Soul Space Inner Circle– 2026 Program Overview

We are so excited to share the full journey ahead with you. This year's Inner Circle is designed to support you in living with greater presence, health, connection, and soul-led intention — month by month, together.

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Monthly Soul Sanctury Rhythm:

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- **Sunday Morning**: Teaching, reflection, connection, meditation, mindful movement & embodiment with **Miriam Hussey.**
Your time, your space to breathe and be.

- **Tuesday Evening**: Expert Guest speaker / coaching / community connection / Q & A – a night of learning, growing, expanding your mind

January – Grounding & Soul-Led Intentions

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Theme: Grounding & Soul Led Intentions

Sunday 11th : Miriam Hussey - Being V Becoming

Tuesday 20th : Breda O'Toole – Author of UNSEEN – A journey from silence to healing

Monthly Practice:

🖋️ Daily journaling — even 5 minutes — to anchor intentions, emotions, and inner truth.

February – Hormonal Health, TCM & Cultivatinginner wisdom

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Theme: Working With Your Body, Not Against It

Sunday 8th: **Miriam Hussey** – Body Attunement, loving kindness, understanding the mind – body connection

Tuesday 24th: **Maeve O'Sullivan** – Founder of Escapada Health Clinic, Nurse & TCM Practitioner

Monthly Practice: Track your energy, mood, sleep and cycle (or stress patterns) to better understand your body's rhythms.

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March – Healthy Shopping & Conscious Choices

Theme: Nourishment Without Overwhelm

Sunday 8th: Miriam Hussey – Nourishment both on and off the plate.

Tuesday 24th: Sophie Morris – No.1 Best-Selling Author of Sophies Swaps & Instagram Sensation; healthy swaps. Label reading, supermarket guidance, conscious shopping and nutritional wellbeing.

Monthly Practice: One mindful swap per shop — read labels, choose simpler ingredients, and reduce ultra-processed foods.

April – Connection, Community & Reflection

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Theme: We Heal Together

Sunday 19th: **Miriam Hussey** – integration & connection; check in, Q & A, Coaching circle.

Tuesday 28th: **Eric Baxter** - Performance Coach (Soul Space Team)
Connectivity, community & Q1 reflection coaching night

Monthly Practice: Weekly connection check-in — reach out intentionally to one person each week.

May – Nervous System Regulation

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Theme: Creating Safety Within – regulating the body to free the mind

Sunday 10th: Miriam Hussey PLUS guest speaker **Rebecca Holland** – Nervous System Regulation Specialist – Cortisol reset, Nervous system reset

Tuesday 19th: **Miriam Hussey** – Nervous system regulation and education, breathwork, cultivating inner ease and safety

Monthly Practice: Daily nervous-system resets — breathwork, grounding, gentle movement, or nature breaks.

June – The Mind & Inner Dialogue

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Theme: From Inner Critic to Inner Ally

Sunday 7th: Miriam Hussey – mindfulness, thought awareness, kinder self talk

Tuesday 23rd: Gerry Hussey – Mindset, Psychology, Performance & self belief

Monthly Practice: Daily meditation or visualisation — even 5–10 minutes to rewire thought patterns.

July – Inflammation & Gut Health

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Theme: Healing From the Inside Out

Sunday 12th: Miriam Hussey – reducing inflammation in the mind and soul not just in the body

Tuesday 21st: Oonagh O'Hagan, Pharmacist and owner of Meaghers Pharmacy & Dr Daniel Jones – Gut Health & Inflammation specialist

Monthly Practice: Add before you subtract — focus on fibre, hydration, and whole foods that support digestion, reduce inflammation.

August – Connection & Coaching Integration

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Theme: Reflect, Re-Align & Re-Connect

Sunday 9th: Miriam Hussey - integration & connection; check in, Q & A, Coaching circle

Tuesday 18th: Eric Baxter – Coaching, connection & Reflection Night

Monthly Practice: Mid-year reflection — what's working, what needs adjusting, and what you're ready to release.

September – Back to Basics Cooking & Meal Prep

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Theme: Simple Nourishing Food for Real Life

Sunday 6th: **Miriam Hussey** –
Vitamin H, Vitamin L, Feeding yourself with love

Tuesday 22nd: **Lou Robbie** – Chef and author of No 1 bestselling book Make and Freeze – Mindset, Prep and Planning, taking the stress out of home cooking – easy meals, snacks and family friendly recipes

Monthly Practice: Prep once, eat twice — batch cook one meal per week to reduce stress and decision fatigue.

October – Resetting for a Better Future

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Theme: Conscious Change & Renewal

Sunday4th: Miriam Hussey - integration & connection; checkin, Meditation,Q&A, Coachingcircle

Tuesday 13th: Gerry Hussey – Resetting, Mindset & Direction

Monthly Practice: One intentional reset —boundaries, routines, directional thoughts

November – Integration, Q&A & Coaching

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Theme: Living What You've Learned

Sunday 1st: Miriam Hussey - Mindful movement, Meditation, coming home to your inner sanctuary

Tuesday 17th: Eric Baxter & Gerry Hussey – Special Q&A & Coaching Night

December – Christmas Soulfulness & Celebration

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Theme: Slowing Down & Honouring the Year

Sunday6th : Miriam Hussey – Thepowerof compassion, forgiveness and healing from the inside out

Tuesday 15th: Soul Space Christmas Party!

Monthly Practice: Intentional rest — moments of stillness, gratitude, and presence during the festive season.

We are so grateful to have you in the Soul Space Inner Circle. This is a year of gentle growth, deep nourishment, and meaningful connection — and we can't wait to walk it with you.

With love,
Miriam & the Soul Space Team