

# 3 myths of hosting hygge gatherings

CURATE MORE MOMENTS OF  
MEANINGFUL CONNECTION

## MYTH

A successful gathering must be scheduled well in advance for seamless planning.

Your home must be spotless and clean because it represents who you are to guests.

All food must be provided by the host.

## FACTS

Planning far in advance may actually impede gathering. Spontaneous gatherings are just as important to our relationships and can ultimately lead to the most meaningful times of togetherness.

Let go of perfection--friends relate and relax to a lived-in home, not a perfect home. Allow yourself to host even if your home is not spotlessly tidy.

Welcome guests offers to contribute to the gathering. Even better: allow them to join in the kitchen for the ultimate cozy experience. When we let go of the idea of entertaining, we embrace the art of gathering well.







# Hygge

NOUN {hoo-gah}

Danish way of life; embracing coziness, contentment, and meaningful connections; savoring the simple everyday ordinary; belonging to the moment and to each other.

At The Hygge Gathering, we use the principles of hygge to curate intimate gatherings to encourage meaningful, heartfelt connection. To learn more and gather with us, visit our website below.

[www.hyggegathering.com](http://www.hyggegathering.com)