



Corporate Wellbeing

High Performance Starts with a Regulated Nervous System

*“Empowered employees don't just perform better—they live better.
And organisations that invest in that build something that lasts.”*

About Raiona-Naturals

Raiona-Naturals combines Sophrology, Naturopathy and Kinesiology to help organisations create healthier, more resilient workplaces. With a corporate background, I understand the realities of demanding work environments and translate holistic wellbeing into practical tools employees can use immediately.

The Raiona Method

Sophrology

Breathing, relaxation and mental techniques that improve focus, resilience and emotional regulation.

Naturopathy

Natural strategies supporting sustainable energy, recovery and healthy daily routines.

Kinesiology

Mind-body approaches to release tension, restore balance and enhance clarity.

Corporate Workshop Formats

Impulse Session (90 minutes)

A practical introduction to stress regulation, breathing techniques and immediate wellbeing tools for everyday work.

Investment: €350

Half-Day Workshop (4 hours)

An interactive experience combining Sophrology, Naturopathy and Kinesiology with exercises teams can apply immediately.

Investment: €750

Full-Day Workshop

A comprehensive wellbeing day focused on resilience, nervous system regulation and sustainable performance.

Investment: €1,390

Corporate Wellbeing Partnership

Recurring sessions that embed wellbeing into your company culture through continuous support.

From €550/month

Included: Discovery call, tailored content, workshop materials, digital resources and travel within Vienna.

Let's Create Something Meaningful

Every organisation has its own culture, goals and challenges. I'd love to learn more about yours and explore how Raiona-Naturals can support your team with a tailored wellbeing programme.

Email: healingwith@raiona-naturals.me

Website: www.raiona-naturals.me

Raiona-Naturals e.U.

Corporate Wellbeing • Sophrology • Naturopathy • Kinesiology