

Love Healing



Love & Healing by Elizabeth Cornetta offers workshops, seminars, classes, and one on one sessions based on the mind body connection. Her teaching highlights the power of positive thinking sharing her leading-edge perspective on how we can **heal our minds and heal our bodies**. Elizabeth combines her experience in Yoga, Mindfulness Education and training with Clinical Intervention for Anxiety and Depression, and so much more. We offer a leading-edge approach using Yoga Mindfulness for Clinical Intervention of Anxiety & Depression Based in Cognitive Behavioral Therapy (CBT). In this rapidly changing world Self Loves &

Healing helps to redefine and restore what we value most.



We help individuals cope with stress, anxiety and help them to have better relationships by helping them have self-love and improve their personal perspective and positive view of themselves through our unique approach. Our approach also helps individuals to create positive environments where they can communicate effectively and create positive interactions with others to have constructive and fruitful relationships with others including children, partners, spouses, and even in business settings.

Immersive Experiences

Our participants go beyond what they expected in personal transformation. They carry the benefits of the experience with them long after the trip or the workshop is over. Our destination and at-home experiences are all designed and led by renowned experts and educators with unique well-being philosophies.

We provide curated wellness travel and localized experiences crafted to address the self-care needs of individuals.

Love Healing is devoted to cultivating deep change and empowerment in self and society and offers workshops and programs using yoga, meditation, mindfulness and more.

Commitment to Sustainable, Responsible Travel

We employ sustainable partners and practices whenever possible. Working with partners that support local entrepreneurs and organizations that contribute to the livelihood of the communities we visit. Our small group trips offer a chance to move, connect, and grow in an intimate yet social setting. **Discover the power of expansion by connecting to new places, people, and cultures in a lasting way.**



Programs We Offer

1. Corporate Leadership Training – A program dedicated to helping Thought leaders who have you lost their inspiration and passion for the work they do. Love Healing delves into the causes of loss of motivation and charts a path for them to regain their focus and energy to reassess and achieve success.

2. Empowerment Seminar – Made for individuals ready to take their Mind & Body to the next level of Health. By using different modalities, including Mindfulness, Yoga, Affirmations, and other techniques, we help them make the Mind Body connection tangible and palpable so they can improve their mental and physical health and feel great about themselves and their connections to the world and their communities.

3. I Love Yoga Too Yoga Mindfulness for Kids – One of the projects we at Love Healing are passionate about is this program focused on empowering children’s self-esteem as they cope with all the changes they face. This program allows children to build resilience, inner strength, and the ability to have more positive interactions, while aiding in their personal development.

4. Spiritual Retreats – In Person, Online Programs & Virtual Events Mind Body Wellness with a focus on reconnection and growth. We provide curated wellness travel and localized experiences crafted to address the self-care needs of individuals. **Love Healing** is devoted to cultivating deep change and empowerment in self and society and offers workshops and programs using yoga, meditation, mindfulness and more.

5. Learning to Love Again (Love Healing for couples) – The Love Healing for Couples retreats are a designated time away for couples to refresh and reset their relationship. It is a time to be intentional about reconnecting with your spouse or significant other and take advantage of uninterrupted time together. The Learning to Love Again program is designed for **couples at all life stages** looking to unplug, rejuvenate and reconnect to their partner, self, and the natural environment. The focus is on healthy living, the power of forgiveness, improving or developing better communication, and building a spiritual practice for a healthy and intimate relationship.



Special Events

2022 Special Fundraiser Event Benefiting HVHH (Yoga Mindfulness w/a View on the Farm): In support of **Hudson Valley House of Hope**, who provide Emergency Shelter, Advocacy, and Community Awareness and education, we will be hosting a Special Fundraiser featuring workshops, vendors, and other services to raise funds for this amazing organization.

Your contributions are a gift that holds the power to serve those who have a huge need and will greatly benefit from our care and services designed to help them heal. Your gift holds the power to build understanding and empathy and to help those we serve feel the power to light a path of love to our shared future. We can see the path, but we can’t help individuals travel it without you.

Sponsorship Information

Become a sponsor and help make a positive impact and empowering change in the lives of many. By supporting the Love Healing mission, you are creating an opportunity for men, women, and children who have been affected by the COVID-19 pandemic and other stressful and traumatic situations to find healing, support, and strength through our programs that focus on wellness of mind, body, and spirit and courageous conversations and workshops geared to help with coping and surpassing their challenges. Our integrative approach focuses on healing the whole person, effecting positive reinforcement, and charting a path to more meaningful and fulfilling relationships.

By supporting the **Love Healing Movement**, you make our experiences and services more accessible, equitable, and diverse. Please join us on the path of love. More than ever, the world needs the love, compassion, and wisdom of the **Love Healing** tenets and mission. In the year ahead, we will continue to serve with the same compassion, empathy, love and care you've come to know. Our intention is to increase our service by collaborating and creating activities alongside other yoga teachers, holistic practitioners, alternative therapy providers, all of whom, alongside **Love Healing**, work every day to meet the needs of individuals dealing with fractures, anxieties, and stresses in our society. **Love Healing** can continue to help meet these needs with your support and powerful financial contributions.

SPONSORSHIPS OPPORTUNITIES & DONATIONS

Donation Tier Details & Benefits	Donation Amount
Our Roots (Tier 1): In appreciation for this donation, your company will be listed on the Sponsors page on our website and shared with our community via our Social Media pages.	\$500.00
In Balance (Tier 2): With this contribution, you will get the Tier 1 benefits, as well as Featured Promotion for a Full Month in our Email Newsletter as a Featured Sponsor, featured ads and a Social Media Spotlight to promote your company. (Sponsor will need to provide images and content they want shared)	\$1000.00
The Abundance (Tier 2): With this contribution, you will get the Tier 2 benefits, as well as Featured Promotion at during campaigns for 6 months in our Marketing Campaigns as a Premier Sponsor, Exclusive discounts to Love Healing events and to be an exhibitor. Specialty Gift Box as a Thank you for Support.	\$2500.00

SPONSOR REGISTRATION FORM

COMPANY NAME:	CONTACT PERSON
MAILING ADDRESS:	
PHONE NUMBER:	EMAIL ADDRESS:
WEBSITE:	TAX ID/EIN #:
DONATION TIER (Please check the box next to your Donation Amount)	
<input type="checkbox"/> OUR ROOTS (TIER 1) - \$500.00	
<input type="checkbox"/> IN BALANCE (TIER 2) - \$1000.00	
<input type="checkbox"/> OUR ROOTS (TIER 3) - \$2500.00	

Payment Options:

OPTION #1 (PREFERRED METHOD): Please visit our website at <http://www.elizabethcornetta.com/become-a-sponsor.html> and complete your payment via credit or debit card.

Option # 2: If making payment by mail, please make checks payable to “**I Love Yoga Too, LLC**” and mail payment to the following address:

I Love Yoga Too, LLC
153 Old Shannock Rd
Charlestown, RI 02813

If you have any questions, please feel free to contact us at iloveyogatoo@gmail.com

Becoming a sponsor not only brings you joy, but we also get the chance to expand the reach of **Love Healing**, to the children and adults providing the resources to gain the knowledge for both mental physical & spiritual health.

