

Corporate Wellness



Who we are

Magnolia is a nonprofit community wellness center located in Longwood, Florida dedicated to supporting mental health and overall wellbeing through mind-body practices. We serve our community through evidence-based, trauma-informed approaches that foster connection, accessibility, and support, creating a welcoming environment that promotes wellness for all.

Inquiries & Booking

For inquiries & booking please contact:

Lorena Castiglione, MS, LMHC, C-IAYT
Executive Director

lorena@magnoliawellnesscenter.org
848-231-2221



*Magnolia Yoga & Wellness Center is a project of
Christian Relief Services Charities, Inc.,
a 501(c)3 nonprofit organization.*

Wellness Experiences

Wellness experiences are curated workshops designed to improve overall wellness for small teams and groups of up to 20 participants. All workshops can be customized to group needs. For groups larger than 20, please contact us.

Duration: 90 minutes

Investment: \$750.00 each

Burnout Reset: Understanding the Stress Cycle

An engaging, evidence-based session exploring what burnout is, what contributes to it, and how stress operates in the body. Participants will learn how to complete the stress cycle and gain practical tools to support nervous system reset and recovery.

Meditation 101: Tools for Calm & Clarity

An accessible introduction to meditation, offering simple and effective techniques to quiet the mind and reduce stress. Participants will not only learn about, but also experience a variety of meditation practices, gaining confidence in building a sustainable approach that supports clarity, emotional balance, and improved focus and productivity in daily work and life.

Creative Reset: Sound Bath & Guided Reflection

A deeply calming experience designed to help participants slow down and return to themselves. Through the resonant tones of crystal singing bowls and other instruments, the nervous system is invited to settle, creating space for rest, restoration, and renewed clarity. Paired with guided reflection, this experience supports a deeper connection to both inner awareness and creative insight.

Understanding Your Energy: The Three Gunas

An insightful workshop rooted in yoga science, an ancient system developed thousands of years ago exploring the three gunas, or natural patterns of energy that influence mood, focus, and behavior. Participants will learn how to recognize these states and apply simple tools to cultivate clarity, balance, and resilience. A brief self-assessment is included to help identify dominant tendencies.

Healthy Boundaries for Wellbeing

An insightful workshop exploring how boundaries support clarity, self-respect, and sustainable wellbeing. Participants will learn to identify where boundaries may be lacking, understand the impact on energy and relationships, and build confidence in setting and communicating limits in both personal and professional life.

Therapeutic Horticulture: Nature for Stress Reduction & Wellbeing

An engaging and practical workshop exploring the science behind how interaction with nature supports mental health and nervous system regulation. Participants will learn how specific plants and natural elements can help reduce stress and lower cortisol levels, along with simple, actionable ways to incorporate these into both home and workplace environments. This session offers a unique opportunity to reconnect with nature while gaining tools to create more calming, supportive spaces.



MAGNOLIA YOGA
& WELLNESS CENTER

Facilitators

Lorena Castiglione, LMHC, C-IAYT **Clinical & Educational Workshops**

Magnolia's Executive Director, Lorena Castiglione is a Licensed Mental Health Counselor (LMHC) and certified Yoga Therapist (C-IAYT), integrating evidence-based practices with a mind-body approach to support nervous system regulation, resilience, and overall well-being.

Emma Koi, MMus, RYT **Creative Reset Experiences**

Magnolia's Yoga Studio Manager, Emma Koi (MMus, RYT-200), a certified yoga teacher and professional musician with over two decades of experience. Emma holds a Master of Music and brings a unique blend of yoga, movement, and sound, offering thoughtfully curated sound bath and restorative experiences designed to promote relaxation, creativity, and mental clarity.

Lisa Rosen, LMT, Yoga Instructor, Master Gardener **Nature Based Experiences**

Lisa Rosen is a yoga instructor, massage therapist, master gardener, and lifelong naturalist. Lisa brings a nature-informed approach to her work, integrating movement, mindfulness, and the restorative elements of the natural world to support balance, grounding, and overall wellbeing.

Magnolia Teaching Staff **Movement-based sessions**

Movement-based sessions are led by certified yoga instructors trained in accessible, supportive, and inclusive practices.



Optional Add-ons

Enhance any workshop with guided yoga and meditation session for your team or group. No prior yoga experience is needed.

Duration: 60
Investment: \$250 each

Yin Yoga: A slow, meditative practice focused on deep stretching and longer-held postures. With minimal muscular effort, gravity supports the body in releasing tension. Yin yoga helps improve flexibility, joint mobility, and circulation while calming the nervous system.

Mindful Flow: A gentle, slow-flow practice that emphasizes breath, body awareness, and intentional movement. Each transition becomes a form of meditation, helping reduce stress, improve focus, and cultivate a sense of calm.

Deep Rest: (Yoga Nidra): The ultimate reset. A guided meditation practiced lying down that induces a state of conscious rest. This deeply restorative practice supports nervous system regulation, replenishes energy, and helps recondition neural pathways—shifting the body out of chronic stress patterns and into states of calm and restoration.

Stretch & Restore: A gentle, slow-flow practice that emphasizes breath, body awareness, and intentional movement. Each transition becomes a form of meditation, helping reduce stress, improve focus, and cultivate a sense of calm.

Rest & Restore: A restorative yoga practice designed to support emotional wellbeing and recovery from chronic stress. Using supportive props and stillness, this class activates the body's natural relaxation response, promoting deep rest, mindfulness, and nervous system repair.

Premium Add-ons

Duration: 60
Investment: \$500 each

Sound Bath Experience (60 min): A deeply calming sound meditation using crystal singing bowls and other instruments to support relaxation and mental clarity. This immersive experience helps the nervous system settle, creating space for rest, restoration, and inner awareness.

*Prices do not include yoga mats or props. For mat and prop rental, please inquire during booking.