



Willowave

Core Sessions

\$2000-\$4000

A short yet powerful immersion introducing your team to the science and **power of presence**.

This session offers an instant **nervous system reset** and shared **clarity boost** that teams can feel immediately.

Perfect for: All-hands meetings, offsite kickoffs, or leadership tune-ups.

Includes: All facilitation materials, sound setup, and follow-up integration prompts.

Travel: Travel and lodging for one person will be provided by the client if outside Austin, TX.

30' Instant Reset

<i>5min</i>	Grounding breathwork
<i>20min</i>	Guided sound immersion
<i>5min</i>	Integration + sharing

60' Focus & Flow

<i>5min</i>	Grounding breathwork
<i>10min</i>	Journaling + Intentions
<i>10min</i>	Partner sharing + mirror
<i>30min</i>	Guided sound immersion
<i>5min</i>	Integration + sharing

90' Team Synchrony

<i>10min</i>	Grounding breathwork
<i>10min</i>	Journaling + Intentions
<i>10min</i>	Partner sharing + mirror
<i>50min</i>	Guided sound immersion
<i>10min</i>	Integration + sharing

These schedules are provided as a framework. The final experience will be fully customized to your needs.