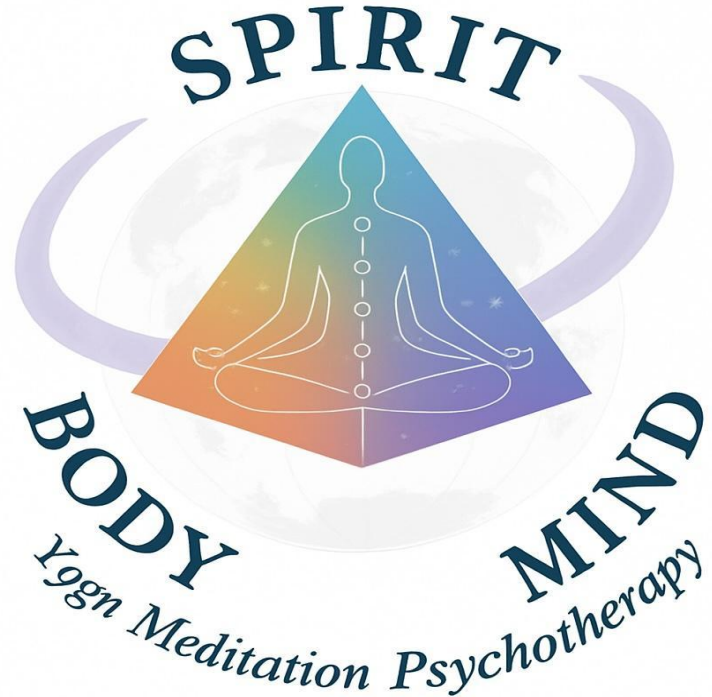


Pam Sripada, Founder
Licensed Psychotherapist
Yoga Instructor

*“Began your Body Spirit Mind Journey
for complete integrated wellness”*

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Mission

To integrate evidence-based psychotherapy, mindfulness meditation, and restorative yoga in a structured sequence that maximizes mental clarity, emotional regulation, and physical well-being.

1. Evidence-Based Foundation

All interventions are grounded in clinical research and tailored to meet the unique needs of each participant. Psychotherapy techniques are combined with mindfulness and movement practices to address both cognitive patterns and embodied experiences.

2. Mind-Body Synergy

Yoga postures release stored tension and awaken body awareness, meditation cultivates calm and presence, and psychotherapy provides integration and insight.

- This holistic flow allows participants to process repressed emotions safely while restoring nervous system balance.

3. Personalized Healing Pathways

Each participant develops a customized practice sequence linking therapeutic goals with specific yoga poses, meditation techniques, and therapeutic strategies.

By honoring individual pacing, clients gain confidence in applying tools both in session and in daily life.

4. Long-Term Resilience and Growth

The structured program equips participants with lifelong skills for managing stress, building healthy boundaries, and self-acceptance.

Emphasis is placed not just on symptom relief, but on sustained transformation of body, mind, and spirit.



Problem

Lack of Integrated Care

Individuals face a critical lack of integrated care that unites body, mind, and spirit. The wellness industry often treats physical fitness, mental health, and spiritual growth as separate silos, leading to fragmented solutions that fail to produce lasting change.

Key Issues:

- Disconnection between mental and physical care leads to inconsistent results.
- Traditional therapy models often neglect somatic and spiritual needs.

Why It Matters:

Without holistic approaches, clients often cycle through providers, treatments, and trends — but never feel truly well.

Relevant Statistics:

Over 60% of Americans use some form of complementary or integrative health approach — signaling a demand for whole-person care (NIH, 2023).

More than 40% of individuals with mental illness relapse within a year of discharge from psychiatric care — often due to lack of follow-up or holistic support (Journal of Psychiatric Services, 2021).

Why Integration Matters

When care combines psychotherapy, somatic practices (like yoga), mindfulness, and community-based support, clients show longer-lasting symptom reduction, greater treatment adherence, and higher life satisfaction.

Integrated wellness models are shown to reduce relapse by up to 60% and improve quality of life scores across all dimensions (mental, physical, emotional, social) (Harvard Health Publishing, 2023).



Problem

Gap in Holistic Offerings

Only 25% of studies specified interventions that actively incorporated all three components: body, mind, and spirit

Conclusion

There is a significant gap in holistic offerings that embrace the full triad of healing elements.

This stat can reinforce the unique position of Body Spirit Mind in offering truly integrated care and underscore the unmet demand for such transformative modalities.



Our Solution: The synergistic Cycle of Healing

A revolutionary healing model that integrates psychotherapy, meditation, and restorative yoga into one continuous, holistic system of care. Rather than treating symptoms in silos, our model honors the interconnectedness of body, mind, and spirit.

The Cycle Explained:

1. **Yoga** awakens somatic awareness and softens physical resistance.
Gentle movement and breathwork help **release trauma** stored in the body.
Clients connect to sensations, preparing the **nervous system** for deeper self-reflection.
2. **Meditation** creates internal spaciousness and access to spirit.
Builds the capacity for **emotional regulation and present-moment awareness**.
Clients begin to observe thoughts and feelings without judgment—unlocking insight.
3. **Psychotherapy** integrates insights into cognitive and emotional healing.
Now **regulated and attuned**, clients can process trauma, rewrite beliefs, and take action.
Therapists work with clients at a deeper level, facilitating lasting change.



Our Solution: The synergistic Cycle of Healing

Each component builds upon and amplifies the others—producing a synergistic effect that accelerates recovery and sustains well-being long after treatment ends.

Why It Works:

Unlike fragmented approaches, this cycle continuously reinforces **neurobiological safety**, emotional insight, and physical resilience.

It's trauma-informed, evidence-based, and designed to prevent relapse by treating the whole person, **not just the diagnosis.**



The Science Behind the Synergy

Flow Sequence (Arrows or Curved Cycle):

1. Yoga → Boosts endorphins, improves oxygenation, and warms up the body → Primes nervous system for calm focus
2. Meditation → Reduces cortisol, quiets the amygdala → Activates parasympathetic nervous system
3. Psychotherapy → Engages prefrontal cortex, reframes thoughts → Promotes insight and lasting change

Core Brain-Body Science Elements:

Limbic System: Emotional regulation center calmed by breathwork

Amygdala: Overactivity reduced through mindfulness

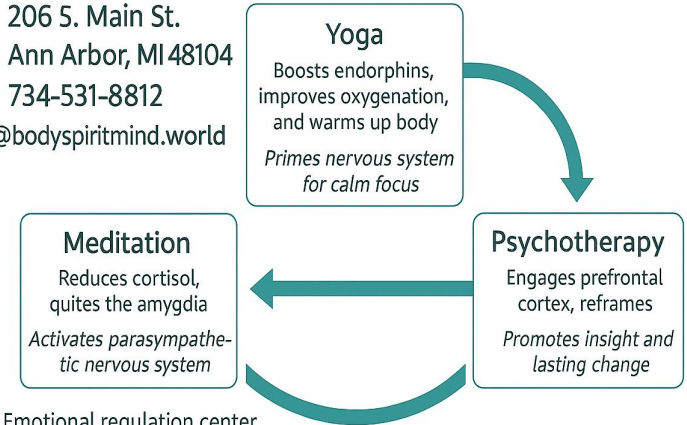
Prefrontal Cortex: Strengthened in therapy for better decision-making

Parasympathetic Nervous System: Activated via yoga & meditation for rest-and-digest balance



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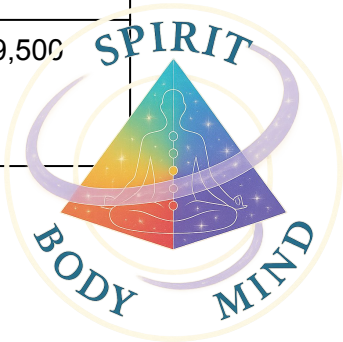
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Program and Business Model: How We Operate & Generate Revenue

1. Program-Based Revenue

Offering	Format	Duration	Pricing
10-Week Intensive	Hybrid	9–12 hrs/week	\$2,000–\$3,500
20-Week Intensive	Hybrid	Tiered hours	\$4,000–\$6,000
1-Year Intensive	Hybrid	12 hrs/week	\$10,000–\$15,000
10-Week Immersive	Retreat	On-site only	\$6,500–\$9,500

Revenue Source: Direct client payments, insurance billing (CPT codes for psychotherapy), sliding scale & grants for underserved populations.



Business Model: How We Operate & Generate Revenue

2. Recurring Revenue from Add-On Services

Monthly Wellness Membership (Yoga, Meditation, Group Support): \$49–\$129/month

1:1 Therapy or Coaching Sessions:
\$125–\$250/session

Supplement + Lifestyle Kit Sales: Bundled health products (e.g., adaptogens, vitamins, journals)

3. B2B & Strategic Partnerships

Contracts with: Hospitals & Rehab Centers
Corporations (Workplace wellness)

Courts & Legal Systems (Anger mgmt, DV survivor programming)

Affiliate revenue via referrals to aligned providers

4. Grants & Philanthropic Support

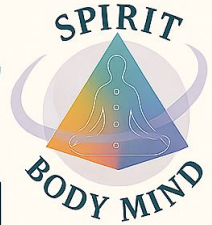
Domestic violence services

Immigrant support services

Community mental health access

Tax-deductible donation campaigns

BUSINESS MODEL



Direct Client Revenue

Intensive programs
and retreats



Subscription Services

Monthly wellness
membership



Strategic Partnerships

Hospitals, rehabs,
corporations



Grants & Donations

DV survivor
programming

Target Market

Adults with co-occurring disorders

Corporate Wellness

Recovery Centers

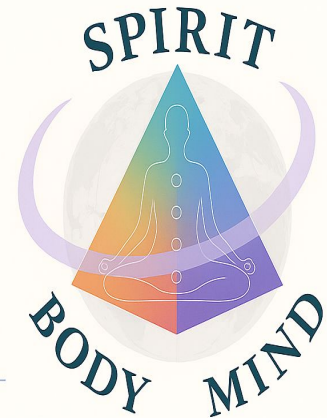
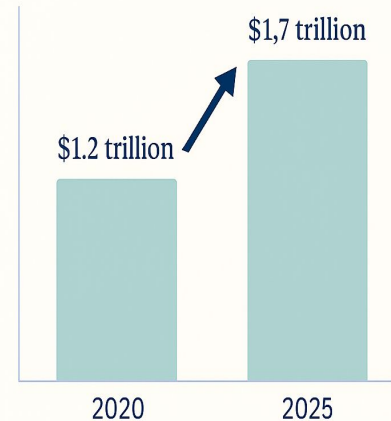
Hospitals & Rehab Centers

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Affiliate revenue via referrals to aligned providers

Market Opportunity

The global wellness services market is projected to reach \$1.7 trillion by 2025, driven by increasing mental health awareness and demand for holistic interventions.



TRACTION



Pilot
Programs



Clients Served:
150+



90%
Testimonial
Rating



Client Success Story (Implied Identity)

“After years of anxiety and feeling disconnected from myself, the Body Spirit Mind process helped me reconnect. Yoga helped my body feel alive again, meditation calmed my thoughts, and therapy gave me the tools to move forward. I feel present, balanced, and more confident than ever.”

— Michael, 38, Ann Arbor



Investment Opportunity

Rising Demand for Integrated Wellness

42% of U.S. adults report symptoms of anxiety or depression — yet most treatment focuses only on the mind, not the body-spirit-mind connection.

80% of relapses in substance use recovery occur within the first 90 days, often due to lack of holistic support and poor environmental conditions.

Traditional mental health services lack immersive, integrative care, contributing to chronic relapse cycles and costly re-entry into treatment programs.

Wellness Market Growth

The global wellness economy is valued at \$5.6 trillion (Global Wellness Institute, 2024), projected to exceed \$7 trillion by 2027.

The mental wellness sector alone is worth \$170 billion, with a rising demand for holistic, non-pharmaceutical options.

Consumers increasingly seek retreat-style, trauma-informed, and spiritually attuned healing experiences.

Why Now?

Employers, insurance providers, and individuals are prioritizing preventive and integrative approaches.

Cultural burnout and post-pandemic shifts have led to higher value being placed on inner transformation, emotional resilience, and meaningful connection.



Investment Ask

\$500,000 in Seed Funding

Use of Funds:

Program Expansion: Launch additional IOP cohorts and immersive retreats

Digital Platform Development: Build a scalable online infrastructure

Marketing & Outreach: Targeted campaigns to drive enrollment and brand awareness

Team Growth: Hire clinical, administrative, and peer support staff

Outcome Measurement: Build a data infrastructure to track efficacy & outcomes

Funding Structure:

Convertible note or SAFE

Investor updates quarterly

ROI potential through program scale, licensing, and retreat profitability

“Your investment helps fill a critical gap in integrated trauma-informed wellness—offering lasting healing where traditional care cycles fall short.”

INVESTMENT ASK



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What Makes Our Approach Unique & Effective

Integrated, Not Fragmented.

Most traditional mental health services separate physical wellness, mental health, and spiritual care—leading to high relapse rates. Our method treats the whole person, weaving modalities together in a meaningful sequence.

Evidence-Based & Trauma-Informed

We follow best practices in trauma recovery, incorporating CBT, DBT, EMDR, somatic tracking, and polyvagal theory. Every offering is grounded in neuroscience and safety.

Culturally Competent & Relational

Our services are inclusive and accessible to diverse populations, honoring the cultural and personal narratives that shape healing.

The Synergistic Cycle

The cycle of Yoga → Meditation → Psychotherapy is carefully designed to unlock stored trauma, facilitate emotional insight, and integrate it into behavioral change—creating sustainable, lasting healing.

Measurable Outcomes

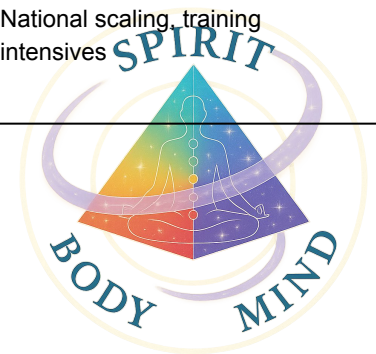
We track progress with pre- and post-assessments, behavioral goals, and self-report metrics (PHQ-9, GAD-7, etc.). Our programs aim to reduce symptom re-emergence and decrease need for repeated acute care.



Growth Roadmap and Financial Projections

Phase	Timeline	Milestone
1. Foundation	Q3 2025	Launch 10-week IOP and immersive retreat; finalize clinical protocols
2. Proof of Concept	Q4 2025 – Q1 2026	Run pilot groups; collect outcome data and testimonials
3. Expansion	Q2 – Q4 2026	Open 2nd location; add bilingual services, peer coach training pipeline
4. Digital Growth	2027	Launch virtual program with on-demand yoga/CBT modules and client app
5. National Reach	2028+	License Body • Spirit • Mind model to treatment centers and wellness orgs

Year	Operating Costs	EBITDA	Key Drivers
2025	\$80,000	\$40,000	Pilot IOP, retreat income, early-stage grants
2026	\$190,000	\$130,000	Expanded programs, B2B partnerships
2027	\$450,000	\$350,000	Virtual platform launch, licensing revenue
2028	\$750,000	\$650,000	National scaling, training intensives



Vision *Where movement, stillness, and reflection come together to create lasting healing of body, mind, and soul.*

Body Spirit Mind envisions a world where healing is holistic, accessible, and transformative — where individuals can reset their nervous systems, release repressed emotions, and rediscover inner balance through the synergy of body-based movement, mindful meditation, and compassionate psychotherapy.

Key Elements of the Vision

1. Integrated Healing

Trauma and emotional pain are addressed not just with talk therapy, but through embodied practices that reconnect mind and body. Each session blends yoga postures, meditative awareness, and therapeutic dialogue to unlock stored emotions and promote lasting change.

2. Safety & Empowerment

Every client experiences a safe and supportive environment to process difficult memories, regulate emotions, and build resilience. Healing is approached at the client's pace, honoring individual strengths and vulnerabilities.

3. Whole-Person Transformation

Beyond symptom reduction, the program cultivates deep self-acceptance, spiritual growth, and renewed vitality. Clients leave with practical tools for daily life: mindfulness practices, embodied awareness, and healthier patterns of thought and relationship.

4. Community of Healing

Body Spirit Mind is more than a program — it is a supportive community where people find belonging, compassion, and share strength. Collaboration with other practitioners ensures each person receives comprehensive care.



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