REALIGNED: AN 8-WEEK NERVOUS SYSTEM RESET FOR BUSY WOMEN

You're not tired because you're doing too much. You're tired because your nervous system still thinks you're in danger.

SOUND FAMILIAR?

You're smart. Successful. You've built a life you're proud of.

But lately?

- You wake up tired and go to bed wired.
- Your brain feels like it has 27 tabs open (and none of them are music).
- You find yourself zoning out, snapping at people you love, or staring at your to-do list for twenty minutes straight.
- You know what to do – but can't seem to make anything stick.

You don't have a discipline problem. You have a dysregulated nervous system.

When your body is stuck in survival mode, everything feels harder than it needs to. That's where Realigned comes in.

FEEL BETTER – NO LIFE OVERHAUL REQUIRED

Realigned is an 8-week live, online experience that helps you reset your nervous system, reclaim your energy, and reconnect with the version of you that feels grounded, clear, and present.

It's not about starting over.

It's about weaving in simple, science-backed tools that create real change – in the middle of your real, messy, overbooked life.

HERE'S WHAT YOU'LL GET

8 Weekly Live Sessions

Each 90-minute session includes:

- Breath-led grounding + nervous system teaching
- Practical coaching to personalize what you're learning
- Guided breathwork that becomes part of your toolkit
- Simple rituals to help you actually feel the shifts

What We Cover:

Week 1: The Reset Principle
You don't need more willpower, you need nervous system wisdom. Get ready to discover how yours works.

Week 2: Breathe First
Build your personal breath toolkit (grounding, energizing, centering, relaxing...).

Week 3: Energy Mapping + Capacity Building
Time isn't the problem; energy is. Learn to work with yours.

Week 4: Pattern Shift
Identify your go-to stress response and start to gently rewire it.

Week 5: Align Before You Act
Learn to pause, check in, and act from clarity instead of urgency.

Week 6: Realigning Identity
Shed the identities that don't work for you and step into who you're becoming.

Week 7: Systems for Consistency
Create micro-rituals that fit your real life – and actually stick.

Week 8: Sustain and Expand
Celebrate your shifts and craft a 90-day nervous system plan to keep them going.

PLUS BONUSES

Breathing & Balance Hub™

Full access to the membership library of quick resets, guided practices, and other trainings and resources.

Custom AI Coach

Support on demand. Super helpful when it's 11PM and you need some help getting your brain to stop spinning.

Lifetime Access to Replays + Practices

Life happens. Revisit what you need, when you need it.

THIS IS WHAT'S POSSIBLE

> "I walked away empowered and I felt like I could actually make it through life. I'm a better wife, mother, and friend because of this program. "
>
> **— Dawn F.**

> "My stress is manageable. I treat myself and others with more patience. My mind is less cluttered. I feel more at peace and centered."
>
> **— Joy F.**

> "I've meditated for years, but this had a totally different effect on me. What I'd been searching for all these years had finally been found. I started to notice a real difference in myself. I became more present, clear, and (shockingly!) happy."
>
> **— Suzanne R.**

> "That 8-minute session we did shifted my whole day. I went from anxious to calm. I can get myself back to feeling centered – I have breathing tools to help me regardless of the situation."
>
> **— Lorna S.**

BY THE END OF 8 WEEKS, YOU'LL HAVE:

- A calmer, more focused mind
- A nervous system you know how to regulate
- Breathwork practices that feel doable (and become second nature)
- Clearer boundaries, more aligned decisions, and less guilt
- A practice to return to anytime without shame or self-judgment
- Energy, clarity, and calm — even on chaotic days

MEET YOUR COACH

Candice Lazar. Esq.

Breathwork Facilitator | Transformational Coach | Recovering Overachiever

After 8 years helping entrepreneurs launch their biggest ideas, I hit a wall — exhausted, overwhelmed, and running on fumes.

Breathwork changed everything for me.

Realigned is the program I wish I had when I was burning out. So I went ahead and created it, and now it's my favorite program to share.

More at 44breathwork.com and abreathwelltaken.com

BLACK FRIDAY OFFER (LIMITED TO 15 SPOTS)

This is your chance to start 2026 feeling clear, calm, and like yourself again.

Join now and receive:

- 💸 Lowest price ever offered (beta rate)
- 🧘‍♀️ A private 1:1 coaching session
- 🚀 Early access to the Breathing & Balance Hub™ starting TODAY

Only 15 spots available. Once they're gone, they're gone.

THIS PROGRAM IS FOR YOU IF:

- You're high-achieving but secretly on edge
- You've tried the apps, the routines, the hacks – but nothing's sticking
- You're tired of white-knuckling your way through each day
- You want a system that meets you where you are, not a retreat fantasy
- You're ready to finally feel like you again

YOU'VE GOT TWO OPTIONS:

Option One:
Keep pushing. Keep hoping you'll rest "once things calm down."
(They never do.)

Option Two:
Invest 90 minutes a week for 8 weeks.
Learn how your body actually works.
Build tools you'll use for life.
And walk into 2026 feeling more alive than you've felt in a long time.

READY TO REALIGN?

🗓️ **Starts:** January 2026

🕒 **Time:** TBD based on group availability

📍 **Duration:** 8 weeks | 90 minutes per week

🎯 **Offer ends:** Monday, December 1 at 11:59PM

👉 **YES, I'M READY TO JOIN REALIGNED**

STILL HAVE QUESTIONS?

What if I can't make every session?

You'll have lifetime access to the replays.

Do I need breathwork experience?

Not at all. This is beginner-friendly and fully guided.

How much time does it take outside of class?

Just 3–5 minutes at a time – though you might find yourself wanting to do more, like most of my previous students. These are micro-practices for real life.

ONE LAST THING

Some part of you knows: something needs to shift.
Not your whole life.
Just the part where you're surviving more than you're thriving.

Your nervous system is asking for help.
Let this be the moment you finally listen.

👉 **JOIN REALIGNED NOW**

Only 15 spots. Offer closes December 1.

Questions? ✉ support@44breathwork.com