

## M3 Method - Compare Programs

Feature	The Kickstart (90-min)	The Deep Dive (3-Hour Retreat)	The Full Immersion (6-Hour Retreat)
Guided Movement	Yes	Yes	Yes
Breathwork + Meditation	Yes	Yes	Yes
Group Dialogue or Activities	Yes (light)	Yes (deeper)	Yes (multiple formats)
Emotional Intelligence Tools	No	Yes	Yes (advanced)
Reflection & Integration	No	Yes	Yes (journaling + group share)
Meal / Break Time	No	Optional	Yes
Customization	Light	Moderate	Full
Ideal For	Team reset / Intro	Bonding & Growth	Culture Transformation