THE ALIGNMENT WELLNESS METHOD

BLOOM *Program*

A 12-Week Alignment Wellness Method Program

BECOME WHO YOU'VE BEEN GROWING INTO.

by Casey May, M.S. Integrative Health



SOLACE

SHADES OF HEALING

Float & Wellness Studio

Is This for You?

Twelve weeks of deep, personalized coaching to ground, root, and bloom into the most aligned version of you.

This program is a fit if...

- [ ] You're ready for a full transformation, not a tune-up
- [ ] You're in a season of change: a move, a new role, a deployment, a new chapter
- [ ] You want your body, mind, and spirit supported together
- [ ] You want the deepest level of personal guidance Solace offers
- [ ] You're committed to doing the work and want someone walking beside you

You'll walk away with

- A calm, regulated nervous system and steady daily rhythms
- Old beliefs replanted with a truer story
- Brave, visible progress toward your one-year vision
- A personal resilience plan for whatever comes next

You're not tired. You're overstimulated.

THE BLOOM PROGRAM

What's Included

12 coaching sessions

Weekly, 60 minutes each, in person at Solace or by video

4 float sessions

60 minutes each, one in every phase and one to celebrate

1 Reiki session

45 minutes of energy work during your Root phase

1 AO Scan

A bioenergetic wellness scan at the start of your program

All 5 workbooks

Rooted Intentions, Still Waters, New Soil, Steady Rhythms, and Full Bloom

Intake & wellness snapshot

Retaken in week 12 so you can see your growth

Includes $460, plus an AO Scan in Solace studio services.

YOUR INVESTMENT

$2,297

12 WEEKS · 12 SESSIONS

Pay in full before your first session, or choose a **payment plan** with installments.

Programs are non-refundable once they begin. Sessions need 24 hours' notice to reschedule; late cancellations and no-shows are forfeited.

Why the Alignment Wellness Method Works

Grounded in Science

We start with your nervous system, because a body stuck in stress can't build new habits. Every tool is practical and evidence-informed.

Guided by Stillness

Floats, breathwork, and reflection give your mind the quiet it needs to hear what you actually want.

Growing by Impact

Small, steady changes add up. You'll leave with rhythms that ripple into your work, family, and community.

Your Journey, Week by Week

Ground Phase		
WEEK 1	Arrive & Assess	We review your intake, map your nervous system, and set your intention.
WEEK 2	Calm the System	Learn your stress signals and build a simple grounding toolkit.
WEEK 3	Rest & Rhythm	Repair your sleep and wind-down, and choose your first daily rhythm.
WEEK 4	Values & Direction	Clarify what matters most and plant goals that grow from it.
Root Phase		
WEEK 5	Design Your Rhythms	Turn good intentions into easy, repeatable habits.
WEEK 6	Notice the Old Story	Find the beliefs that keep you stuck, and where they came from.
WEEK 7	Replant	Build a truer, believable story and practice it in your body.
WEEK 8	Boundaries & Energy	Protect your energy with kind, clear boundaries.
Bloom Phase		
WEEK 9	Brave Action	Step toward your one-year vision and who you're becoming.
WEEK 10	Connection & Support	Strengthen the relationships and support that hold you up.
WEEK 11	Your Resilience Plan	Prepare for busy seasons, setbacks, and change.
WEEK 12	Full Bloom	Retake your snapshot, celebrate how far you've come, and plan what's next.

Your AO Scan opens the program. Floats land in weeks 2, 5, 8, and 11, and Reiki around week 6.

GETTING STARTED

How to Begin

1. **Book your free alignment call.** A relaxed conversation about where you are and where you want to be. No pressure.
2. **Complete your intake form and coaching agreement.** This helps me build your program around your real life.
3. **Choose your payment option** and schedule your sessions and studio services.
4. **Begin.** Your first session starts with a breath, and we go from there.

The Alignment Wellness Method

Seedling	Root System	Bloom
4 WEEKS	8 WEEKS	12 WEEKS
$797	$1,497	$2,297

When you finish, you'll leave with a maintenance plan, and you're always welcome back for a new season.

Book your free alignment call: 706-243-1399 · shadesofhealingga.com · or stop by the studio.

Common questions

Can I meet by video?

Yes. Sessions can be in person at Solace or by video. Studio services happen at the studio.

Is coaching the same as therapy?

No. Coaching is forward-focused support. It works alongside, not instead of, your medical and mental health care.

What if I need to reschedule?

Give at least 24 hours' notice and we'll find a new time.

Can I move up a tier later?

Yes. Many clients start smaller and keep going. We'll talk about it at your final session.

Grounded in Science. Guided by Stillness. Growing by Impact.

Solace + Shades of Healing

Float & Wellness Studio

15 11th Street, Uptown Columbus, GA

shadesofhealingga.com · 706-243-1399

@Solace_shadesofhealing_ga

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