



PROGRAM SUMMARY



WELLNESS: A state of wholeness achieved through the practice and cultivation of love, acceptance, gratitude, joyfulness, compassion, resilience, and interconnectedness



FOCUS AREAS: Development of one's awareness and attention to their sense of self, mind, body, and wholeness



PROGRAM SERVICES: Our programs are grounded in honoring all potential paths to an individual's personal wellness, and we offer the following services to engage community members in self guided, 1-to-1, and group oriented personal wellness development models.

[SAMPLE WELLNESS REPORT](#)

SERVICES	MODEL	TIME	FORMAT	REQUEST
SELF-GUIDE	SELF PACED	Your Choice	• Manual/Cards • Reflective questions • Activity practices	<u>SELF GUIDE MANUAL HERE</u>
ADVISOR	1 TO 1	5 Weeks	• Weekly Sessions (Email, Call, Virtual) • Weekly practice assignments • Journal and reflective exercises • Assessment & progress tracking	<u>BEGIN YOUR ADVISOR PLAN</u>
GROUP WORKSHOPS	GROUP 4+	3 Hours	• Seasonal Group Sessions (In Person) • Community activity practices • Discussions & reflections • Immersive art & nature projects	<u>GROUP WORKSHOP REQUEST</u>





SEASONAL CALENDAR



SEASON	SPRING	SUMMER	FALL	WINTER
THEME	LOVE & ACCEPTANCE <i>Reflect</i> (Mar–May)	GRATITUDE & JOYFULNESS <i>Rejoice</i> (Jun–Aug)	COMPASSION & RESILIENCE <i>Restore</i> (Sep–Nov)	INTERCONNECTEDNESS <i>Reconnect</i> (Dec–Feb)
DRIVING QUESTION	YOUR TRUTH <i>How do you feel?</i>	YOUR JOY <i>What is going well?</i>	YOUR PAIN <i>What is not going well?</i>	YOUR PURPOSE <i>How do you want to connect with the world?</i>

WEEKLY LESSONS

1	Self: Me	Love & Acceptance of self	Expression of Gratitude & Joy	Compassion & Resilience	Transparency & Interconnectedness
2	Self: We	Love & Acceptance of others	Expression of Gratitude & Joy	Compassion & Resilience	Transparency & Interconnectedness
3	Mind: Intuitive	Love and Acceptance of beingness	Gratitude & Joy within beingness	Compassion & Resilience within beingness	Interconnectedness within beingness
4	Mind: Innovative	Love and Acceptance of continuous innovation	Gratitude & Joy within continuous innovation	Compassion & Resilience within continuous innovation	Interconnectedness within continuous innovation
5	Body: Stillness	Love and Acceptance of rest and recovery	Gratitude & Joy within rest and recovery	Compassion & Resilience within rest and recovery	Interconnectedness within rest and recovery
6	Body: Strength	Love and Acceptance of stretching and growing	Gratitude & Joy within stretching and growing	Compassion & Resilience within stretching and growing	Interconnectedness within stretching and growing
7	Sensory: Visual	Love and Acceptance of your sights	Gratitude & Joy within your sights	Compassion & Resilience within your sights	Interconnectedness within your sights
8	Sensory: Sounds	Love and Acceptance of your sounds	Gratitude & Joy within your sounds	Compassion & Resilience within your sounds	Interconnectedness within your sounds
9	Sensory: Touch	Love and Acceptance of your touch	Gratitude & Joy within your touch	Compassion & Resilience within your touch	Interconnectedness within your touch
10	Sensory: Breath	Love and Acceptance of your scents & breathing	Gratitude & Joy within your scents & breathing	Compassion & Resilience within your scents & breathing	Interconnectedness within your scents & breathing
11	Sensory: Digestion	Love and Acceptance of your nourishment	Gratitude & Joy within your nourishment	Compassion & Resilience within your nourishment	Interconnectedness within your nourishment
12	Unknowns	Love and Acceptance of your unknowns	Gratitude & Joy within your unknowns	Compassion & Resilience within your unknowns	Interconnectedness within your unknowns
ALL	Wholeness	Love and Acceptance of your wholeness	Gratitude & Joy within your wholeness	Compassion & Resilience within your wholeness	Interconnectedness within your wholeness





SELF GUIDE MANUAL



PURPOSE: To engage in a year long self development practice designed to foster one's capacity to connect more purposefully with their sense of strengths, challenges, valued actions, and overall wellness



TIME: Your Choice



SCHEDULE: Self paced



SETTING: Manual or Cards



ACCESS: [SELF GUIDE MANUAL HERE](#)

SEASON 	SPRING	SUMMER	FALL	WINTER
THEMES 	LOVE & ACCEPTANCE <i>Authenticity Reflecting (Mar-May)</i>	GRATITUDE & JOYFULNESS <i>Successes Rejoicing (Jun-Aug)</i>	COMPASSION & RESILIENCE <i>Challenges Restoring (Sep-Nov)</i>	INTERCONNECTEDNESS <i>Purpose Reconnecting (Dec-Feb)</i>
DRIVING QUESTION 	<i>How do you feel?</i>	<i>What is going well?</i>	<i>What is not going well?</i>	<i>How do you want to connect?</i>
WEEKLY FOCUS AREAS 	❖ Self-Me, Self-We, Intuition, Innovation, Stillness, Movement, Visual, Sounds, Touch, Breath, Digestion, Unknowns, Wholeness			





ADVISOR SERVICES



PURPOSE: To engage with a wellness advisor in 1-to-1 sessions designed to foster one's capacity to connect more purposefully with their sense of strengths, challenges, valued actions, and overall wellness



TIME: 5 Weeks



SCHEDULE: 1 session per week (10-15 Minutes)



SESSION OPTIONS: Email, Phone, Virtual



ACCESS: [BEGIN ADVISOR PLAN](#)

WEEKS	FOCUS AREA	WELLNESS OUTCOMES	ADVISOR SESSIONS	WEEKLY PRACTICE
1	SELF	Your sense of self and your life's relationships	❖ Rating and assessing your life's focus area experiences	❖ Personal goals implementation
2	MIND	Your mind's balance of intuitive and innovative practices	❖ Identifying personal strength areas	❖ Valued actions progress tracking
3	BODY	Your body's balance of restoring and charging your energy levels	❖ Identifying personal challenge areas	❖ Journaling and reflecting on successes, challenges, and new ideas
4	SENSORY	Your life's primary sensory experiences	❖ Identifying valued actions and personal goals that you intend to cultivate	
5	ALL	Your world view and your life's purpose		



WORKSHOP SERVICES



PURPOSE: To engage in a group setting designed to foster one's capacity to connect more purposefully with their sense of self, community, creativity, and their natural environment



TIME: 3 hours



SCHEDULE: 1x



SETTING: Outdoor in person setting



ACCESS: [GROUP WORKSHOP REQUEST](#)

SESSION	SEASON	THEMES	DRIVING QUESTION	ACTIVITIES
1	SPRING	• Love & Acceptance • Authenticity • Reflecting	How do you feel?	• Breath Work • Reflection
2	SUMMER	• Gratitude & Joyfulness • Successes • Rejoicing	What is going well?	• Nature Walk • Affirmations
3	FALL	• Compassion & Resilience • Challenges • Restoring	What is not going well?	• Qi Gong • Compassion Letters
4	WINTER	• Interconnectedness • Purpose • Relations	How do you want to connect?	• Mindful Movement • Trust Practices

