



◆ ALIGN 22:39 WELLNESS DAYS ◆

Hi, I'm Corrine and I'd love to work with you and your team!

Align 22:39 Wellness Services is passionate about *servicing the servants* and *helping the helpers*. We know that people who put others first are usually the ones who forget to take care of themselves. Allow us to curate a wellness day for your team that can rejuvenate them, help give them the tools to prevent burnout, and boost the morale of the group.

◆ Wellness Package #01 **MOST POPULAR!**

- 1:1 consultation online or in-person
- Creative direction for planning your day
- Brief strategy document
- One hour in-person wellness class with handout (includes meditation, coping skill lesson, and therapeutic group discussion)

Investment \$300-\$500*

◆ Wellness Package #02

- 1:1 consultation online or in-person
- Creative direction for planning your day
- Brief strategy document
- One hour in-person wellness class (includes meditation, coping skill lesson, and therapeutic group discussion)
- One hour in-person wellness activity (such as sound bath, yoga, or art)

Investment \$500-\$700*

◆ Wellness Package #03

This package provides an opportunity for maximum therapeutic benefit plus minimum effort from your team lead. We want to make sure that *you* - the ministry leader, manager, team leader, head of family, program director, etc. - also get to enjoy a day of wellness without having to organize everything yourself.

- 1:1 consultation online or in-person
- Creative direction for planning your day
- Brief strategy document
- One hour in-person wellness class (includes meditation, coping skill lesson, and therapeutic group discussion)
- One hour in-person wellness activity (such as sound bath, yoga, or art)
- Healthy, nutritious lunch and beverages arranged and provided to the group
- Digital goody bag to revisit the lessons of the day

Investment \$800-\$1200*



The wellness class was very inspiring and an eye-opening experience. I appreciated the reminder to acknowledge our body since I only do that when I feel burnt out. I loved the blending of music, writing, and having conversations in different spaces, such as the restaurant. It felt very safe and not intimidating at all. In addition, I loved the mental exercises, such as the cup one; it brought into perspective how I need my cup to be higher with more love and self-care. My favorite exercise, though, was when we got asked how we knew we were in a good place, and when we weren't, days later, I found myself checking my attitude and actions on this. Truly life-changing and a 10/10 experience, forever grateful!

Yolanda S. - Depaul Casa Milagrosa, Los Angeles

I love Align 22:39's wellness events, because not only do I gain much healing and zen from the day's practices, but I appreciate that it's also a day of getting in touch with our ancient practices—celebrating and honoring them while healing our physical and spiritual needs. What has always impressed me is how Corrine has made these events accessible to the community, whereas oftentimes wellness events can feel very exclusive and bougie. But these events always feeling very grounded and grounding. They are a full experience with so much thought and care put into the details. I highly recommend working with Corrine and Align 22:39!

Justine W. - Red Balloon Station, Torrance

*Rates range based on organization type. Religious institutions and non-profit organizations are given lower rates and higher priority of appointment slots.

Visit ALIGN2239.COM or email ALIGN2239@CORRINELIMAS.COM for more information.