

The Still Harbor

Wellness Experiences

Curated wellness experiences for women, teams, celebrations, and communities who are ready to pause the busy and make room for themselves.

The Reset

For when you've been running on empty.

A 60-minute guided experience blending burnout education, nervous-system regulation, mindful movement, and practical tools you can actually use in real life.

Includes:

Burnout Reset • Breathwork • Nervous-System Tools • Gentle Movement • Reflection • Take-Home Reset Guide

\$350 | Up to 20 guests



Move & Mingle

Your girls' night, but better.

A private yoga experience designed for laughing, moving, connecting, and leaving feeling lighter.

Perfect for birthdays, girls' nights, bridal events, bachelorettes, or simply because you need a night out.

60-minute yoga flow or sculpt

\$400 | Up to 15 guests

Add guided relaxation, journaling, or wellness activities for a customized experience.



Exhale

A little less doing. A little more being.

Our signature women's wellness experience. A 75-minute blend of yoga, nervous-system regulation, guided reflection, and deep relaxation designed to help you slow down and reconnect.

\$500 | Up to 15 guests

Perfect for:

Mom's Nights • Retreats • Friend Gatherings • Women's Groups

After the Bell

Because educators deserve a reset, too.

An elevated wellness experience created specifically for educators and school teams.

Choose from:

Burnout • Boundaries • Emotional Regulation • Nervous-System Regulation • Compassion Fatigue • Sustainable Self-Care

Available as a 60- or 90-minute experience.

Starting at \$600

A little space to breathe, move & come back to yourself.

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Wellness Experiences

Make it Yours

Create a completely customized wellness gathering.

Combine your favorites:

- Yoga Sculpt
- Mindful Flow
- Breathwork
- Burnout Education
- Journaling
- Guided Meditation
- Nervous-System Regulation
- Wellness Activities

Custom experiences starting at \$500



**Pause. Breathe.
Reconnect.**

STILL HARBOR WELLNESS

Wellness experiences are educational and wellness-focused and are separate from psychotherapy services.

Let's create something worth slowing down for.



Contact Us:

STILL HARBOR WELLNESS

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