THE ALIGNMENT WELLNESS METHOD

# SEEDLING *Program*

*A 4-Week Alignment Wellness Method Program*

A GENTLE RESET FOR AN OVERSTIMULATED LIFE.

*by Casey May, M.S. Integrative Health*



SOLACE
SHADES OF HEALING
*Float & Wellness Studio*

# Is This for You?

*Four weeks to calm your system, reclaim your rest, and remember what you want.*

### This program is a fit if...

- [ ] You feel wired but tired most days
- [ ] Your sleep is off and your mind won't quiet down
- [ ] You know something needs to change, but you don't know where to start
- [ ] You want support without a big time commitment
- [ ] You're curious about coaching and want to try it first

## You'll walk away with

- A personal nervous system map and grounding toolkit
- A calmer wind-down and a steadier sleep rhythm
- Your first aligned daily habit, already in motion
- Clarity on your core values and 2–3 rooted goals

*You're not tired. You're overstimulated.*

THE SEEDLING PROGRAM

# What's Included

## 4 coaching sessions

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

## 1 float session

60 minutes in one of our three float suites

## Rooted Intentions

Your goal-setting workbook

## Intake & wellness snapshot

A personalized starting point for your plan

*Includes $90 in Solace studio services.*

YOUR INVESTMENT

**$797**

4 WEEKS · 4 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 | Integrate & Next Steps | Look back at your growth and leave with a clear plan to keep it going. |

*Your float is scheduled after Session 1, to help your body feel what calm is like.*

## 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 |

*Ready for more after four weeks? Seedling clients can move into Root System to keep building.*

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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