

# 2024 WELLNESS PROGRAMS



Wellness Delivered

Calm City delivers innovative wellness programs, meditation training, and workshops virtually and on-site at your office, school, or event. Explore self-discovery, self-growth, and compassion with Calm City.

## OUR SERVICES

**Mobile Wellness Studio**

**Wellbeing Space Design**

**Workshops and Classes**

**Coaching Programs**

**Mindful Training for Teachers**

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**NYC Vendor | DOE Vendor | M/WBE**

[calmcitynyc.com](http://calmcitynyc.com)

# Events MOBILE AND IMMERSIVE EXPERIENCES

Wellness programs delivered on-site



## Mobile Studio

Our mobile studio delivers onsite meditation and wellness experiences. A perfect solution for schools, hospitals, parks, corporate offices, remote worksites, agencies with field workers, and promotional events. Sessions take place in a safe studio environment, sanitized before each session. Seats up to nine people. Serves the NY Metropolitan area.

**We offer 10-minute guided meditation sessions every 15 minutes in the Mobile Studio**

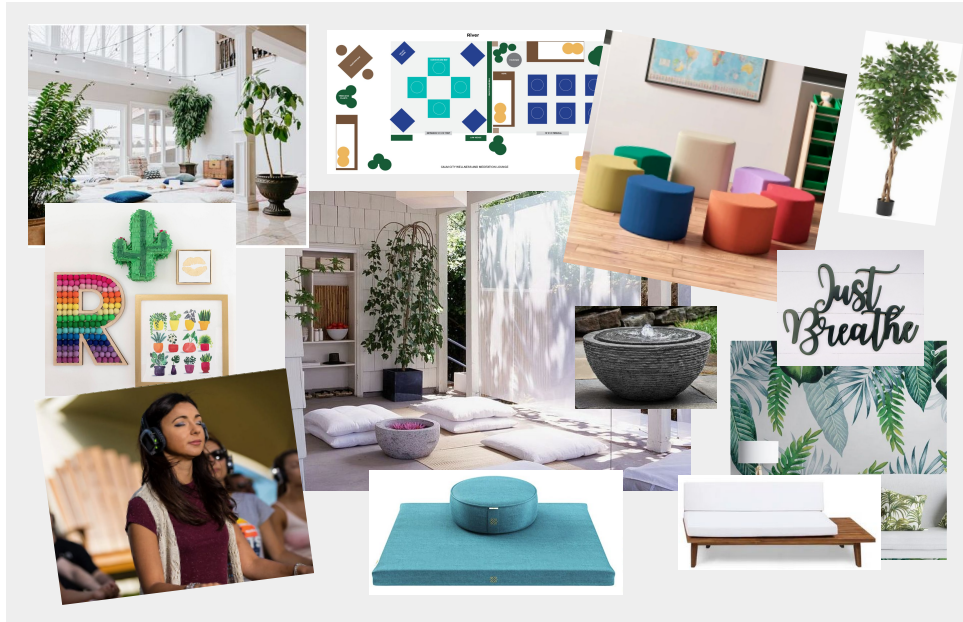
## Immersive Experiences



Planning, design, and creation of mindful experiences and environments. Wellness content is customized for each event. These experiences promote stress relief and relaxation as well as provide essential tools for connecting with inner strength and mental wellbeing.

# Wellbeing Spaces COMMERCIAL AND SCHOOLS

Design and execution of wellbeing rooms for commercial spaces and schools



## SCHOOLS

We create nurturing and inviting spaces that foster mindfulness and social and emotional (SEL) well-being. Our design and execution includes:

- Vibrant and playful color schemes
- Elements of nature
- Flexible and comfortable seating
- Well-lit natural and soft light
- Age-appropriate tools
- Technology for interactive experiences
- Interactive elements
- Durable, easy-to-clean materials
- Storage solutions for supplies
- Personalization with areas for kids to display their artwork or express creativity.

By combining functionality, comfort, and a touch of playfulness, the meditation room can become a valuable resource for promoting focus, emotional regulation, and well-being among young children and teenagers.

## COMMERCIAL ENVIRONMENTS

We create tranquil and harmonious environments that promote relaxation and mindfulness. When designing, we take into consideration the following elements:

- Conceptualization
- Layout
- Color Scheme
- Lighting
- Acoustics
- Furnishings
- Technology Considerations
- Natural Elements
- Flexibility
- Personalization

By carefully considering these aspects, we create a wellness room that meets the functional needs of the users and provides a serene and rejuvenating experience in a commercial setting. We are happy to work within the budgets of our clients.

# Meditation WORKSHOPS

Develop an understanding of mindfulness practices and techniques



## WHY MEDITATE?

Join this interactive session where we focus on the power of meditation and its benefits as a tool for wellbeing. Includes guided practice.

### LEARNING OBJECTIVES

- Why meditation works
- The science and history of mindfulness
- Types of meditation

**DELIVERY:**  
Virtual or In-person

**SESSION LENGTH:**  
60 minutes

## BUILDING A MINDFULNESS PRACTICE

In this interactive session we explore mindfulness of the breath and body in order create foundation for practice. Includes guided practice.

### LEARNING OBJECTIVES

- Establish a mindful presence
- Explore mindful awareness through sensation
- Finding wakeful presence through movement

**DELIVERY:**  
Virtual or In-person

**SESSION LENGTH:**  
60 minutes



## DEEPER AWARENESS

Discover the power of awareness through mindfulness of mind in this interactive session. Includes guided practice.

### LEARNING OBJECTIVES

- Create deeper awareness of thoughts
- Find the space between stimulus and response
- Awaken our hearts to ourselves and others

**DELIVERY:**  
Virtual or In-person

**SESSION LENGTH:**  
60 minutes



# Mindful Creativity WORKSHOPS

Combine mindful techniques with creative exercises and play



## GRATITUDE VISION BOARDING

Join this interactive session where we create a visual representation of your feelings of gratitude and appreciation. Includes guided practice.

### OBJECTIVES

- Learn about the practice of gratitude
- Gratitude wellness benefits
- Suggestions for finding gratitude in daily life

### DELIVERY:

Virtual or In-person

### SESSION LENGTH:

60 minutes

## MINDFUL JOURNALING

In this interactive session we use journaling as a tool to explore our lives internally and externally. Includes guided practice.

### OBJECTIVES

- Reduce stress and increase self-awareness
- Improve emotional intelligence and self-expression
- Establish a mindful journaling practice

### DELIVERY:

Virtual or In-person

### SESSION LENGTH:

60 minutes



## MINDFUL CREATIVITY

Using tools from artistic disciplines we ignite creative thinking where problems are solved and innovation happens. Includes guided practice.

### OBJECTIVES

- Unlock creativity through artistic techniques
- Foster an environment for innovative problem-solving
- Enhance ability to think creatively

### DELIVERY:

Virtual or In-person

### SESSION LENGTH:

60 minutes



# Wellbeing WORKSHOPS

Reduce stress, increase energy and improve overall wellbeing.



## WELLBEING

In this interactive session, you'll explore the essential elements of wellbeing and design a personalized blueprint.

### OBJECTIVES

- Identify and prioritize key areas of your life that contribute to your overall wellbeing
- Practical strategies for enhancing physical, mental, and emotional health
- Craft an actionable blueprint that aligns with your values and aspirations

## SELF-CARE

Develop a deeper understanding of self-care and the tools to create a sustainable self-care routine.

### OBJECTIVES

- The fundamental principles of self-care
- Identify areas where you can improve your self-care practices
- Create a personalized self-care plan



## CULTIVATING A HEALTHY MINDSET

This workshop will provide you with practical tools and strategies to foster a positive and resilient mindset.

### OBJECTIVES

- Understand the fundamental principles of a healthy mindset
- Learn effective techniques for managing stress and overcoming negative self-talk
- Develop a personalized action plan to integrate these principles into your life

# Wellbeing WORKSHOPS

Create sustainable healthy changes for better living.



## MANAGING STRESS AND ANXIETY

This workshop is designed to empower individuals with practical strategies and insights to effectively manage and reduce stress. Includes guided practice.

### OBJECTIVES

- Identify causes of stress, anxiety, and personal triggers
- Mindfulness, breathing exercises, and other tools.

**DELIVERY:**  
Virtual or In-person

**SESSION LENGTH:**  
50 minutes

## INTENTIONAL LIVING

Join our transformative workshop on intentional living and learn the art of consciously shaping your life to align with your deepest desires and values. Includes guided practice.

### OBJECTIVES

- Identify and connect with your core values
- Develop the skills to set specific, actionable, and achievable intentions
- Design a practical roadmap for your life

**DELIVERY:**  
Virtual or In-person

**SESSION LENGTH:**  
50 minutes



## Mindfulness Training for Teachers

We teach mindfulness practices that can be incorporated into daily routines with students in this tailored program we address the specific needs of teachers.

# Coaching PROGRAMS

One to one and group coaching with a certified coach



## COACHING FOR ADULTS

Wellbeing life coaching for groups or individuals facilitates positive changes by promoting wellness within a collective setting or one to one.

Through group discussions, activities, and workshops we address various aspects of physical, emotional, mental, and social health.

- Create a supportive and motivating environment,
- Foster a sense of community
- Encourage mutual support, and
- Help individuals enhance their overall well-being
- Empower participants to set and achieve well-being goals, such as stress management, healthier lifestyle choices,
- Improved group dynamics

The aim is to help individuals experience a higher quality of life and a greater sense of connectedness and fulfillment.

## COACHING FOR KIDS

Our wellbeing coaching program for children is a structured and supportive initiative designed to enhance the overall mental, emotional, and physical health of young individuals.

- Nurturing children's self-esteem
- Creating resilience
- Improved social skills
- Promoting healthy habits and positive attitudes
- Learning creative thinking and problem solving

Through personalized coaching sessions, interactive activities, and age-appropriate resources, children learn to manage stress, build self-confidence, establish meaningful connections, and develop a strong foundation for lifelong wellbeing. The program empowers children to navigate challenges, make informed choices, and lead happier, more balanced lives.



# Additional Wellness Offerings

A variety of fun and engaging ways to relieve stress and anxiety



## DEEP CHILL ULTRA RELAXATION

With light hypnosis meditation techniques participants will receive mindful guidance

### OBJECTIVES

- Melt away stress and anxiety
- Relax deeply
- Learn self hypnosis

### DELIVERY:

Virtual or In-person

### SESSION LENGTH:

30 minutes

## AFROBEATS DANCE

Release tension and anxiety and have a blast in this fun interactive movement class.

### OBJECTIVES

- Team building
- Energizing
- Heart opening

### DELIVERY:

Virtual or In-person

### SESSION LENGTH:

30 minutes



## WELLNESS SESSIONS

- Chair Yoga
- Music and meditation
- Sound Bath
- Breath Work

**Add weekly virtual 20- minute meditation meditation practice sessions to any of the workshop or class offering.**

# The Team



## **Kristin Westbrock, Founder**

Kristin Smith Westbrock attended the School of Visual Arts and is a former Creative Director/Art Director for major retailers and Fortune 500 companies.

In 2016 Kristin parlayed her business and design experience into founding a wellness and mindfulness company and created the brand Calm City. Calm City delivers tailored programs to government agencies, schools, and corporations, delivering services virtually, in person, and through a unique mobile studio. Calm City also designs and creates wellness spaces. Current clients include; The Office of Labor Relations, Child Protective Services, Department of Health and Mental Hygiene, Fordham University, and Wasserman.

Kristin holds a meditation certification from the Nalanda Institute for Contemplative Science and has completed additional training, including Mindful Schools mindfulness fundamentals and mindful communication courses. She has also completed Compassion Cultivation Training from Stanford University and is trained in the Transcendental Meditation technique and Mental Health First Aid. Furthermore, she is a certified consulting hypnotist.

Driven by her personal experiences, Kristin is deeply committed to sharing the healing power of meditation. Her book, "The Luckiest Unlucky Person I Know: A Practical Memoir," based on her journey living with metastatic breast cancer, offers insights into finding clarity and balance amidst adversity. Kristin feels honored to share the tools and practices she relies on, including meditation, gratitude, and compassion.



## **Patricia Sarnataro, Program Director, Teacher and Coach**

Born and raised in NYC, Patricia grew up in a large boisterous family of six kids, two dogs and a monkey, all single handedly raised by their mother. Tragedy struck the family and by the age of eight, Patricia lost her father and at 13, her brother. It was these tragedies and the reality of our mortality that led Patricia to seek healing and make sense of the traumas. As a result, she began her journey to self healing through art and mindfulness. Since her late teens she has read books, attended talks, meditation retreats and teachings with various monks and lay teachers including the NYC teachings with the Dalai Lama. She has explored Zen and Tibetan Buddhist practices in mindfulness and went on to obtain two certifications teaching meditation in mindfulness and compassion through the Nalanda Institute. She received her degree from NYU's Grad theater design. Has worked as a costume designer, interior designer and is also a fine artist.

Patricia continued to develop her knowledge in body/mind arts by becoming a certified RYT Yoga 500hr and a certified coach and member of ICF. Currently, Patricia is the program director and meditation teacher for Calm City and thrilled to be part of the team! She is also coaching groups and individuals where she has combined her experience in the arts, body/mind/spirit practices and coaching to help others to self empowerment and personal growth. Patricia believes that by developing a strong inner foundation of calm awareness we can create a more positive life perspective, living and working more fully and joyfully. [patriciasarnataro.com](http://patriciasarnataro.com)