THE ALIGNMENT WELLNESS METHOD

ROOT SYSTEM *Program*

A 8-Week Alignment Wellness Method Program

BUILD A FOUNDATION THAT HOLDS.

by Casey May, M.S. Integrative Health



SOLACE
SHADES OF HEALING
Float & Wellness Studio

Is This for You?

Eight weeks to calm your system, build steady rhythms, and rewrite the beliefs that hold you back.

This program is a fit if...

- [ ] You've tried to change before, but it didn't stick
- [ ] Stress is showing up in your sleep, mood, or body
- [ ] An old story ("I have to do it all myself") keeps running your life
- [ ] You want lasting routines, not another quick fix
- [ ] You're ready for real accountability and support

You'll walk away with

- A grounding toolkit your body actually uses
- 2–3 daily rhythms that run on autopilot
- One limiting belief traced, questioned, and replanted
- Clear, kind boundaries that protect your energy

You're not tired. You're overstimulated.

THE ROOT SYSTEM PROGRAM

What's Included

8 coaching sessions

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

2 float sessions

60 minutes each, timed to support your progress

1 Reiki session

45 minutes of energy work to support your belief work

3 workbooks

Rooted Intentions, New Soil, and Steady Rhythms

Intake & wellness snapshot

A personalized starting point for your plan

Includes $280 in Solace studio services.

YOUR INVESTMENT

$1,497

8 WEEKS · 8 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	Integrate & Next Steps	Look back at your growth and leave with a clear plan to keep it going.

Floats land in weeks 1–2 and 7–8. Reiki supports your belief work around weeks 6–7.

Between sessions

- A few pages in your workbook to deepen what we covered
- One small daily practice, never a long to-do list
- Check-ins as outlined in your coaching agreement, to celebrate wins and stay on track
- Your studio services, timed to support each phase of your growth

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

Want to go all the way? Root System clients can continue into the Bloom phase.

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

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