

LIGHT VITALITY GROUP, INC.
LIGHT WELLNESS MASTER PROGRAM

The Light Wellness Master Program is a 6-week consultation period designed to provide individuals with the means to learn about circadian health intimately and how to develop a light conscious lifestyle that best supports their circadian health. The program includes:

1. Two-week education modules breaking down three critical areas of circadian health
 - a. Module 1 - Sleep Health
 - b. Module 2 - Gut Health
 - c. Module 3 - Immune System Health & Recovery
2. Personalized, environmental programming for best case use lighting solutions and scenarios
3. 1-2 weekly consultation calls between each participant and a trained member of Light Vitality Group.
4. Access to interdisciplinary Q&A sessions between Light Vitality Group and a representative of an industry which supports the light wellness market upon request
5. Tools and resources for assessing personal environmental lighting scenarios and personal behavioral tracking
6. Mid-point and program-end review sessions of personal-tracking, resource results
7. Interdisciplinary service match-up for participants requesting official lighting design services

Resources provided:

1. Professional light meter
2. Choice of up to \$50 value of spectrally engineered, retrofit LED light bulbs for supporting circadian rhythm alignment
3. One (1) LED Cord and Plug Dimmers
4. Color swatch card set for assessing daylight and electric light color temperatures
5. Social Rhythm Calendar for light and behavioral lifestyle tracking

Terms and Conditions:

1. Upon purchase, each participant will engage in a two-week, pre-program screening period to make resource selections prior to their shipping. Shipping schedule is included within this time period.
2. Program purchase is non-refundable. We take what we do very seriously, and expect those who participate to do so as well.
3. Participants may opt out of the program at any time with the knowledge that no refunds will be provided.
4. Total of five (6) one-hour consultations with Master Light Wellness Practitioner to be scheduled during the pre-program screening period.

5. All consultations will be pre-scheduled during the pre-program screening period. Any consultations requiring rescheduling must take place during the 6-week program period and may not be rescheduled beyond that time frame.
6. Participants may not share program service with individuals outside of immediate family due to personalization and understanding of lifestyle needs.
7. Maximum of three (3) spaces for personalized, environmental programming.
8. All spatial evaluations and programming must take place within the 6-week program period.

Price:

1. One-time fee of \$300.00

MEDICAL DISCLAIMER

Light Vitality Group, Inc. provides general information for educational purposes only. The information provided by Light Vitality Group, Inc. should not be construed as an attempt to offer or render medical opinion or engage in the practice of medicine, nor should the information be a substitute for medical or professional care or the advice of your personal medical provider.