

The logo features the word "AWAKEN" in a large, white, serif typeface. The letter "A" is stylized with a thin white circle positioned above its left vertical stroke. The letters are closely spaced and set against a solid, muted brown background.

AWAKEN

CORPORATE WELLBEING



Awaken London is the go-to name for sound baths and nervous-system-led wellbeing in the corporate sector.

We are introducing a powerful, grounded approach that supports resilience, presence and meaningful human connection in the workplace.

THE LUNCHTIME SOUNDBATH™

Stress Recovery Within the Working Day

In just 60 minutes, your team will

- Down-regulate stress
- Improve focus and clarity
- Release mental fatigue
- Restore emotional balance
- Increase resilience

Single Corporate Session

£650

Up to 16 participants

60-minute guided session

Breathwork integration

Full equipment provided

Travel within London included

Team Regulation Series

For deeper impact and
sustainable change:

4-Session Programme

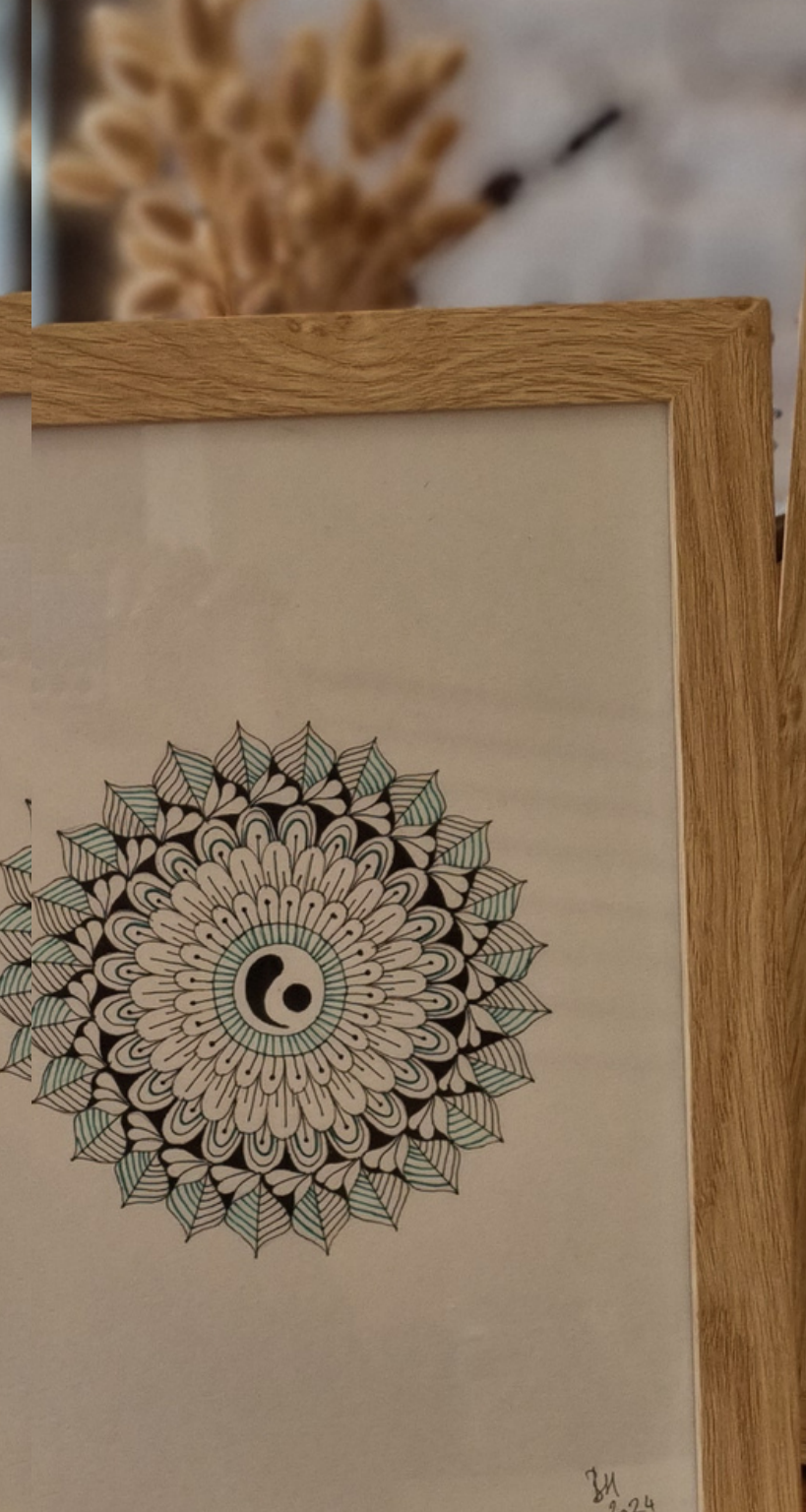
£2,400

6-Session Regulation Series

£3,300

www.awaken-london.com
wellbeing@awaken-london.com
07391 353267





AWAKEN

Creative Wellbeing Workshops for the Workplace

These workshops provide a practical, accessible way for teams to step away from daily pressures, reset mentally, and return to work with greater clarity and resilience.

Vision Board Workshops: Clarity, Focus & Goal Alignment

A guided session helping employees reflect on personal and professional goals, identify priorities, and create a clear visual framework for the months ahead.

Business benefit: Improves motivation, direction, and alignment with individual and organisational goals.

Mandala Art for Stress Reduction & Focus

A structured, meditative drawing session designed to calm the nervous system and improve concentration. The repetitive nature of mandala creation has been shown to reduce anxiety and support mental clarity.

Business benefit: Supports stress management, enhances focus, and encourages mindful working.

Creative Reset Sessions (Expressive Art & Reflection)

A facilitated session combining light creative exercises with guided reflection to help employees process mental load, reduce overwhelm, and reset cognitively.

Business benefit: Reduces burnout risk, improves emotional regulation, and supports sustained performance.

Guided Creative Journaling for Mental Clarity

A professionally facilitated writing session using targeted prompts to help employees organise thoughts, release stress, and gain perspective.

Business benefit: Enhances problem-solving, emotional intelligence, and decision-making.



Our Signature Sessions



At Awaken, we curate experiences for the workspace designed to restore balance, elevate energy, and reconnect mind, body, and spirit. Each session is intentionally crafted to meet you where you are whether you're seeking deep rest, emotional release, or renewed vitality.

Rest and relax Sound bath

Immersive sound baths using crystal bowls, gongs, and therapeutic frequencies to gently guide the nervous system into deep rest. These sessions support emotional release, mental clarity, and profound relaxation like a full reset from the inside out.

Breathwork & Nervous System Reset

Guided breathing practices designed to regulate stress responses, release stored tension, and restore inner calm. Ideal for those feeling overwhelmed, fatigued, or mentally overloaded.

Movement & Embodiment Classes

Gentle, intuitive movement sessions that focus on reconnecting you with your body. Expect a blend of somatic awareness, stretching, and mindful flow to support emotional grounding and physical ease.

Energy & Emotional Release Work

Subtle yet powerful practices designed to help shift stagnant energy and emotional holding patterns. These sessions are ideal for those going through transition, burnout, or emotional heaviness.

Meditation & Mindfulness Circles

Guided practices that cultivate stillness, clarity, and presence. These sessions help build inner resilience and create space away from the noise of daily life.

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