



Willowave

Full Day Intensive

8 hours | \$8000

Our flagship experience blends sound healing, neuroscience, and collaborative artistry to spark transformation at every level of the organization. The day unfolds as a dynamic journey from presence to creativity to connection.

Perfect for: Company retreats or culture-building events focused on innovation, trust, or conscious leadership.

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

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

Lunch for all attendees will be provided by the client.

Morning: Create

Lighthearted practices to awaken presence and dissolve hierarchy.

- Breathwork & movement
- Creativity circles
- Team trust activators

Midday: Share

Deepen bonds through mindful conversation and shared reflection.

- Guided Jeffersonian Lunch
- Story exchange

Afternoon: Connect

Foster understanding and resonance.

- IFS empathy work
- Guided sound healing journey for collective integration
- Closing resonance circle to anchor new awareness and intentions

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