

Wellbeing Services for Companies



A guide to wellbeing services that create a healthier, more resilient workforce while empowering employees, strengthening teams, and fostering sustainable success.

BY SHIVAY



Introduction

In today's fast-paced business world, employee well-being is key to building a resilient and high-performing workforce. Shivay, founded by Sachin and Lenneke, partners with companies to create healthier workplaces where employees can thrive, teams can flourish, and organizational success becomes sustainable.

With deep expertise in wellness, personal development, mindful decision making and conscious leadership, Shivay delivers tailored programs that reduce stress, enhance focus, and strengthen resilience. Our mission is to help organizations unlock human potential by nurturing both personal growth and professional excellence.

Through guided workshops, immersive experiences, and mindful practices, Shivay empowers teams to reconnect, recharge, and realign—driving well-being, engagement, and lasting business success.



Empowered individuals build resilient teams. When well-being becomes a priority, performance becomes sustainable.

About Us



At the core of Shivay are Sachin Sehgal and Lenneke Sicking, two individuals from different cultures united by a shared mission: guiding others toward greater balance, healing, and conscious living.

Sachin, born and raised in India, has been deeply rooted in spirituality since childhood. With a calm and grounded presence, he shares powerful tools drawn from breathwork, mindfulness, and sound healing to support inner transformation. He is a certified breathwork facilitator, mindfulness coach, and sound healer, dedicated to making high-quality well-being practices accessible to all.

Lenneke, from the Netherlands, has committed her work to personal growth and helping others thrive. With a warm and intuitive presence, she shares transformative tools drawn from yoga, breathwork, life coaching, and sound healing. She is a certified yoga teacher (600+ hrs), breathwork facilitator, life coach, and sound healer, committed to bringing holistic wellbeing into the corporate environment.

Together, they offer a rich blend of Eastern wisdom and Western insight — creating a supportive space where individuals and organizations can reconnect, grow, and thrive.



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OI Yoga in Motion

Our yoga sessions are designed specifically for busy professionals to reduce stress, increase energy, and enhance focus — right at the workplace. Whether during lunch breaks, after meetings, or as part of team-building events, these sessions gently open the body and calm the mind, supporting balance and resilience. Our sessions are accessible to all.

Regular workplace yoga can:

- Reduce tension and prevent burnout
- Improve posture and physical health
- Enhance mental clarity and creativity
- Foster team connection and collaboration
- Boost morale and overall workplace satisfaction

Integrating yoga into your company culture helps create healthier, more engaged employees—driving productivity and fostering a positive, vibrant work environment.



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Breathwork for Focus



In today's demanding work environment, stress, burnout, and lack of focus are increasingly common. Our guided breathwork workshops offer a powerful practical science-backed approach to help teams reset, recharge, and reconnect—both individually and collectively.

Through structured breathing techniques, participants learn to calm the nervous system, enhance mental clarity, and restore inner balance—boosting focus, resilience, creativity, and overall workplace well-being.

Whether part of a wellness program, offsite event, or team development initiative, these sessions are tailored to support a healthier, more mindful, and productive company culture.

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A powerful step toward balance, clarity, and sustainable performance.

03 Soundbath for Calm

Our immersive soundbath sessions give teams the opportunity to unwind, recharge, and restore mental clarity through the healing power of sound. Using soothing vibrations from crystal bowls, gongs, and other instruments, these experiences help participants enter a deeply relaxed, meditative state—reducing stress and fostering emotional balance.

Benefits of soundbath sessions include:

- Enhanced relaxation and stress relief
- Improved focus and mental clarity
- Reduced in anxiety and fatigue
- Boosted creativity and emotional well-being
- Strengthened team cohesion through shared calm

Ideal for corporate wellness programs, retreats, or team events, soundbaths provide a restorative pause that nurtures both individual well-being and collective harmony.



04 Mindfulness at Work



Our structured mindfulness program equips teams with practical tools to manage stress, boost focus, and cultivate emotional resilience. Through guided practices, reflective exercises, and group discussions, participants develop greater awareness and presence—skills that enhance decision-making, creativity, and collaboration in the workplace.

Benefits include:

- Reduced stress and burnout
- Improved concentration and productivity
- Enhanced emotional intelligence and communication
- Greater adaptability and resilience
- Strengthened team cohesion and workplace harmony

Ideal for organizations committed to fostering a healthier, more engaged, and mindful workforce.

The program can be tailored to your organization's specific needs.

05 Heartfelt Cacao Experience

Our Cacao Experience offers a heartfelt, transformative session designed to open the heart, deepen connection, and invite joy and presence. Using ceremonial-grade cacao, participants enter a safe, nurturing space to slow down, set intentions, and connect with themselves and each other.

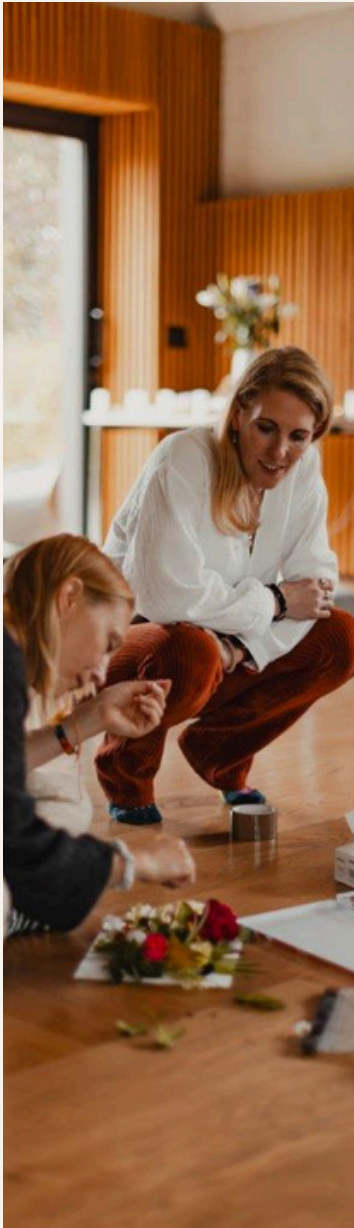
Benefits include:

- Enhanced emotional openness and vulnerability
- Strengthened sense of community and connection
- Increased mindfulness and inner calm
- Inspiration for creativity and self-reflection
- A joyful, uplifting experience that nurtures the spirit

Ideal for corporate retreats, team-building events, or wellness celebrations, the Cacao Experience fosters a culture of authenticity, gratitude, and shared purpose.



06 Conscious Team Day



Designed to nurture connection, resilience, and well-being, our Conscious Team Day offers a tailored experience that combines a variety of our services - including yoga, breathwork, soundbath, mindfulness and cacao. Each program is customized to meet the specific needs of your company, creating a day that inspires balance, creativity and authentic collaboration.

Through immersive practices, your team will:

- Reduce stress and recharge energy
- Strengthen focus, clarity and resilience
- Foster trust, openness, and deeper connection
- Cultivate creativity and innovative thinking
- Build a healthier, more positive tea culture

Whether as a company retreat, team-building event, or part of your ongoing wellness strategy, a Conscious Team Day provides a transformative reset - empowering employees to thrive together in a more mindful and engaged workplace.

Next Steps

Investing in well-being is investing in your people. By bringing practices such as yoga, breathwork, mindfulness, sound healing and cacao into the workplace, you create space for healthier, more resilient and more connected individuals and teams.

We would be happy to help you design the right program for your organisation. Together we can co-create an experience tailored to your team's or company unique needs, culture and goals.

Get in Touch

Contact us and together we can explore how to bring more balance, focus and connection into your workplace:

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When we take care of our people, success takes care of itself

