

One Small Stone



One Small Stone helps people catch their breath, literally + figuratively.

Time-tested (+ modern science-proven) practices to:

- reduce stress, anxiety, burnout, insomnia
- improve creativity, focus, relationships
- **boost overall sense of well-being + mental health**

**What would help your team?
...what do they have time to do?
...what can you afford?**

The answers are sometimes at odds – especially for people in public service. Check out the menu of offerings on the next page and see if something answers all the right questions. If not, let's customize a program that does.



About One Small Stone + Katy Romita

Katy Romita launched One Small Stone in 2021 with 3 core beliefs:

1. Everyone plays a role in this world. As Jane Goodall said, "You cannot get through a single day without having an impact on the world around you... You have to decide what kind of difference you want to make."
2. We are all tied together in an "inescapable network of mutuality," as eloquently expressed by Martin Luther King Jr. We are interconnected.
3. When we practice mindfulness, we are able to be our most authentic, best selves. That's what we need as individuals and it is what the world needs. It all ripples out.

Putting these beliefs into practice, Katy shares meditation, therapeutic art, sound healing, yoga nidra, and reiki with a warm, down-to-earth style, helping people gently clear away stress, societal pressure, fear, and all the "shoulds" that get in the way of people living as their wisest, fullest selves. Before becoming a meditation teacher, Katy was a nonprofit manager in New York City. She holds a BA from Dartmouth College, an MPA from NYU, and numerous meditation and energy-healing certifications.



Offerings 1–5 or let's customize.

MINDFULNESS MEDITATION (online)

1 Who: busy people and teams who want long-term, science-backed stress reduction.

What: log-on from home or office to a warm community for easily accessible guided meditations.

When: Tues @8:30pm, Wed @8am, Fri @8am, + more times available as requested. Recordings + community available 24/7 via Slack.

Cost: donation-based monthly subscription, \$0 to \$50/month, unlimited participants

WEEKLY YOGA NIDRA (online)

2 Who: people and teams carrying heavy loads, who want to peel back layers of tension, anxiety, and chronic stress.

What: log-on from home or office for guided yoga nidra (aka yogic sleep) practice.

When: 30-minutes each week, scheduled at mutually convenient time – consistent weekly.

Cost: donation-based monthly subscription: \$0 to \$50/session, unlimited participants.

SOUND BATH, RESTORATIVE YOGA, THERAPEUTIC ART or YOGA NIDRA (in-person)

3 Who: teams who want to relieve tension and create space for rest and renewal, together, in community.

What: chose a sound bath, restorative yoga, therapeutic art or yoga nidra for a 1-hour session of relaxation and renewal for your team.

When: 60-minutes, scheduled at mutually convenient time.

Cost: In your space: \$0 to \$125/session, participants dependent on space

Space rental: quote TBD

MINI-RETREAT (online or in-person)

4 Who: Teams who want to create a restorative container for stress-relief, grounding, imagination, joy, grief-processing and/or community care.

What: tell me what you'd like to accomplish and we'll customize a retreat for you with sound bathing, restorative yoga, therapeutic art, yoga nidra, journaling, facilitated discussion, and/or reiki.

When: 1.5 to 4 hours, scheduled at mutually convenient time.

Cost: Online or in your space: \$0 to \$500, participants dependent on space

Space rental: quote TBD

ONE-ON-ONE HEALING SESSIONS (online or in-person)

5 Who: teams who want the gift of one-on-one care.

What: team members sign up for 20-minute energy healing sessions, with their choice of sound or reiki.

When: 2 to 8 hour time periods, scheduled at a mutually convenient time, with individual slots of 20 minutes (10 minutes between slots)

Cost: Online or in your space: \$0 to \$800, participants dependent on time scheduled

Space rental: quote TBD