

Thinking of Hosting an Experience Lab?

Huzzah! You're in the right place.



Doink!

Hosting a Lab is a way to deepen your own practice and share somatic awareness with your community. It's not about teaching or getting it right — it's about creating a space where presence can do the work.

What You Need to Know

You don't need special skills to host.

You just need to show up, open the space, and stay connected.

Hosting supports you to stabilise your attachment style and strengthen your capacity to be with others in regulation.

Steps to Host

1. Arrive early.

Set up your A-frame at least 30 minutes before the Lab.

2. Set the space using the Golden Triad (SOS):

- **Speaker** – for sound
- **Oxygen** – for breath and air flow

- **Scent** – for orientation and grounding

3. Welcome your group.

Invite people to arrive about 15 minutes early and join the circle.

4. Open the Lab.

Read (or invite someone to read) *“Welcome to The Lab.”*

5. Press play.

Start the Experience Lab Playlist.

6. Close the space.

Invite members to leave quietly if they need to, or stay for sharing in the confidence of the closed circle.

7. Reflect.

Share your notes or impressions in the WhatsApp group, and reach out to your Mentor if anything needs support.

What You’ll Need

- A consistent space (same time each week).
- An indoor backup if you’re outdoors.
- Your **Experience Lab Hosting Pack**, mailed to you after signing up:
 - T-shirt
 - A-frame
 - Poster
 - “Welcome to The Lab” script
 - Referral letters

Keep the space simple. Scent, air, and comfort go a long way.

How Hosting Works

After your first **six weeks** (with 5 or more members), your Hosting Pack is paid off and you start receiving income.

- You receive **33% of your members’ fees**.
- Payments are made monthly to your bank account.
- You can host as many Labs as you like each week.

Time Off

If you need more than a week off, just let us know so memberships can be paused and restarted smoothly.

If a question comes up that would help others, text **Alexis** to add it to the FAQ list.

Summary

As a Host, you'll:

1. Receive access to the private **Experience Lab Playlist**
2. Connect with a **Community Mentor**
3. Receive your **Hosting Pack** (T-shirt, A-frame, Poster)
4. Receive **Hosting Dhana** directly to your bank account

Benefits of Hosting

- Deepen your somatic and relational awareness
- Strengthen your nervous system regulation through consistent practice
- Earn income while doing meaningful, embodied work
- Access the private Experience Lab Playlist
- Receive 1:1 mentorship and community support
- Be part of a living network of presence-based practitioners
- Gain confidence in holding space — without needing to “teach” or perform
- Receive your Hosting Pack (T-shirt, A-frame, Poster, and more!)
- Contribute to a mutual, steady, and human community structure

Our Community Structure

Hosts hold space for Members.

Mentors hold space for Hosts.

This relationship is the fabric of our community — mutual, steady, and human.

Ready to Host?

Step into the circle.

Bring your presence, your breath, and your curiosity.

Sign up to become an Experience Lab Host today



