



Energy, Resilience & Connection for Teams

Corporate wellness workshops &
retreats

Refined by high-touch hospitality.

Presented by
Certified Ayurveda Embodiment
Guide Nandini Austin

The Mission

"In my career leading global corporate sales for luxury hospitality brands, I witnessed a consistent pattern: elite performers operating in a profound health deficit. I understand the ongoing pressure of the corporate world because I lived it; I spent 25 years in the sales and marketing trenches before Ayurveda taught me how to sustain my energy.

My vision is to bridge the gap between ancient science and today's modern executive lifestyle.

My mission is to make this 'science of life' accessible and actionable for today's busy professional."

NANDINI AUSTIN



A Disconnect

5 Places where Energy is drained in the Workplace



Decision Fatigue

Making Constant daily choices for clients leaves us with Zero energy to make nourishing choices for ourselves when we finally get home.



Digestion Disconnection

Eating while staring at a screen means our body can't convert food into vitality; it just creates heaviness.



Disconnection from nature

Spending our most productive hours in artificial light, & Ac, pulls us away from sun natural rhythms—the very thing that helps rebuild our vital essence



Disconnection from Self

Sitting at desks for long hours means, we are becoming more and more disconnected from our breath and rhythm.



Disconnection from each other

66% of employees report they feel disconnected from colleagues, driven by remote/hybrid models weakened team bonds

nandini austin

Today's professionals don't need more time — they need better energy. Chronic stress, burnout, poor digestion, and depleted immunity are among the leading barriers to workplace performance.

Burnout is a major driver of turnover: 45% of burned-out workers are actively searching for a new job, compared to just 16% of those who are not burned out.

Lower Performance: 71% of burned-out employees say it hurts their job performance, and 72% say it diminishes their efficiency.

66% of Americans say they do not have a healthy work-life balance.

The Solution

When we understand how our energy works, we can learn how to support it.”

Our reliance on modern healthcare systems and the prevalence of over-medication have become significant barriers to true vitality, highlighting an urgent need for the preventative, root-cause wisdom of Ayurveda.

The Vitality Shift: From Drained to Optimized

Workplace Drain	The Solution	Professional Result
Decision Fatigue	Individual Executive Coaching	Strategic Precision: High-level decision-making without the cognitive burnout.
Digestion Disconnection	Culinary Masterclasses (Nourish)	Sustained Energy: Eliminating the "3 PM slump" through high-vitality fueling.
Nature Disconnection	Ayurvedic Strategy Workshops	Circadian Resilience: Better sleep and daytime alertness via environmental hacks.
Disconnection from Self	Breathwork & Awareness Coaching	Emotional Intelligence: Improved self-awareness and poise under high pressure.
Social Disconnection	Group Dance & Culinary Experiences	Cultural Cohesion: Breaking down silos and building genuine team rapport.

Services

CORPORATE WORKSHOPS

Ideal for corporate groups, retreats, and off-sites looking to support well being in a way that feels engaging, joyful, and culturally rich

Timing : Available in 90 minute sessions, half day to full day immersion.s

Price: From \$125.00 - \$175.00 pp based on 10 -20 pax

Logistics -Your offices/ preferred location or via zoom.

“Nandini transformed our offsite into a day to remember, that left our employees energized and genuinely happier

Samantha- Goop

MOVEMENT CLASSES

These 60 minute group sessions help participants shift out of the overthinking mind and back into the body through movement, rhythm, and breath — supporting mood, circulation, and joy.

Price: From \$75.00 pp based on 10 -20 pax

Logistics -Your offices/ preferred location

“So much more fun than yoga!. The playlist was electric and it felt so good to move after sitting all day!

Joyce - KKR

AYURVEDA COACHING

This foundational 60 minute coaching session offers an intro to Ayurveda for individual to understand their triggers restore resilience, and reclaim their health.e. Available as an optional add-on to retreats, workshops,

Pricing from \$175.00- pp based on Min 5

Logistics via zoom in person

“My consult was an eye opener, I discovered new foods and routines that will keep me balanced throughout the day,”

Robert - Deloitte

CORPORATE PROGRAMS

90 minutes

MASTER YOUR PRODUCTIVITY

THE CIRCDIAN EDGE.

Guest master the Ayurveda Clock learning to align their most demanding tasks with the natural energy cycles of the day, matching cognitive work to specific productivity windows,

RESULTS

The Dosha Dynamics experience provided real tools for employee resilience. It was a unique, high-touch bonding experience that significantly boosted team morale."

BUILDING THRIVING TEAMS

DOSHA DYNAMICS.

Guests explore how different energy types communicate, process stress, and problem-solve, helping teams work smarter, reduce friction, and cultivate emotional resilience in the workplace.

Sarah - KKR Group



RESULTS

"Nandini didn't just give us a workshop; she gave us our spark back. We all walked away with simple, clever tricks that actually work—not just for our desks, but for our real lives at home, too."

Erica - Pace Capital



CULINARY WORKSHOPS

90 minutes

AWAKEN THE SENSES

Guests step away from the digital noise and reconnect to the notion of food as medicine to awaken the senses. Through vibrant scents, warming spices, textures, and tastes, guests learn to swap uninspiring takeout for nourishing, home-cooked power foods.

Every class features a simple One Pot Power Meal
Guests choose from Ayurveda Staples
Get Curried Away - Curry Class
Karmic Kitchari - Rice & beans, a reset in a bowl
Dhalicious - Soups for the Soul
Marvelous Mung Bean Crepes (Vegetarian options available)

RESULTS

“Nandini turned our team-building into a real moment of connection. We finally stepped away from our screens to actually create something together, laughing and bonding over a shared table in a way that felt totally natural.”

Peter - Mckinsey



BEVERAGE WORKSHOPS

90 minutes

THE GOLDEN HOUR

A Masterclass in Mindful Mixology

Replaced the usual happy hour, guests are led on sensory experience by a mindful mixologist The Cocktail Architect, where guests gets hands on crafting high-vibrational cocktails and mocktails using seasonal herbs and spices.

POWER OF PLANTS

A modern exploration into plant-based mixology. Participants build wellness-driven mocktails using adaptogens, herbs, and botanicals designed to soothe the nervous system, uplift mood, and nourish from within.

RESULTS

"This was not just a team happy hour but a sophisticated, high-energy bonding experience. It wasn't just about the drinks; it was about the shared joy of mastering a new craft together."

Matthew -Deloitte



About

From Global Sales Director for Ian Schrager to Wellness Director at the David Lynch Foundation, Nandini Austin has spent 20 years at the top of the hospitality industry. She now bridges the gap between high-performance corporate life and the sustainable wellness tools needed to thrive in it."

As a featured practitioner at the Omega Institute, Nandini's events are designed to be modular allowing you to build a customized afternoon or a one to two-day retreat

Nandini draws on her events background to ensure these experiences prioritize meaningful team bonding connections and social wellness experiences . Every guests leaves with practical key learnings and takeaways to use in their everyday life.



Why Nandini Austin

- High-Touch Hospitality : Two decades of experience in corporate events ensuring every session is sensory, personal, and custom-tailored to your group.
- Global & Culturally Rooted: BIPOC and Women-led, bringing a joyfully rich culturally rich approach to wellness with her Mauritian-London heritage
- Authentic: Having navigated executive leadership and motherhood, Nandini makes Ayurveda accessible and practical for everyday living



“Lets create an experience tailored to your brand’s vision and your guests' wellbeing.”



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*“When we release
the noise of
modern life, we
awaken the
wisdom that was
always ours.*

Nandini ”

