

A photograph of two young women sitting at a table in a rustic wooden structure. The woman on the left has long blonde hair and is laughing with her eyes closed. The woman on the right has long brown hair and is smiling with her eyes closed. The background is filled with wooden beams and planks, suggesting a workshop or a rustic building. The lighting is warm and natural, creating a positive and joyful atmosphere.

BUSINESS WELLNESS

THAT INSPIRES GROWTH

EMPLOYEE WELLBEING PACKAGES

I honor you for being one of the leading businesses taking the initiative to empower your employees and create an uplifting company culture for your team to be a part of. You see your employees, the heartbeat of your business and recognize that their well being is essential. You understand that positively impacting their mental, emotional, spiritual and physical well-being will be a tremendous gift to them and bring heightened energy, clarity, inspiration and focus that will create an uplifting company culture for your team to be a part of.

Quiet the mind and move into the heart.

In order to create powerful shifts and live an aligned life, we must first build a deep connection within ourselves. Our programs focus on guiding teams to ignite their spirit through coaching, connecting with mother nature's medicine, play, meditation, movement, stepping out of their comfort zone, standing in courage, journaling, connecting with ancestral roots and transforming challenges into fuel for growth.

Be it finding clarity on unfolding the next chapter, navigating an unknown road, moving through loss and challenges, embarking on a new project, healing internal layers or exploring what their soul is calling for, together we will shake up your team's energy in order to reconnect to your truth and internal joy.

LIFE COACHING

Together we pick a place be it in nature, (*the ocean, a hiking trail*) or your home base for empowering coaching sessions. Prior to our sessions I will send a few reflection questions to get you in the space of exploring your heart, visions, inner guidance and journey. We will explore the desired shifts and needs that you feel will create a powerful impact for you and your team.

From there we will curate a unique coaching experience that asks you to;

- Step out of your comfort zone (*it is only when we step out of our comfort zones that we can shake up what is stuck, allowing what is out of alignment to fall away, creating the space for what is truly calling*).**
- Show up for YOU, your hearts desires, fears and any places you may be avoiding. (*Our fears can either hold us back or become the fuel for powerful growth; what we resist persists! The only way out is through*).**
- Tune into your intuition, body & heart, trust yourself, release control, step into the present moment, celebrate the journey, play & have FUN!**
- Live in alignment with your core values and authentic truth.**

We will begin each session with a grounding meditation, intentions, group sharing & empowering concepts that align with your overall goals. Our sessions are intuitive and flow based on the needs of you, your team and what arises. Generally each session will include meditation, journaling, inspirational concepts, movement, breathwork, nature, healing + growth tools and techniques for integrating these practices into your daily lives.



COACHING CONCEPTS

- Time Management
- Work/Life Balance
- Living an Authentically Aligned Life & Core Values
- Dealing with Overwhelm & Busyness
- The Importance of FUN
- Financial Prosperity
- Creating a Passion Project
- Showing up with Courage
- Meditation
- Embracing Change and The Unknown
- Expressing Your Authentic Voice / Taking Inspired Action
- Cultivating Trust (*trust in yourself, mother nature, a higher power*)
- Cord-Cutting
- Stress Relief / Compassion Fatigue
- Self Care; Intention Setting, Ritual
- Relationships + Setting Boundaries
- Mindset Shifting / Positive Thinking (Turning a Weakness into a Strength)

****These concepts are examples of powerful topics we can integrate into your sessions. However each session is completely customized to you & your team's needs.**



1:1 TRANSFORMATIONAL COACHING EXPERIENCE

For a period of 1, 3 or 6 months we dive into your most important goals, removing any blocks that are standing in the way of living your best life as your authentic and true self.

Together We:

- Tap into your BIGGEST dreams, step into your POWER & play BIGGER.
- Find clarity around the blocks that are holding you back from living an authentically aligned life.
- Sow up with courage in the spaces that are calling you.
- Create & put into action a plan for the kind of financial and time FREEDOM you crave.
- Create passion projects + express your authentic voice and message.
- Remove the clutter in your life— old stories, belief systems, habits.
- Shift your mindset to align with your goals.
- Create a loving relationship with yourself and your desires.
- Live from your intuition & in connection with nature's natural rhythm.
- Capture a holistic view of your life currently & create the vision for your desired future.
- Cultivate a positive mindset + improve the quality of your health & happiness NOW.
- Simplify & remove what is in the way of your greatness + step into your calling.
- Celebrate and enjoy the journey + make FUN a priority!



YOGA + MEDITATION CLASSES

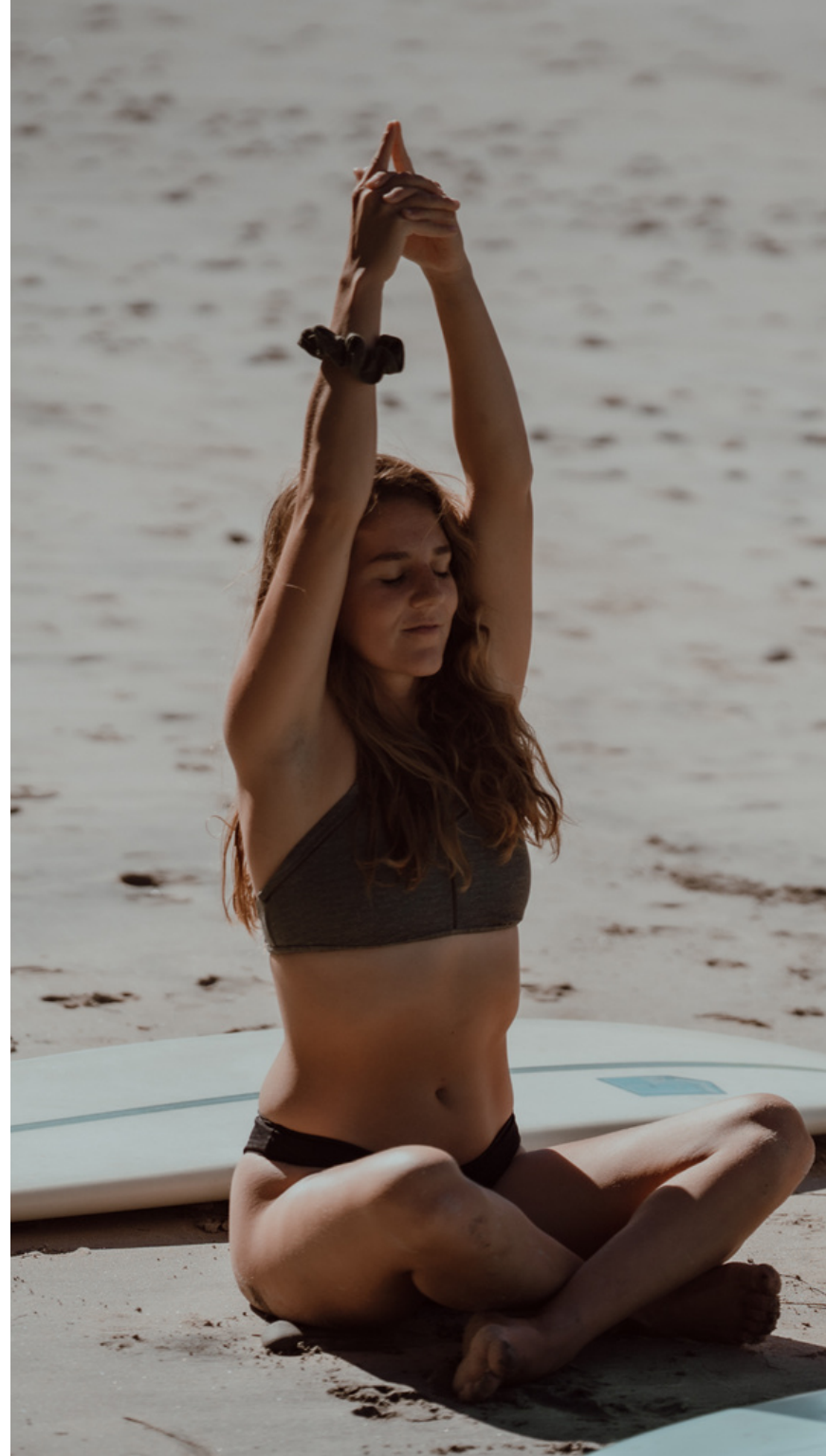
**Raise your vibration through
yoga & meditation!**

Our bodies are our greatest teachers. On any given moment they are speaking to us and guiding us along the direction of our life's path. The trouble sets in when we can't clearly hear or integrate the bodies wisdom. The mind is a powerful muscle. We have been taught to strengthen and live from this space from the time we were born. Just like sun & moon, yin and yang, light & shadows; we need the balance of living in harmony through the mind and body/heart space/soul & internal intuition. Yoga & meditation are potent medicine's for connecting with and exploring our bodies guidance.

Together we will explore our bodies messages, hearts desires, emotions, healing, wisdom and move any stuck energy through leaning into both the physical and spiritual space of the yoga & meditation practice. We will dive into different techniques, flows & concepts that ignite powerful shifts for the mind, body & soul.

Our classes will be fun, uplifting, inspiring, playful, grounding and accessible to all levels. At times they will challenge you and your team in a safe and achievable setting. They are focused on enhancing team building, community and connecting as a whole. These classes will become your building blocks and set the foundation for impactful growth.

Depending on the needs of your company and its employees, we can customize a program that benefits everyone.





MEDITATION

Meditation is one of the most powerful practices we can have in our lives. Unfortunately meditation can be intimidating and easily feel inaccessible. People often reach out to me saying they don't know how to meditate but wish they could. Meditation is actually pretty simple and something that everyone can do!

Our sessions will focus on:

1. Explore guided meditations that will help you to...

- Release stress
- Find clarity
- Uplift your mood
- Embody your emotions
- Ignite inspiration & creativity
- Release blocks
- Feel grounded and more peaceful

2. Explore different meditation tools/techniques.

3. Learn how to create your own at-home meditation practice!

4. Understand what meditation is, the science behind it & the basics to building a meditation practice. (Remove the blocks and myths that are keeping you from developing a meditation practice)

5. Make meditation feel accessible.

These sessions will guide you in moving through your every day life more consciously and mindfully.





SURF + COACHING EXPERIENCE

Together we will pick a time (be it early morning, mid day or sunset), meet on the beach and hop in the water!

We will begin our journey on the beach exploring your intentions for our experience along with what your heart and soul are calling for most + what you need for nourishing your mind, body & soul at that moment in time. Our sessions will meet you exactly where you are with exactly the medicine you need.

In the water we will paddle, soak in the magic, have a guided meditation, talk about life, play & hopefully catch a few waves!

The ocean is incredibly healing, inspiring and uplifting. She knows what you need and how to bring you there. She is my favorite way to pray, play, grow, learn, cry, explore, be challenged, meditate and learn about life. She is the best teacher, healer, therapist & sanctuary.

This experience is focused on building a deeper relationship with mother nature and within yourself.

****Can be offered as a team or 1:1 coaching experience**



ODYSEA
SURFBOARDS

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SURFBOARDS

ODYSSEY



WELLNESS RETREATS

With over 10 years of experience in curating luxury wellness journeys and retreats for individuals and groups around the world, along with hosting yoga & surf retreats, we have got an epic experience waiting for you and your team!

Whether you are looking for an adventure, teaching wilderness survival and leadership skills, rock climbing in the desert, taking a weekend surf & camping trip, or getting away for a local day retreat to rejuvenate, surf, practice yoga, meditate, explore coaching, body work, eat delicious food and connect with your team over a fire ceremony, each retreat is customized to meet your ideal vision!







HALF DAY WELLNESS BEACH RETREAT

Today is focused on team building, getting into nature and creating an uplifting and off the beaten path experience for you and your team!

Here is an example of a retreat we can create for you and your team!

The morning starts with a grounding meditation followed by a yoga practice led by live guitar. The practice is open to all levels and creates a space where you will feel empowered, uplifted, safe and grounded all at the same time. After our practice we will take a break to enjoy coffee, tea and a beautiful farm to table picnic breakfast.

Following breakfast we will dive into team building through a creative and fun workshop that is designed with the intention of opening your minds, enhancing your overall well-being and aligning you with your innate inspiration, unleashing your inner confidence and power. The workshop focuses on enhancing team adhesiveness, alleviating external stresses and creating mindset breakthroughs.

After creating a higher vibration, finding reflection and diving into your well-being, we will spend time to rejuvenate and connect, enjoying the beach and all that mother nature has to offer. Relish in soaking up the sun, reading a book, connecting with your team, swimming and playing in the waves.
(surf & coaching available upon request) * additional cost

We will end your retreat with a closing meditation and intention setting, allowing you to take the benefits of the day's experience and carry it with you back to work and your every day lives.

I AM COMMITTED TO CREATING AN OFF THE BEATEN PATH EMPLOYEE EMPOWERMENT EXPERIENCE THAT IS TAILORED TO YOU AND YOUR TEAM. WE CAN MAKE ANY ADJUSTMENTS TO ENSURE THAT WE ARE ALIGNING WITH YOUR BUSINESS'S IDEAL VISION AND DESIRED OUTCOME.

CHEERS TO CREATING BIG MAGIC!



I LOOK FORWARD TO WORKING WITH YOU AND YOUR TEAM! :)

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