



Now Offering



Lifestyle Wellness Sessions

60-MINUTE GUIDED GROUP SESSION FOR REFLECTION & PERSONAL CLARITY

Designed as a thoughtful community gathering that encourages reflection, balance, and meaningful conversation about everyday life and personal well-being

A monthly wellness experience ideal for workplaces, residential communities, and organizations that value balance, reflection, and well-being for their teams or residents

Why Attend?

- Step away and refocus on personal well-being
- Reflect on areas of life that may feel out of balance or overwhelming
- Release thoughts that may be weighing on you
- Gain greater clarity about personal priorities
- Explore ways to bring more balance into daily routines

Contact to Schedule a Session for your Community, Workplace, or Organization



Guided by

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Every paid Lifestyle Wellness Session contributes to a broader mission. A portion of the proceeds is directed toward organizations that support youth aging out of foster care as they transition into independent living. Through each contribution, our programs contribute as a supporting sponsor to organizations dedicated to providing resources, mentorship, and life preparation for young adults entering this important stage of life.