

PROGRAM

Embodied Flow : Creativity, Presence & Team Connection

Program Overview

A curated series of immersive sessions designed to enhance creativity, well-being, and team connection through movement, sensory awareness, and collective experience.

This program combines artistic practices, body awareness, and emotional regulation tools to create a meaningful and engaging experience for teams.

Participants are invited to slow down, reconnect with their body, and explore new ways of interacting, communicating, and creating together.

Program Structure

The program can be delivered as:

Option 1 – Half-day experience (recommended)

- 2 to 3 sessions (45–60 min each)
- Balance between calm, introspective, and dynamic moments

Example flow:

1. **Embodied Silence (45–60 min)**
→ grounding, breath, presence, focus
2. **Sensory & Creative Exploration (45–60 min)**
→ creativity, imagination, body awareness
3. **Collective Rhythms (45–60 min)**
→ energy, team cohesion, playful interaction

Option 2 – Single session

- 30 / 60 / 90 minutes
- Focus on one specific theme (stress relief, creativity, team bonding)

Session Details

Embodied Silence

A refined, slow-paced session focused on breath, grounding, and presence.

Helps reduce stress, improve focus, and support clarity.

Sensory & Creative Exploration

A gentle and immersive experience combining movement, imagination, and sensory awareness to unlock creativity.

Collective Rhythms

A dynamic and playful session using rhythm, movement, and group interaction to boost energy and strengthen team connection.

Objectives

- Improve focus and mental clarity
- Reduce stress and enhance emotional regulation
- Foster creativity and innovation
- Strengthen team cohesion and communication
- Encourage authentic expression and confidence

Target Audience

- Corporate teams (all levels)
- Leadership groups
- Creative and innovation teams
- Companies looking to enhance well-being and engagement

Key Benefits

- Immediate stress release and energy boost
- Stronger interpersonal connection
- Increased engagement and participation
- Memorable and meaningful shared experience

Facilitation Style

- Inclusive and accessible (no prior experience needed)
- Adaptable to group energy and needs
- Safe, supportive, and non-judgmental environment
- Elegant balance between structure and freedom

Logistics

- Group size: 5–20 participants
- Duration: 30 to 90 minutes per session
- Space: open, quiet room suitable for movement
- Equipment: sound system
- Language: French / English

Pricing

Flexible depending on format:

- Per session (fixed rate)
- Per participant

(To be discussed based on scope and location)

Additional Notes

This program can be fully customized depending on your objectives (team-building, stress management, leadership, creativity).

Follow-up formats or extended collaborations (retreats, regular sessions) are also available.