

VAVI SOL

Experiential Wellness for Organizations

ABOUT

Vavi Sol offers embodied wellness experiences that support nervous system regulation, team cohesion, and sustainable leadership. Through sound healing, mindfulness practices, and somatic frameworks, I create space for organizational communities to restore, reconnect, and recalibrate.

Services Include:

- Sound Bath Experiences
- Nervous System Regulation Workshops
- Mindfulness & Meditation Sessions
- Tranquility Walks with Guided Reflection
- Custom Themed Wellness Events

Yoga sessions available Spring 2026 upon certification completion

WHY EXPERIENTIAL WELLNESS?

Organizations thrive when their people are regulated, connected, and resourced. Traditional wellness programs often focus on information without integration. My approach combines:

- ✓ **Embodied Practices** - Experience, not just education
- ✓ **Nervous System Science** - Grounded in polyvagal theory and somatic healing
- ✓ **Customization** - Tailored to your organization's culture and needs
- ✓ **Sustainability** - Tools participants can use beyond the session

Ideal for: Universities, nonprofits, educational institutions, corporate teams, healthcare organizations, and community groups.

INVESTMENT OPTIONS

SINGLE EVENT

One-time experiential wellness session for your organization.

Pricing:

- 60-minute session: **\$500**
- 90-minute session: **\$750**
- Half-day workshop (3 hours): **\$1,500**

Includes pre-event consultation, customized session design, and post-event resources for participants

QUARTERLY PARTNERSHIP

Four seasonal wellness experiences throughout the year.

Investment: \$2,500 (4 sessions)

What's Included:

- Four 90-minute sessions (one per quarter)
- Seasonal themes aligned with organizational rhythms
- Pre-session planning calls
- Digital resources for participants
- Priority scheduling

Best for organizations wanting consistent touchpoints without monthly commitment

MONTHLY RETAINER

Ongoing wellness support with flexible delivery.

Investment: \$4,500 (12-month commitment)

What's Included:

- One 90-minute session per month (12 total)
- Customized session design based on organizational needs
- Quarterly planning sessions to assess and adjust
- Digital toolkit for participants (guided meditations, regulation practices)
- Priority access for additional programming
- 10% discount on any additional services

Best for organizations committed to embedding wellness into their culture

CUSTOM PACKAGES

Need something different? I create bespoke wellness programs for:

- Leadership retreats
- Staff development days
- Wellness weeks or challenges
- Department-specific support
- Multi-site organizations

Let's discuss your vision.

SAMPLE SESSION FORMATS

Sound Bath Experience (60-90 min) Immersive sound healing journey using crystal singing bowls, chimes, and guided relaxation. Participants leave deeply rested and regulated.

Tranquility Walk + Sound Bath (90 min) Gentle walking meditation followed by sound healing. Combines movement, nature, and stillness.

Nervous System Reset Workshop (90-120 min) Interactive session teaching regulation practices participants can use daily. Includes breathwork, somatic exercises, and integration.

Themed Wellness Events (90-180 min) Custom experiences aligned with your organizational values, seasonal focus, or specific challenges (stress reduction, transition support, team cohesion, etc.)

WHAT ORGANIZATIONS ARE SAYING

"Vavi's sound bath experience was transformative for our staff. The nervous system practices she shared have become part of our daily routine."

— [Nervous System Reset workshop participant]

"We've partnered with Vavi quarterly and the impact on our team's wellbeing has been measurable. Highly recommend."

— [Soundbath Experience participant]

LOGISTICS

What I Provide:

- All sound healing instruments and equipment
- Pre-session consultation to customize experience
- Post-session resources (guided meditations, handouts, etc.)
- Liability insurance

What You Provide:

- Quiet space large enough for participants to lie down comfortably
- Optional: Yoga mats, blankets, pillows (I can provide if needed for additional fee)
- AV setup if integrating slides/visuals

Booking: Events are scheduled based on availability. Retainer clients receive priority booking.

NEXT STEPS

Interested in bringing experiential wellness to your organization?

Contact Vavi Sol:

- Email: vavi.sol@outlook.com
- Website: vavi-sol.com
- Phone: 224-809-5711

Or schedule a complimentary 20-minute consultation to discuss your organization's needs:

<https://calendly.com/vavi-sol/consultations-for-organizations>

Vavi Sol is a certified life coach and experiential wellness facilitator specializing in nervous system regulation, embodied leadership, and sustainable transformation. Based in Illinois, serving organizations nationally.

FREQUENTLY ASKED QUESTIONS

Q: How many participants can you accommodate?

A: Sound baths work best with 10-50 participants. For larger groups (50+), we can discuss logistics and pricing.

Q: Do participants need any prior experience?

A: No. All experiences are accessible regardless of wellness background or physical ability.

Q: Can sessions be done virtually?

A: While in-person is preferred for sound baths, I offer virtual nervous system workshops and guided meditation sessions.

Q: What's the cancellation policy?

A: Single events require 2 weeks notice for full refund. Retainer clients can reschedule sessions with 1 week notice.

Q: Do you offer payment plans?

A: Yes, quarterly and monthly retainers can be paid in installments. Contact me to discuss options.

Q: Can we customize the theme or focus?

A: Absolutely. Every session is tailored to your organization's needs, culture, and current challenges.