



**Willowave**

# Half Day Immersion

4 hours | \$5000

A half-day in-person experience crafted for leadership teams or company retreats.

This session enhances creativity, communication, and trust — creating lasting shifts in team coherence and clarity.

Perfect for: Core leadership groups ready to cultivate focus, presence, and mutual trust.

**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.

## Vision + Intentions

- 15min* Setting intentions
- 30min* Best I Can Imagine journaling
- 15min* Sharing + coherence

10' tea break

## Guided Sonic Meditation

- 15min* Grounding breathwork
- 15min* NLP Visualization
- 30min* Guided sound immersion
- 15min* Integration + sharing
- 15min* Upgrading journaling

10' snack break

## Team Connection

- 15min* Intro to IFS
- 15min* Connection exercises
- 15min* Trust exercises
- 15min* Team coherence + mapping
- 10min* Closing

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