



OM Sanctuary 2022
Programs and Expansion

Dear Community,

OM Sanctuary has used these last two years to rise above the worldwide discord and to strengthen our commitment to our mission.

As a destination for our programs, OM Sanctuary was UNPREPARED for the pandemic wave of closures, uncertainty, labor, and supply challenges we experienced in 2020 and continuing in 2021.

“Disconnect to Reconnect” has been one of OM Sanctuary’s tag lines since our inception. Disconnecting from technology to reconnect to one’s *natural rhythms* and *inner wisdoms* happens when life goes off-line and slows down enough to nurture one’s Personal Sanctuary Within.

OM Sanctuary was UNPREPARED for the worldwide rush to go online with most all communications and educational offerings.

We took the time to strategize on how to come out stronger than we were before. While our indoor programming and income took a **dive**, our forest and gardens stayed open and our outdoor education and self-guided wellness **thrived!**

In a phased approach, we will be rebuilding our website to accomodate online classes as well as maintain a focus on



green exercise. In 2022, we are taking a bold step to keep 75% of our holistic educational programs outside. through our Nature Wellness Programing.

We will be building out our nature preserve with medicinal plant gardens, a ceremony circle, signage for self-guided forest bathing, and hosting occasional forest health clinics.

There will also be forest destination platforms built in the woods for personal yoga, meditation, and journaling.

An exciting next step in 2022 is our our Renewal Center outdoor expansion for open air treatments such as massage and hydrotherapy salt baths.

Shelli Stanback
OM Sanctuary Founder



Program Categories

- Community Access
- Health & Wellness
- Holistic Education
- Renewal Retreats
- Service & Volunteers
- Initiatives & Scholarship

Community Access

The most popular community-based public health interest is programming that offers a connection to renewal and nature. OM Sanctuary is in a unique position to offer natural surroundings and programming in the following areas:



Renewal Center - July of 2022

- Wellness sessions and treatments

Forest Programs - Open now

- Forest Temple - under expansion
- Trail and educational signage
- Forest Rental - Flat rate - June of 2022
- Forest destination platforms for yoga, contemplation, meditation

Annual Wellness Memberships - July of 2022

- Support mission, forest restoration, scholarships, access to digital education free or discounted

Holistic Education

- Presentations, workshops, classes - January 2022
- Certifications - April of 2023

Ceremony & Events

- Ceremony Circle & Serenity Garden - Seasonal Events
- Ceremony Circle Rental - Flat rate - July of 2022

Health & Wellness



Our Renewal Center is set up to foster restorative and regenerative experiences to assist in bringing balance through self-recovery or discovery to one's mental, emotional, and physical states. Stress reduction and rejuvenation sessions are important self-care practices that offer varying benefits to individuals seeking natural restorative alternatives for their health and wellbeing. Renewal Center or optional in-room sessions will be offered in three areas:

Life Enhancement

- Private sessions such as acupuncture, life coaching, integrative readings - July 2022

Massages

- Private or couples integrative, signature essential oil massages, salt stone - July 2022

Hydrotherapy

- private or group salt bath soaks with a dose of cold water built into the session - July 2022

Holistic Education



OM Sanctuary will offer events, presentations, workshops, and classes to individuals who are looking to improve their overall well-being through holistic and mindful practices that bring awareness to the body, mind, spirit, and environment in which they live. The participants will have an opportunity to gather with qualified professionals presenting instruction in various classes and topics. Example:

Holistic Practices

- Yoga, Tai Chi, Meditation

Wisdom & Inspiration

- Led by Spiritual Leaders

Transformation Arts

- Sound, Movement, Writing

Health and Wellness

- Nutrition, Coaching

Sustainable Living

- Natural
- Eco-Education

Personal Development

Courses, Certifications, CEU

Volunteer Programs



Service programs present an opportunity for individuals to be in a setting and be part of a community that will offer them a sense of personal growth through giving and supporting OM Sanctuary's mission. Areas in which someone may volunteer:

Project Volunteer

- Project Based

Artist-in-Residency Program

- Artist residing on campus to work and share on a subject

Work Study

- Service with purpose of study

Work Exchange

- Service in exchange for participation in a program

Student Internships

- Create a place for students to combine their academic classes with work experience

Scholarships & Charitable



This is our way of reaching individuals of all ages, income levels, and backgrounds to participate in our programs.

OM Sanctuary offers scholarships and donates program space to qualifying people and organizations that help further our mission and extend our reach.



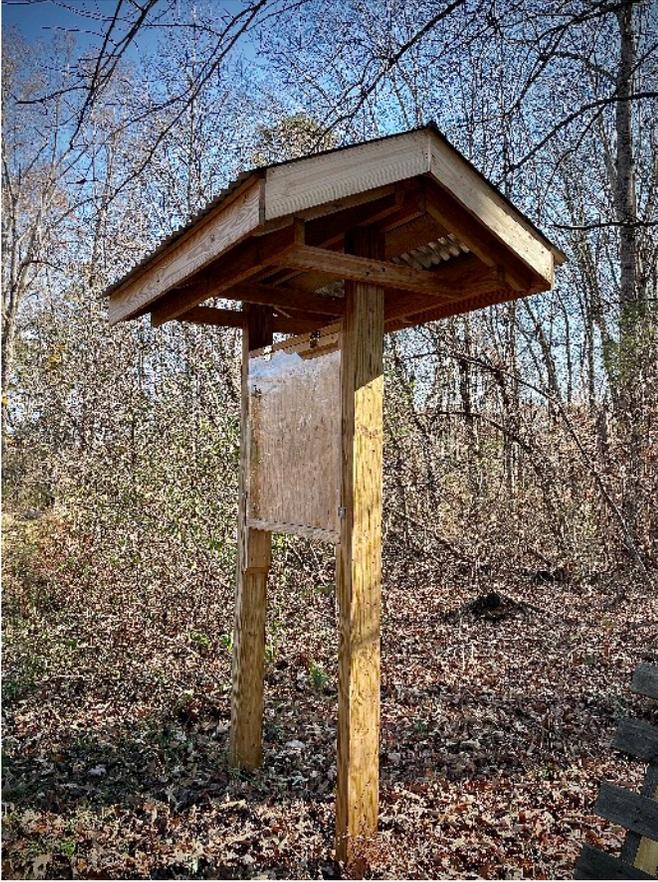
Renewal Center Expansion



To offer outdoor wellness sessions, OM Sanctuary is expanding the Renewal Center with outdoor gardens, massage platforms, and hydrotherapy salt baths.

One unseen benefit of this: by removing impervious surface we will be enhancing stormwater retention on site.

Forest Expansion



The forest is one of OM Sanctuary's most sacred destinations and a primary program space. Studies have proven that there are multiple health benefits to being in Nature. We have 42 acres in a protected preserve that will be used for classes, workshops, presentations, and ceremony.

Our 2022 goal is to expand and upgrade the ceremony circle, the forest trails, add railings, directional and educational signage, and water erosion control. There is also a plan for building destination platforms for yoga, self-reflection, and meditation, as well as adding benches.

In Gratitude
to our staff, board and community for
helping us through 2020 - 2021

Welcome 2022!

