

DESCRIPTION

Saaramaija Żórawski is a musician and facilitator working at the intersection of artistic practice and wellbeing.

Her work combines live music, collective songwriting, embodied listening, and participatory creative processes. She creates spaces where people can connect through sound, voice, and shared artistic exploration regardless of musical background.

Saaramaija works in diverse contexts including healthcare environments, community settings, and professional organisations. Her sessions can take the form of interactive concerts, collective songwriting workshops, reflective sound-based practices, or tailored creative wellbeing sessions for teams.

At the heart of her practice is a simple idea: artistic work can be rigorous, joyful, and deeply human fostering presence, belonging, and meaningful connection.