



# Packages

Intentional Living for the Individual

## Package 1

Sustainability 101: A Guide to Living Mindfully

*This guide includes a break-down of how to bring sustainability into your every day.*

## Package 2

Sustainability 101: A Guide to Living Mindfully

1-hour personalized consulting

## Package 3

Sustainability 101: A Guide to Living More Mindfully

Sustainability Advanced:  
Beyond Shampoo Bars & Reusable Mugs

*This guide offers a deeper dive into conscious investing, change in the workplace, & much more.*

1-hour personalized consulting

*Savour the Journey*