- I'm not ready to sign up yet, but want to check this out. Can I? +
- I love this idea! What happens in three months? +
- I didn't really get to play much when I was a child. Is this still for me? +
- I still have questions. How can I ask them? +

**Will you join us for a season of connection,
play, and exhaling together?**

I'm ready for
rest

3 months: \$75/\$150/\$225/\$300

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Dates:

With the busyness of December already full throttle, doors will remain open until early January so that participants can join at any point during the month. Participation is for three months, whether you sign up in December or at the beginning of January. Future dates will be

"A moment with Monica is a breath of fresh air. A look into the honesty of the soul. A time to laugh, discover, reflect, re-direct. A moment in time that is shared ... and seems to authenticate the soul."

- Terri M.

added for March.

Orientation calls: Saturday, December 3rd at 11:00 a.m. and Tuesday, January 3rd at 4:30 p.m.

Members-only Play Sessions

- December 20, 2022: 4:30 p.m. EST- 6:00 EST
- January 10, 2023: 4:30 p.m. EST- 6:00 EST
- February 7, 2023: 4:30 p.m. EST- 6:00 EST

Open Play Sessions:

- December 6, 2022: 4:30 p.m. EST- 6:00 EST
- January 24, 2023: 4:30 p.m. EST- 6:00 EST
- February 21, 2023: 4:30 p.m. EST- 6:00 EST

Circle of Trust Conversations

- December 14, 2022: 4:00 EST- 5:30 EST
- January 18, 2023: 4:00 EST- 5:30 EST
- February 15, 2023: 4:00 EST- 5:30 EST

I want to play!

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If this isn't for you now, I hope you'll still set some time aside for yourself to play, explore, and lean into delight and curiosity.

EMAIL ADDRESS

YES, I WANT TO KNOW!

Find out when the Saloon doors reopen

Hi! I'm Monica.



me and my sister Aileen. Today as an adult, I'm a recovering perfectionist, play-scheduler, and cat-tender.



monica@monicaherald.com
001-(202) 656-4674

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