



# ★ RESONATE WELLNESS ★

Using Breathwork for Breakthroughs  
Wellness Consults

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RESONATE WELLNESS INC.





# Accurate Location



Where are you now? Where are you *really*?



# Framing



Illustrate a picture of your habits and patterns,  
your ticks and challenges.

\*Review CQ



# Toolbox



You have all the tools you need to succeed  
already, I'm here to activate them!



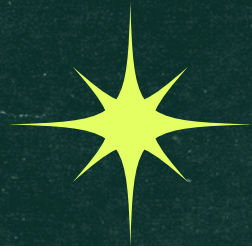
Is this a plan or a  
dream?

*SPECIFIC. MEASURABLE. ACHIEVABLE. RELEVANT. TIME-BASED*

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This little  
light of  
mine...  
how will it  
shine?



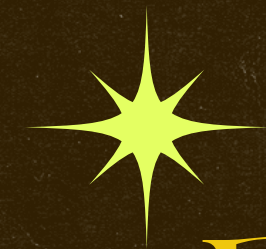
Reflection. Illumination.  
Realization.

Once we take the time to reflect,  
we are better able to measure  
the impact of our illumination  
and who it touches. Realizing the  
reach of our light helps us to be  
accountable for its shadows.



Breath has a chemical,  
molecular, ethereal effect. There  
is a consensual emphasis on the  
existence of higher being self,  
living self, and ancestral self.  
Breath is at the center.





# Break for Breathwork

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# Care Packages



**\$900**

**9 sessions**

**in-person**

**curated meditations**

**accountability check-in's**

**are virtual**



**\$1400**

**13 sessions**

**in-person**

**2x a week**

**accountability coaching**

**SMART Goal Planning**

**sessions**

**Holistic Health Referrals**



**\$3,120**

**25 sessions**

**in-person**

**2x a week + call**

**accountability coaching**

**SMART Goal**

**Planning/Execution**

**Holistic Health Referrals**

**Meal Prep + Nutrition**

**Plan\***

*Break through...*

Zen Den Home Health