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Journeys

JOURNEY WITH NAWAL

Corporate Wellness & Transformative Experiences



MUSCAT, OMAN

A considered invitation to pause, reconnect and begin again.

THE VALUE OF A PAUSE

Make room for what matters.

Beyond the pace of the working day, there is space to listen. To notice what has been overlooked. To return to ourselves with greater care.

Journey with Nawal brings thoughtful wellbeing experiences to individuals and organisations in Oman. Through ceremony, sound and time in nature, we invite people to step out of familiar routines and into a gentler rhythm.

For corporate partners, this is an invitation to give wellbeing its own place in the conversation: a meaningful pause, an attentive setting and time for human connection.



Space to rest. Presence to reconnect. Room to begin again.

GUIDED BY NAWAL

A personal journey. A shared invitation.



Nawal Al Balushi

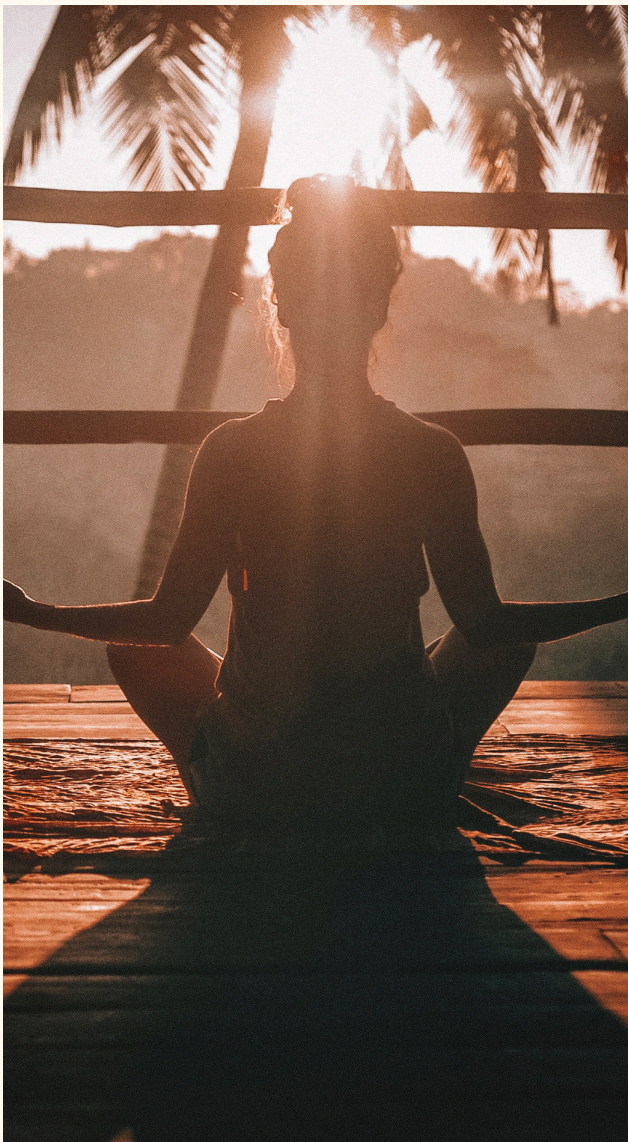
Founder of Journey with Nawal

Based in Oman, Nawal brings together sound healing, cacao ceremony and retreat hosting with an emphasis on thoughtful care and personal reconnection. Her work makes room for people to pause, reflect and explore a more intentional relationship with themselves.

Her writing speaks to the journey beneath the roles we carry. That same invitation runs through Journeys: to listen inward, honour our own pace and meet the next chapter with openness.

THE JOURNEYS APPROACH

Care, in every detail.



01

Presence

Time to step away from competing demands and attend to the moment.

02

Connection

An invitation to reconnect with ourselves, with others and with the natural world.

03

Integrity

A warm, professional approach that values thoughtful guidance and individual experience.

Premium in its care. Welcoming in its spirit.

FOR PEOPLE BEHIND THE ROLES

A more thoughtful way to gather.

The quality of a shared experience begins with the space we make for people.



Time to pause

Give colleagues a considered interval within a busy calendar: permission to step back and arrive fully.

Space to connect

Create a setting where attention, listening and shared experience can take their place alongside the agenda.

Care made visible

Express an organisation's commitment to its people through a thoughtful, human experience.

For HR teams, leadership groups and partners who want wellbeing to feel personal, intentional and carefully held.

THREE WAYS TO RECONNECT

One considered journey.

The wider Journeys vision also embraces workshops, coaching and learning experiences. Enquire about the current programme and the right starting point for your organisation.



01

Cacao Ceremony

An intentional ritual of presence, reflection and shared connection.

02

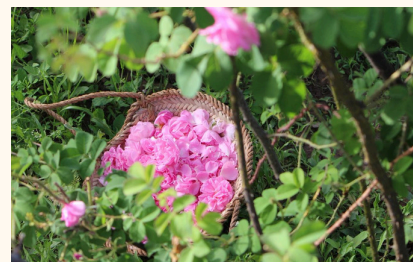
Sound Healing

A guided listening experience with room for stillness and rest.

03

Wisdom of Roses

A women's retreat shaped by nature, renewal and a gentler pace.



Three experiences. One intention.

01 / SIGNATURE EXPERIENCE

Cacao Ceremony

A warm invitation to arrive, reflect and connect.



From the cacao fruit and seed to the shared cup: a ritual of attention.

FROM ORIGIN TO INTENTION

The ritual begins with attention.

Cacao is prepared from the seeds of the cacao tree. In ceremony, the cup becomes a focal point: an invitation to slow down, set an intention and listen inward.



Nature, preparation and presence. A practice of care, from the ingredient to the experience.

A SHARED MOMENT

Gather with intention.

The experience brings a shared cacao ritual together with guided meditation and time for reflection. A closing conversation offers room to acknowledge what the experience has meant to each person.



A shared cup.
A moment of presence.

ARRIVE

SET AN INTENTION

REFLECT & INTEGRATE

CONNECTION, WITH CARE

An experience to share thoughtfully.

For organisations exploring a different way to bring people together, a cacao ceremony offers a reflective point of departure. Its value lies in the quality of attention given to the moment, and in the space for each person to find their own meaning.



Begin with the people in the room.

Quiet moments of presence and connection.

Discuss your audience, the purpose of the gathering and any participation requirements with Nawal. The enquiry is an opportunity to establish whether this experience suits your group.

02 / SIGNATURE EXPERIENCE

Sound Healing

A quieter space. A different way to listen.



Let the working day fall into the background. A guided sound experience invites people to settle, listen and make room for rest.

LISTENING AS A PRACTICE

Less to do. More to notice.



Sound offers a simple point of attention. The tone of a bowl, the space between notes, the experience of listening: each can invite a shift away from the familiar rhythm of doing.

Our sound sessions bring harmonic instruments into a calm setting, with gentle guidance and time to be present. There is no need to achieve a particular response; simply make space to listen.



A moment held in sound.

THE CONDITIONS FOR REST

The setting matters.



A considered space

Room to settle, a comfortable arrangement and attention to the atmosphere.

A guided experience

An introduction to the session and an invitation to listen at your own pace.

Time to return

A gentle close, with space to notice the transition back into the day.

A space prepared for stillness.

WELLBEING WITHIN THE WORKING DAY

Give stillness a place on the agenda.

For a team gathering, leadership meeting or wellbeing initiative, explore a sound session as a dedicated pause. Discuss the audience, setting and timing so the experience has a clear place within the wider occasion.



A shared pause, inspired by the natural world.

03 / SIGNATURE EXPERIENCE

Wisdom of Roses Retreat

A women's journey into nature, reflection and renewal.

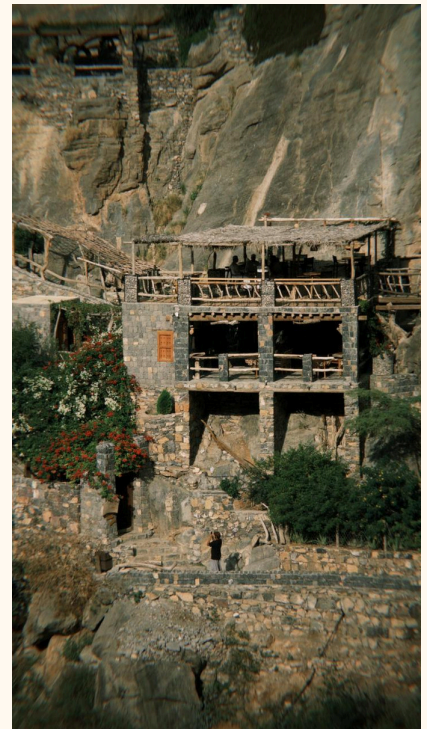
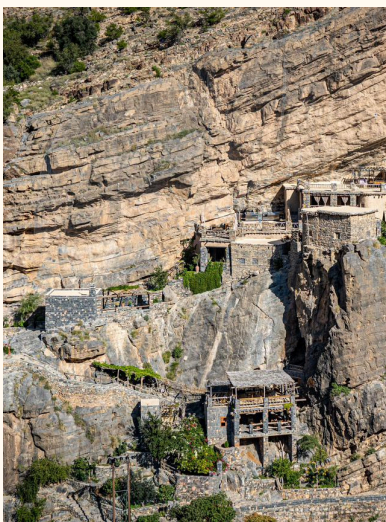
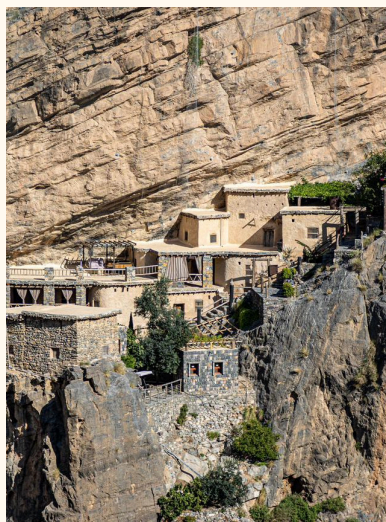


Beyond the everyday,
a gentler rhythm awaits.

THE LANDSCAPE AS AN INVITATION

Let the world widen.

Mountain paths, weathered stone and open views invite a different sense of scale. Beyond familiar surroundings, there is room to notice, reflect and take the next step at your own pace.



Paths, places and a fresh perspective.



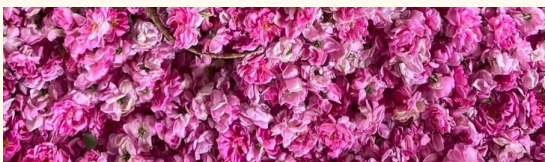
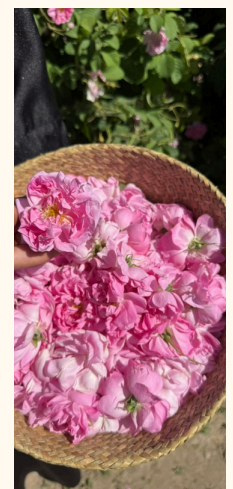
A CLOSER KIND OF ATTENTION

The wisdom of small things.

A rose in the hand. The colour of a harvest. A moment that asks for nothing more than our attention. Nature invites us to notice what a hurried day can leave unseen.



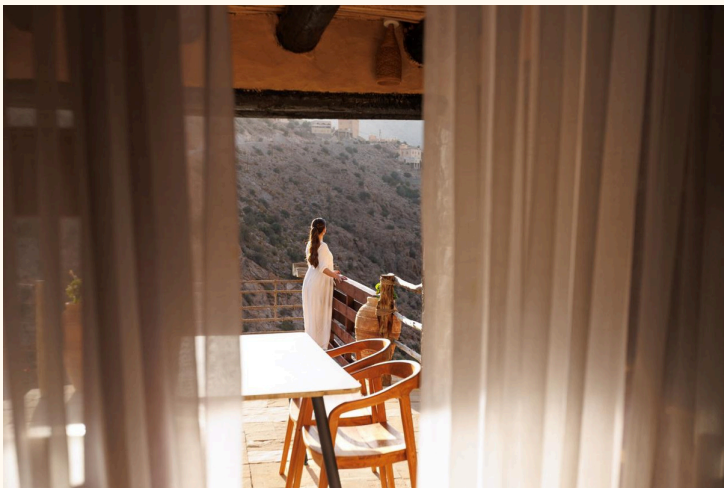
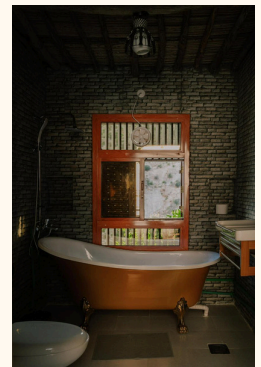
Slow down enough to see.



PLACES TO EXHALE

Room for a softer pace.

Quiet interiors. Stone pathways. Corners that invite us to linger. A change of setting can invite a change of pace, making room for attention to settle and time to feel our own.



Quiet corners. Open doors. Time to linger.

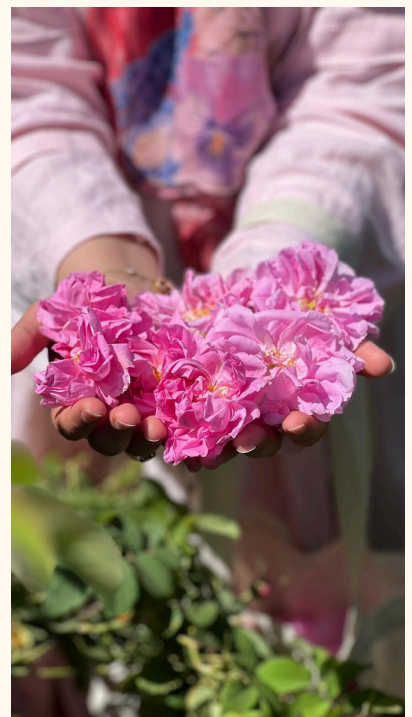


A place to
pause.
A little room
to simply be.

A JOURNEY FOR WOMEN

Return to your own rhythm.

The women at the heart of Journeys often carry many roles: professional, leader, entrepreneur, mother. This retreat offers an invitation to make space for the person beneath those responsibilities.

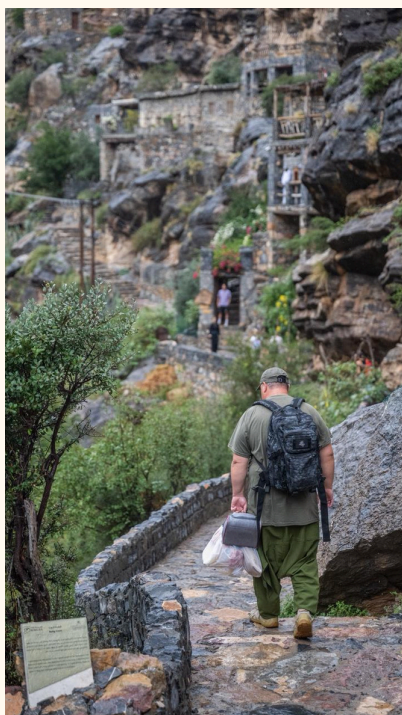


Time for yourself is a meaningful part of the life you are building.

WHAT WE CARRY HOME

The journey continues.

A retreat can create space to notice what matters. The return is an invitation to carry that attention into ordinary life: a gentler pace, a moment of reflection, a renewed appreciation of connection.



Moments of reflection and connection.

For corporate partners

Explore how the women's retreat may relate to your community or wellbeing initiative. Enquire about current arrangements and suitability.

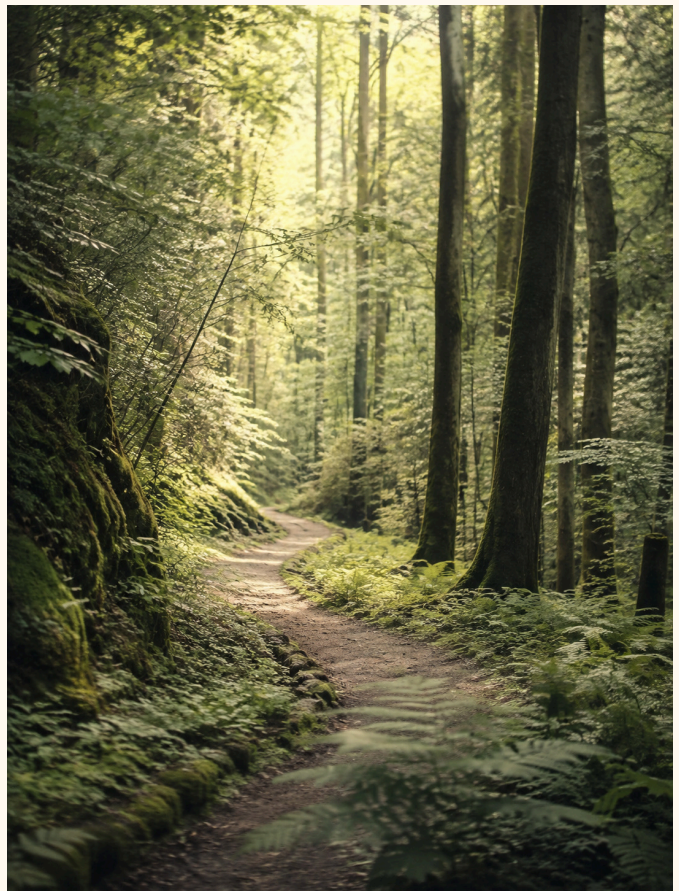
A PERSONAL REFLECTION

The courage to slow down.

“It's OK to move forward slowly.”

In her journal, Nawal recalls losing her way on Uetliberg after the loss of her mother. Rain and uncertainty gave way to a request for help, a return to the path and a renewed sense of connection with the world around her.

The reflection holds a quiet lesson: moving slowly can make room to notice another possibility. Asking for guidance can be part of finding our own way. Attention can change how we experience the journey.



“Trust yourself, you are on the right path.”

Adapted from Nawal's personal journal.

START WITH YOUR PEOPLE

Shape the conversation.

A thoughtful partnership begins with understanding the people, the purpose and the occasion. Bring your brief to Nawal and explore the experience that feels appropriate for your organisation.

01

Your intention

What would you like to make space for: rest, reflection, connection or a shared occasion?

02

Your audience

Who will take part, and what should be understood about their needs and expectations?

03

Your setting

Tell us about the venue or location you have in mind and the atmosphere you hope to create.

04

Your timing

Share your preferred dates and the place this experience will hold within your programme.

A clear brief is the beginning of a considered experience.



A CONVERSATION WORTH MAKING TIME FOR

Bring wellbeing into the conversation.

Whether you are exploring a single gathering or considering how wellness could sit within a wider initiative, begin with an enquiry. Share your objectives, audience, setting and preferred timing.

People are at the heart of the journey.



Faces from the Journey. Selected stills from participant testimonials.

Begin a corporate wellbeing enquiry at journeysom.com

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Journeys

BEGIN YOUR JOURNEY

Make space
for what comes next.

Corporate wellness enquiries & experience information



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