

Perceived stress scores across all 8-week courses delivered in 2024 showed a 49.7% reduction,

This is linked to future-stress proofing, helping lower the risk of stress-related illness or time off work.



Scan for
website

WHAT MAKES THIS UNIQUE?

Multi Modal Approach

I bring together **Zen meditation, mindfulness, zen yoga, and sound healing** — supporting your team's physical, mental, emotional, and energetic health in one integrated experience.

1-1 and Group Sound Healing

These deeply relaxing experiences use therapeutic sound frequencies to support nervous system regulation, mental clarity, and emotional balance.

1-1 sessions offer personalised stress release and energy restoration

Group sound baths create a shared sense of calm and cohesion across teams

Proven, Measurable Impact (Meditation & Mindfulness Programme)

The option of **pre- and post-programme surveys**, developed in partnership with the **University of Oxford**, to measure reductions in stress, increases in mindful awareness, and improvements in quality of life

Tailored for the workplace

All sessions are designed to fit the working day — practical, time-efficient, and easy to integrate into staff well-being schedules.



Across the North West or
online



reconnection2wellness.org



dawn@reconnection2wellness.org