

Free Online Downsizing31™ Workshop Announced Ahead of Holiday Season

The free Downsizing31™ Foundations Workshop teaches simple, lasting steps to create your clutter-free Home Oasis before the holidays.

FREDERICKSBURG, VA, UNITED STATES, October 14, 2025 /EINPresswire.com/ -- As the holidays approach, many people feel the pressure mounting. Decorations to unpack, gatherings to plan, and spaces that suddenly feel smaller than ever. For some, the season brings joy and togetherness; for others, it highlights loneliness and stress. And often, clutter makes both feelings heavier.

Downsizing expert and author [Brenda Mason Parmelee](#) is helping people change that through her free online [Downsizing31™ Foundations Workshop](#). An empowering 60-minute session is offered weekly on Thursdays through November.



Brenda Mason Parmelee, creator of the Downsizing31™ Method and author of *The 31-Day Guide to Create Your Clutter-Free Home Oasis*, helps people simplify and create peace at home.

In the workshop, Mason Parmelee teaches her proven Downsizing31™ Method, a practical, encouraging approach to simplify, organize, and create a peaceful “Home Oasis” before the holidays.

“People say they don’t have time to declutter before the holidays,” says Brenda Mason Parmelee. “But the truth is, you don’t have time not to. Every drawer cleared, every surface simplified, gives you back time, energy, and peace — right when you need it most.”

What Attendees Will Learn:

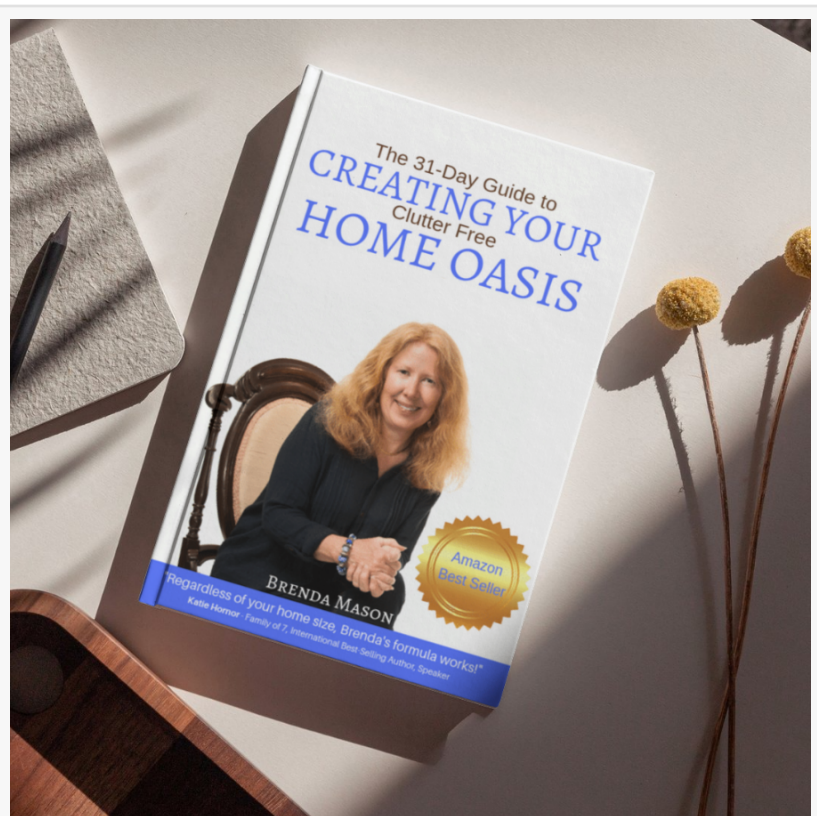
How to design an Oasis Vision™ — a clear picture of what peace at home truly looks like

The Rule of Four™ to make confident keep-or-release decisions

How to break free from Clutter Code Chains™ that keep people stuck in frustration

The mindset shift that transforms decluttering into lasting change

Mason Parmelee speaks from real-life experience. In just 31 days, she downsized from a 3,100-square-foot home filled with decades of belongings into a 310-square-foot converted motor coach. That bold move became the foundation of her bestselling book, [The 31-Day Guide to Create Your Clutter-Free Home Oasis](#), and the launchpad for her Downsizing31™ Method — now helping others experience freedom without the pressure of perfection.



Brenda Mason Parmelee's book, *The 31-Day Guide to Create Your Clutter-Free Home Oasis*, introduces her proven Downsizing31™ Method for simplifying and creating peace at home.

Today, as a respected speaker and columnist for *Tiny House Magazine*, Mason Parmelee guides individuals, couples, and households nationwide who are ready to reclaim their space, simplify their lives, and rediscover what truly matters.

“

People say they don't have time to declutter before the holidays. But the truth is, you don't have time not to.”

Brenda Mason Parmelee

The Downsizing31™ Foundations Workshop is free to attend, but registration is required at <https://Downsizing31.com/live-workshop>.

About Brenda Mason Parmelee

Brenda Mason Parmelee is the founder of the Downsizing31™ Method and author of *The 31-Day Guide to Create Your Clutter-Free Home Oasis*. For more than a decade, she has guided people through the emotional and practical process of downsizing — helping them let go of what no longer serves them and create homes that reflect peace, purpose, and freedom.

Contact:

Brenda Mason Parmelee

✉ Brenda@brendamasonparmelee.com

✉ <https://smallerlivinghugelife.com>

BrendaMasonParmelee

SmallerLivingHugeLife

+1 540-424-8987

[email us here](#)

Visit us on social media:

[LinkedIn](#)

[Instagram](#)

[Facebook](#)

This press release can be viewed online at: <https://www.einpresswire.com/article/857863567>

EIN Presswire's priority is source transparency. We do not allow opaque clients, and our editors try to be careful about weeding out false and misleading content. As a user, if you see something we have missed, please do bring it to our attention. Your help is welcome. EIN Presswire, Everyone's Internet News Presswire™, tries to define some of the boundaries that are reasonable in today's world. Please see our Editorial Guidelines for more information.

© 1995-2025 Newsmatics Inc. All Right Reserved.