

UPDATED OFFERINGS



CONSCIOUS RESET IMMERSIVE – GROUP EXPLORATION

Step away from the noise of everyday life and enter a space designed for deep restoration, connection, and inner exploration. The MindManifest Conscious Reset is an immersive wellness experience that combines breathwork, movement, meditation, and nature to support nervous system regulation and personal insight. At the heart of the day is a guided breathwork journey facilitated by two experienced practitioners, creating a safe and supportive environment to explore the psyche, release stored tension, and reconnect with your inner awareness. Surrounding this central experience, participants can choose from a variety of optional practices including yoga, meditation, quiet nature time, and access to a small gym space. The day is intentionally spacious, allowing time for reflection, rest, and integration.

This experience is ideal for those seeking to:

- reset their nervous system
- gain emotional clarity
- deepen self-awareness
- reconnect with their body and breath
- share meaningful space with a partner or community

Whether you come for the breathwork alone or choose to immerse yourself in the full wellness day, MindManifest offers a grounded and supportive environment for transformation to unfold.

PRICE LIST + ADD ONS

Individual	\$200 +GST	Full Wellness Day Pass (Most Popular) Includes: Breathwork, Yoga Session, Meditation Session, Gym Access, Hottub Access, Nature time, Integration circle	
Couple	\$360 +GST		
Add ons			
Yoga session	\$30 +GST		
Meditation session	\$25 +GST		
Gym Access	\$20 +GST		
Hot Tub Access	\$20 +GST	Individual	\$295 +GST
1:1 Integration (30 min)	\$50 +GST	Couple	\$495 +GST