

Corporate + Executive Wellness Experiences

Bespoke wellbeing, leadership resets, immersive retreats, and private executive experiences.

Dionne Joi

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

POSITIONING

Wellness that meets high performers where they actually are.

Dionne Joi is an international wellness experience curator, certified yoga teacher, Reiki Master, wellness facilitator, business strategist, and creator of Sacred Systems(TM), a nervous-system-first framework for people navigating stress, overwhelm, constant output, and the pressure to keep performing.

Her work blends evidence-informed wellbeing practices and experiential facilitation with a practical understanding of entrepreneurship, leadership, hospitality, and modern work. Sessions are designed to feel human, engaging, culturally aware, and useful beyond the room.

Nervous System	Practical tools for regulation, recovery, and sustainable performance.
Mind + Body	Yoga, breathwork, meditation, body awareness, and restorative practices.
Leadership + Life	Reflection, boundaries, intentional leadership, and healthier relationships with work.
Immersive Design	From 20-minute resets to half-day, multi-day, and destination-based experiences.

DELIVERY

Virtual | On-site | International travel | Destination programming

EXPERIENCE + CREDIBILITY

A facilitator who understands both wellbeing and business.

Dionne has taught and facilitated wellness experiences across the United States and Latin America, working with individuals, groups, hospitality environments, entrepreneurs, and professionals from diverse cultural backgrounds. She has taught hundreds of group yoga classes across five countries and has supported retreat, residency, hospitality, and community-based wellness programming.

Her professional background also includes more than eight years in marketing, consulting, strategy, operations, and entrepreneurship. That combination allows her to translate wellness into language that resonates with founders, executives, teams, and organizations rather than treating wellbeing as a disconnected perk.

SELECT QUALIFICATIONS

- 400 hours of yoga teacher training across two 200-hour programs
- Reiki Level I, II & Master training
- Training in meditation, breathwork, aromatherapy, yoga mudras, and Indian Head Massage
- International retreat, residency, hospitality, and wellness experience design
- Professional background in marketing, business consulting, strategy, and operations
- Published writer, podcast host, and experienced speaker/facilitator

THE DIFFERENCE

Not wellness theater. Useful practices people can actually take back to work and life.

Flexible formats. Clear outcomes. Bespoke delivery.

Sacred Systems(TM): The High-Functioning Reset

GROUP | 45-90 MINUTES

A nervous-system-first experience for high-performing teams navigating stress, overload, and constant output. Participants explore regulation, body awareness, breath, boundaries, and practical reset tools.

Corporate Reset

GROUP | 30-60 MINUTES

An accessible movement, breathwork, and meditation experience designed to reduce tension, interrupt stress, and help teams return to the day with more clarity and energy.

Rest Is Productive

GROUP | 45-90 MINUTES

An interactive session that challenges performative busyness and helps participants rethink recovery, capacity, boundaries, and sustainable performance.

Leadership Reset

LEADERSHIP TEAM | 60-90 MINUTES

A facilitated reset for senior leaders combining nervous-system regulation, reflection, and intentional leadership practices to create space for clearer thinking and healthier decision-making.

PREMIUM + IMMERSIVE

Beyond the workshop.

CEO Reset: Private Executive Wellness Experience

PRIVATE | 90 MINUTES TO 3 DAYS

A customizable 1:1 experience for founders, executives, senior leaders, and high-performing professionals. Programming may incorporate nervous-system regulation, private yoga, breathwork, meditation, Reiki, reflection, and work-life alignment. Available as a focused session, half-day intensive, or private destination reset.

Half-Day Corporate Wellness Retreat

TEAM / LEADERSHIP | 3-5 HOURS

A customized reset that can combine movement, breathwork, meditation, reflection, facilitated conversation, creative exercises, and practical integration. Designed around the client's goals and group profile.

Leadership Offsite + Destination Wellness

BESPOKE | 1-3+ DAYS

Wellness programming for executive offsites, company retreats, and destination experiences. Dionne can facilitate individual sessions or help shape the wellness arc of a broader itinerary in collaboration with the client and venue.

PROGRAMMING CAN BE CUSTOMIZED AROUND

**Stress + overwhelm • Burnout prevention • Sustainable performance • Team reset •
Intentional leadership • Rest + recovery • Mind-body awareness • Transition +
clarity**

COLLABORATION

Built to fit the brief, not force the brief to fit the facilitator.

Culture Vitale clients can engage Dionne for short-format group sessions, workshops, leadership experiences, private executive wellbeing, speaking, retreat programming, or bespoke immersive experiences. Each engagement can be adapted for audience, location, duration, accessibility needs, and desired outcomes.

IDEAL FOR

Corporate teams • Founders • Senior leaders • Executive groups • Leadership offsites • Hospitality partners • International retreats • Organizations seeking wellbeing programming with substance and personality

AVAILABLE

Virtual • On-site • Medellin / Latin America • International travel

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Culture Vitale collaboration profile | 2026