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*holistic*  
**WELLNESS  
PROPOSAL**



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# PROPOSED ROLE

## Holistic Wellness Facilitator

### Key Responsibilities:

#### 1. Lead Workshops Focused on Somatic Practices:

- Design and conduct workshops that teach participants how to connect with their bodies through somatic practices.
- Incorporate elements of intuitive movement and dance to help guests express themselves freely and release stored tension.

#### 2. Conduct Individual Energy Healing Sessions:

- Utilize technique such as Reiki Usui Shiki Ryoho to promote healing and balance.
- Provide personalized energy healing sessions tailored to individual needs.

#### 3. Collaborate with Other Wellness Professionals to Integrate Services:

- Work closely with the resort's existing wellness team to integrate energy therapy and somatic practices into the overall wellness program.
- Participate in multidisciplinary meetings to ensure a holistic approach to guest wellness.
- Develop collaborative programs that combine different wellness modalities for comprehensive guest care.

As a Holistic Wellness Facilitator, I will lead energy therapy sessions, somatic workshops, and intuitive dance classes, event focused circles, providing guests with comprehensive wellness experiences. This role is akin to having a retreat instructor available year-round, offering continuous support and guidance to guests on their wellness journey.

My unique blend of energy therapy and movement-based healing offers a holistic approach to wellness, promoting both physical and emotional well-being. This integrative approach helps guests achieve a deeper sense of balance and harmony, enhancing their overall resort experience.

**By incorporating these services into your resort's wellness program, you can provide guests with a unique and transformative experience that sets your resort apart as a leader in holistic wellness.**

with love,  
*Nicol Wesolowska*

## WHAT I OFFER

# WORKSHOPS, CLASSES & HEALING SESSIONS



### SOFT MORNINGS

SOFT MORNINGS IS A GENTLE AND REJUVENATING SESSION DESIGNED TO PREPARE YOUR BODY, MIND, AND SPIRIT FOR THE DAY AHEAD. THIS CLASS INCORPORATES MEDITATIONS, SOFT STRETCHING, SMOOTH MOVEMENTS, AND EXERCISES THAT INVIGORATE THE JOINTS WHILE GENTLY AWAKENING THE BRAIN. IDEAL FOR THOSE SEEKING A HOLISTIC AND CALMING START TO THEIR DAY.

### SHAMANIC FLOW MOVEMENT

SHAMANIC FLOW MOVEMENT IS A TRANSFORMATIVE SESSION FOCUSED ON MENTAL INTEGRATION THROUGH SOMATIC BODY MOVEMENT. THIS CLASS TAKES A TRANCE-LIKE APPROACH, GUIDING PARTICIPANTS THROUGH POWERFUL MOVEMENTS THAT CONNECT THE MIND AND BODY IN A PROFOUND WAY. IDEAL FOR THOSE SEEKING A DEEPER CONNECTION WITH THEIR INNER SELVES THROUGH PHYSICAL EXPRESSION.



### INTUITIVE DANCE CLASSES

INTUITIVE DANCE CLASSES FOCUS ON THE FREEDOM OF EXPRESSION, ALLOWING THE SUBCONSCIOUS TO SPEAK THROUGH THE BODY. THESE SESSIONS ENCOURAGE PARTICIPANTS TO RELEASE JUDGMENT, EMBRACE SPONTANEITY, AND FIND JOY IN MOVEMENT. IDEAL FOR THOSE LOOKING TO EXPLORE THEIR INNER CREATIVITY AND EXPRESS THEMSELVES FREELY.

### 1:1 REIKI ENERGY HEALING SESSIONS

REIKI SESSIONS OFFER A PERSONALIZED AND DEEPLY RELAXING EXPERIENCE FOCUSED ON BALANCING THE BODY'S ENERGY FLOW AND PROMOTING OVERALL WELL-BEING. CHANNELING HEALING ENERGY, HELPING TO REMOVE BLOCKAGES, REDUCE STRESS, AND ENHANCE THE BODY'S NATURAL HEALING PROCESSES. THESE SESSIONS ARE IDEAL FOR INDIVIDUALS SEEKING A HOLISTIC APPROACH TO HEALTH AND WELL-BEING.





404? YOU DIDN'T FIND WHAT YOU  
WERE HOPING FOR?

## NO WORRIES!

While I have curated a selection of events that I am currently comfortable hosting, I want to emphasize my openness to exploring new ideas and opportunities for collaboration. In addition to the events outlined in this proposal, I am enthusiastic about venturing into new territories such as women's circles, special theme workshops, new moon and full moon gathering, lectures, cleansing ceremonies, and more. I believe in the power of innovation and collaboration to create unique and impactful wellness experiences. I look forward to discussing how I can tailor my offer and service to meet the unique needs and aspirations of your resort and its guests.

*invite the visions*





# ABOUT

## **Dear reader, hi!**

I am Nicol Wesołowska, a certified Reiki Usui Shiki Ryoho level II energy therapist and a practitioner of ritual and trance. My professional dance background, coupled with my university training in body awareness, enriches my practice, allowing the body to be a conduit for energies and heightened awareness.

## **Artistic & Academic Background**

Free body expression has been an integral part of my life, catalyzing transformation and expanding my consciousness. At the National Academy of Theatre Arts St. Wyspiański in Krakow, where I earned a Master of Arts in Dance Theater, I developed a profound understanding of body awareness and movement. For my master's thesis, titled "Timeless Therapy: Dance and its Healing Aspects," I conducted in-depth research on trance, ritual, and healing modalities. This included studying Haitian Vodun and Trauma Release Exercises (TRE), exploring how dance and movement can facilitate deep healing and integration of the subconscious and consciousness through the body.

**For more information  
please visit:**  [nicolvska](http://nicolvska.com)

## **Where did it all begin?**

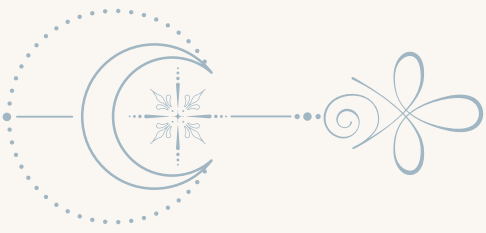
My journey into the realm of energy began during my teenage years when I first encountered the concept of energy as a fundamental force within the body. I delved into understanding Chakras, body energy, and various methods of inner integration through practices such as meditation, visualization, chanting, and EFT tapping. This heightened my sensitivity to energy and deepened my spiritual awareness.

## **Experience**

As a performer, choreographer, movement teacher, and participant in international projects, I have explored dance folklore in the People's Republic of China, gender identity in Salzburg, Austria, and the principles of contact improvisation in Hungary. My motivation has always been to expand the body as an instrument of integration and expression. To navigate my spiritual experiences, I pursued certification in Reiki Usui Shiki Ryoho in 2018 - Shoden Certification & in 2020 - Okuden Certification. With over 90 hours of experience in healing sessions with clients, I have developed a grounded and effective approach to energy therapy.







# YOUR BENEFITS

## 1 **Enhanced Guest Experience**

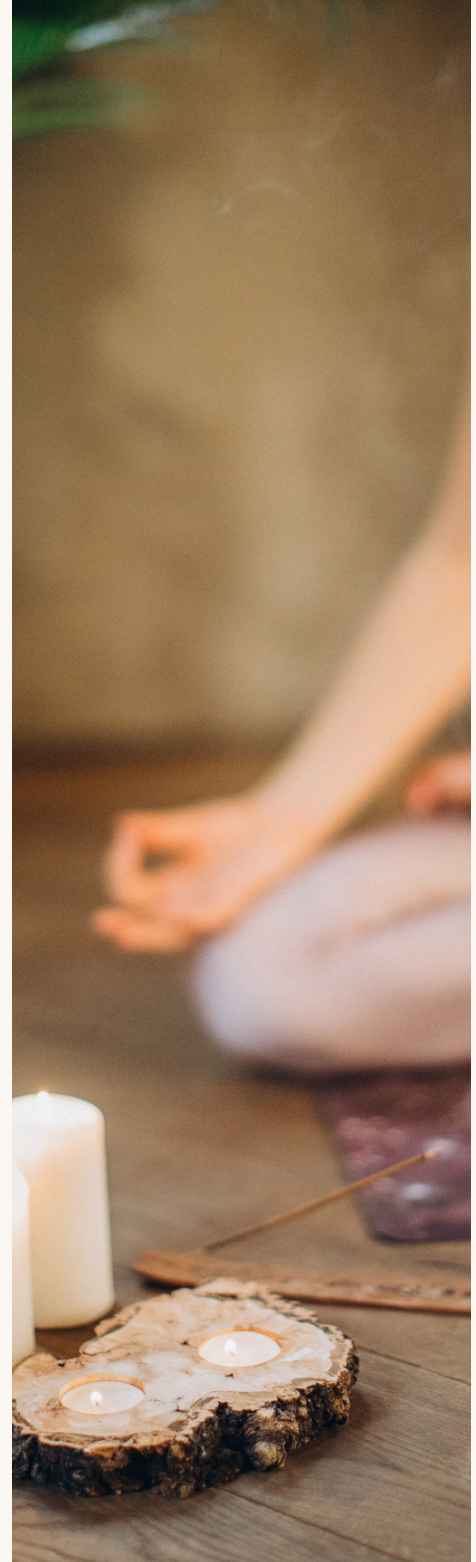
The resort can elevate its guest experience through unique and transformative wellness programs. My expertise in Reiki, shamanic rituals, and body awareness can attract guests seeking holistic and spiritual rejuvenation, setting the resort apart from competitors.

## 2 **Diverse Wellness Programs**

My background in dance, body awareness, and energy healing allows me to design and lead a variety of innovative wellness programs. These programs can appeal to a broad range of guests, from those looking for relaxation to those seeking deeper spiritual experiences.

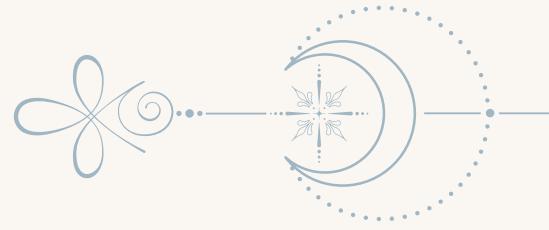
## 3 **Increased Guest Satisfaction**

Offering comprehensive wellness sessions can significantly improve guest satisfaction and retention. My personalized approach to wellness ensures that each guest feels seen, heard, and cared for, fostering a deep connection and loyalty to the resort.





# FAQ's



## **How many guests can enjoy the classes?**

The ideal number of participants on one group class or session is from 4-20, depending on the provided space and the type of class.

## **Do you provide group Reiki sessions?**

No. It is against the health and safety regulations of energy healing session. Although it may sound alluring, it's highly unprofessional to do so.

## **We don't have the opening for this position.**

I'm open to work in other roles in hospitality and combine my experience and services to contribute to your community.

## **Do you have the necessary experience?**

Yes, previously I have conducted workshops in contemporary dance, floorwork and movement improvisation classes in which I combined the elements of mindfulness, somatic and body awareness. I also work 1:1 with clients offering guidance in spiritual integration.

## **How do you ensure the quality of your wellness sessions?**

To ensure the quality and effectiveness of my wellness sessions, I focus on facilitating subtle communication with one's inner self. By providing a mindful, supportive environment and personalized approach, I help participants tap into their inner integration abilities to promote holistic well-being.





# Let's Get Started!

I am excited to connect with you and explore how we can work together to create transformative wellness experiences. Whether you have questions about my services, are interested in collaborating, or simply want to learn more about my approach, I would love to hear from you. Please feel free to reach out via email, phone, or through my social media channels.



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*Thank you  
for your time!*

Let's embark on this path of  
personal growth and  
holistic well-being  
together.

*Nicol Wesolowska*

