

DIONNE JOI

Culture Vitale Experience Menu

Corporate resets, leadership wellbeing, immersive programming,
private executive experiences, and scalable employee wellness.

Dionne Joi

International Wellness Experience Curator
Creator, Sacred Systems(TM) | Joi Luck Club

GROUP MINI-EXPERIENCES

Bookable sessions for teams and organizations.

Designed for Culture Vitale briefs. Final duration and delivery can be adapted to client needs.

The 20-Minute Nervous System Reset

20 MIN | VIRTUAL OR ON-SITE

A fast, accessible reset using breath, grounding, body awareness, and guided regulation. Ideal between meetings, during conferences, or as a wellbeing break in a demanding workday.

Corporate Reset: Move, Breathe, Return

30-45 MIN | VIRTUAL OR ON-SITE

Gentle, accessible movement paired with breathwork and meditation to release tension, interrupt stress, and restore focus. Can be delivered chair-based or mat-based.

Sacred Systems(TM): The High-Functioning Reset

60-90 MIN | WORKSHOP

A practical nervous-system-first workshop for people who are capable, productive, and tired. Participants identify patterns of overload and leave with tools for regulation, boundaries, recovery, and sustainable performance.

Rest Is Productive

45-60 MIN | INTERACTIVE WORKSHOP

A candid, engaging rethink of workplace busyness, recovery, and capacity. Participants examine the difference between rest and avoidance, recognize overload earlier, and create realistic recovery practices.

Leadership Reset: Clearer Leaders, Healthier Pace

60-90 MIN | LEADERSHIP GROUP

A facilitated leadership experience combining regulation, reflection, and intentional decision-making. Designed to create space for leaders to think beyond urgency and reconnect with how they want to lead.

SPECIALTY EXPERIENCES

More ways to match the client brief.

Breath Before the Breakthrough

30-45 MIN | GROUP

A breathwork and guided meditation session for moments of pressure, transition, creative blocks, or decision fatigue. Designed to shift participants from reactive mode toward greater clarity and presence.

Body Check: From Head to Human

30-45 MIN | GROUP

A body-awareness session for desk-heavy, high-output teams. Gentle mobility, somatic check-ins, and grounding help participants notice stress signals before the body has to start yelling.

Creative Reset

45-75 MIN | GROUP

A wellbeing-meets-creativity session combining grounding, reflection, simple creative prompts, and facilitated connection. Useful for team days, innovation sessions, retreats, and groups that need a mental pattern interrupt.

Energy Reset

45-60 MIN | GROUP

A calming experience that may combine meditation, breathwork, energy awareness, and group Reiki-style relaxation practices. Best suited to wellbeing days, retreats, and groups open to holistic modalities.

Intentional Team Reset

60-90 MIN | GROUP

A facilitated pause for teams to regulate, reflect, reconnect, and set a healthier intention for the next season of work. Can be tailored around change, growth, team pressure, or post-project recovery.

PREMIUM EXPERIENCES

For leaders, offsites, and deeper transformation.

CEO Reset: Private Executive Wellness Experience

PRIVATE | 90 MIN, HALF-DAY, OR 1-3 DAYS

A bespoke 1:1 reset for founders, executives, and senior leaders. The experience can combine nervous-system regulation, private movement, breathwork, meditation, Reiki, reflection, and life/work alignment. Destination formats available.

Half-Day Corporate Wellness Retreat

3-5 HOURS | TEAM OR LEADERSHIP

A custom sequence of movement, breathwork, meditation, reflection, facilitated conversation, and integration. Built around the group's needs rather than a fixed retreat template.

Leadership Offsite Wellness Programming

HALF-DAY TO MULTI-DAY | BESPOKE

A wellness arc for executive offsites and leadership retreats. May include morning practices, reset sessions, reflection, facilitated wellbeing workshops, private leader sessions, and closing integration.

Destination Team Reset

1-3+ DAYS | BESPOKE

Immersive wellness programming for company retreats and destination gatherings. Dionne can facilitate the wellness program or collaborate with venues and organizers to integrate wellbeing throughout the itinerary.

Extend the experience beyond a single session.

These options allow organizations to turn a workshop or event into an ongoing, branded employee wellbeing resource.

Sacred Systems(TM) Employee Wellness License

CUSTOM ORGANIZATIONAL LICENSE | SCALABLE

Bring the Sacred Systems(TM) framework into the workplace through a customized employee wellness program. Licensing can be structured around company size, goals, duration, and level of support, creating a repeatable wellbeing resource rather than a one-time activation.

Custom Sacred Systems(TM) AI Companion

PRIVATE COMPANY EXPERIENCE | DIGITAL

A company-specific AI wellness companion designed around Sacred Systems(TM) principles and the organization's approved wellbeing goals. Employees can access guided reflection prompts, reset practices, check-ins, and practical wellbeing support. Scope, content, privacy parameters, and deployment are customized with the organization.

Custom Employee Wellness Coloring Book + Journal

BRANDED RESOURCE | DIGITAL OR PRINT-READY

A customized adult coloring book, reflection journal, or combined wellness workbook created for the organization. Content can reinforce themes such as stress regulation, rest, boundaries, body awareness, reflection, and sustainable performance, with company-specific messaging or campaign themes.

Ongoing Virtual Yoga + Mindfulness

RECURRING GROUP PROGRAM | VIRTUAL

Weekly, biweekly, or monthly live sessions for employees, including accessible yoga, chair yoga, breathwork, meditation, mindfulness, or nervous-system resets. Programming can rotate by theme and support distributed or remote teams across locations.

Private Employee Wellness Sessions

1:1 | VIRTUAL OR ON-SITE

Individual yoga, mindfulness, meditation, breathwork, or wellness reset sessions offered as an executive benefit, employee wellbeing add-on, wellness-day activation, or limited private-session package. Structure and eligibility can be customized by the organization.

CUSTOM CORPORATE WELLNESS ECOSYSTEM

Organizations can combine live facilitation + recurring classes + Sacred Systems(TM) resources + custom digital tools into one bespoke wellbeing program.

All extended programs, licenses, AI tools, and custom resources are scoped individually based on organization size, duration, content requirements, delivery method, and intended use.