



Journeys

JOURNEYS WITH NAWAL

Corporate Wellness & Transformative Experiences

Calm minds. Connected teams. Space to begin again.



Wellbeing your team can experience. Journeys with Nawal brings sound, mindful movement and moments of pause into the workplace, creating space to step back, reconnect and find a gentler rhythm together.

CORPORATE WELLNESS SESSIONS

On-Site Sound Healing

Guided listening, with room to rest.

Mindful Movement & Yoga

Gentle sessions suited to office settings.

Team Wellbeing Days

A dedicated pause, built around your calendar.

Also discover Cacao Ceremony and the women's
Wisdom of Roses Retreat.

Wellbeing, your way.

Start small, or build a wellbeing rhythm.
Formats are tailored to your group and setting.

SIGNATURE FORMATS

60 MIN	Restore Breath, meditation and sound relaxation.
90 MIN	Deep Reset An immersive session, with room to reflect.
HALF DAY	Wellbeing Experience A curated sequence for leadership or events.

PARTNERSHIP OPTIONS

Pilot 1 session A first experience	Monthly Rhythm 4 sessions Build consistency	Quarterly Partnership 8-12 sessions Support a wellbeing culture
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HOW IT WORKS

01 Discover Audience, purpose and timing	02 Design The right format and modality	03 Deliver Professionally facilitated on-site	04 Review Feedback and next steps
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Begin a corporate wellbeing enquiry

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