

*Danielle Wilkinson*



*Private Sessions ~ Group Workshops ~ Retreats*

# DANIELLE WILKINSON

**MINDFULNESS, ART, MOVEMENT  
& MOTIVATION**

HEALTH & WELLNESS COACH & MENTOR  
MINDFULNESS & MEDITATION GUIDE  
YOGA INSTRUCTOR & BREATH WORK GUIDE  
TEAM BUILDING FACILITATOR  
VISIONARY ARTIST & ART INSTRUCTOR  
JOURNEY PRACTITIONER  
HEALTH & WELLNESS RETREAT FACILITATOR  
REIKI/ SHAMANIC/SOUND/QUANTUM HEALER  
SPEAKER & AUTHOR



[DANIELLEWILKINSON.COM](http://DANIELLEWILKINSON.COM)



Danielle Wilkinson



# OVERVIEW

The physical, mental & emotional well-being of your team members is a crucial component of a successful business. When companies invest in their employees' overall wellness everyone benefits. This investment leads to a more pleasant working environment, enhanced productivity, improved employee retention, & an overall boost in organizational performance. It is my honor to assist you, your staff members & your company in flourishing in today's fast-paced world. Let's embark on this journey towards a healthier, more productive corporate environment together. I have numerous offerings that can be customized to suit your company's specific wellness needs.



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# ABOUT

Danielle creates space for you to rediscover your authentic truth, find stillness in modern chaos, ignite your inner purpose, activate your inner bliss and awaken to your highest potential.

Danielle is a space holder, fine artist, journey practitioner, spiritual mentor, movement guide and intuitive and energy practitioner. Danielle is a percussionist and primal drummer, creator of Journey Art and The Sun Oracle Deck and Author of Conduit of Light and The Feral Feminine.

Danielle has been holding space for personal healing and mentoring sessions, women's circles, group classes and workshops as well as hosting international and local retreats for over a decade. She has owned and managed several brick and mortar spiritual centers throughout her journey as well.

Her intention in all of joyful service that she offers is to hold space for you to become the absolute best version of you.



## Tools, Certifications & Dynamic Learning Experiences:

### Healing Arts:

- **Certified Mindfulness Educator**
- **Certified Reiki Master/Teacher**
- **500 RYT Certified Yoga Instructor**
- **Trained with Sandra Ingerman Shamanic Journey Levels 1 & 2**
- **Certified Quantum Bridge Timeline Star Healing Facilitator**
- **Certified Advanced Psychic Medium**
- **Former Owner of Aquarian Yoga Centers**
- **Former Co-Creator of House of Multidimensional Evolution (HoME Retreat and Wholeness Center)**
- **Former partner at Welcome Ohm Spiritual Center**
- **Co- Creator & Host of Spark of Sophia Global Community**

### Fine Arts:

- **BA Fine Arts**
- **Certified K-12 Art Instructor in NJ**
- **Former Art Teacher (photography, graphic design, drawing) at David Brearley Middle/High School 2004-2018**



# GROUP OFFERINGS

Interactive Growth Spaces & Workshops

01 Team Building

02 Mindfulness Fundamentals

03 Basic Movement & Meditation

04 Igniting Creative Potential & Personal Power

05 Radical Responsibility & Unique Expression

06 Integrating Wholeness Practices

All of the above may include:

Motivational Talks, Meditation, Yoga, Breath Work, Guided Journeys, Sound Healing & Creation, Creative Writing & Art Creation

• See Specific Offering in Following Pages to Learn More





# SPEAKING TOPICS

## Motivational Talks

- |    |  |
|----|--|
| 01 | Wholeness through Wellness                   |
| 02 | Mindfulness Fundamentals                     |
| 03 | Keeping Creativity Alive                     |
| 04 | Igniting Creative Potential & Personal Power |
| 05 | Radical Responsibility & Unique Expression   |
| 06 | Self Awareness & Team Consiousness           |

• See Specific Offering in Following Pages to Learn More





# PRIVATE SESSIONS

1 on 1 Sessions 15, 30, 60 or 90 mins

- |    |  |
|----|--|
| 01 | Reiki / Hands on Energy Healing (in person)              |
| 02 | Yoga (in person or virtual)                              |
| 03 | Intuitive Coaching & Mentoring<br>(in person or virtual) |
| 04 | Guided Meditation (in person or virtual)                 |
| 05 | Breath Work (in person or virtual)                       |
| 06 | Sound Healing (in person or virtual)                     |







- Unity Consciousness Talk
- Inter-Dependency & Collaboration
- Community: Meditation, Breath Work & Chant Exercise
- Group Movement Exercises
- Community Sound Collaboration & Creation
- Community Art Project: Team Mandala/ Group Tapestry/Team Vision Board

## SPEAKING & WORKSHOP THEMES

# TEAM BUILDING





- Mindfulness Fundamentals & Tools
- Finding Stillness in Modern Chaos
- Mindfulness Meditation Practices
- Mindfulness Breath Work Practices
- Chanting & Sound Exercises
- Energy Release Exercises
- Sensory Exercises
- Art Project: Mandala & 1 Point Focus
- Positive Affirmation Creation & Share

## SPEAKING & WORKSHOP THEMES

# MINDFULNESS





- Basic Yoga Fundamentals
- Vibrant Yoga
- Restorative & Yin Yoga
- Yoga Nidra
- Chair Yoga
- Basic Stretch Exercises
- Somatic Exercises to Release Stress
- Tapping Exercises
- Intuitive Movement
- Intuitive Dance

## SPEAKING & WORKSHOP THEMES

# MOVEMENT





- Meditation 101
- Guided Meditation
- Sound Healing Meditation
- Guided Journey Meditation
- Eyes Open Meditation
- Walking Meditation
- Mantra Meditation
- Moving Meditation

## SPEAKING & WORKSHOP THEMES

# MEDITATION





- Self Awareness
- Igniting Passion
- What Motivates You?
- Authenticity & Integrity
- Defining Your Strengths
- Understanding Weaknesses
- Honoring Cycles
- Accountability
- Personal Boundaries

SPEAKING & WORKSHOP THEMES

# RADICAL RESPONSIBILITY



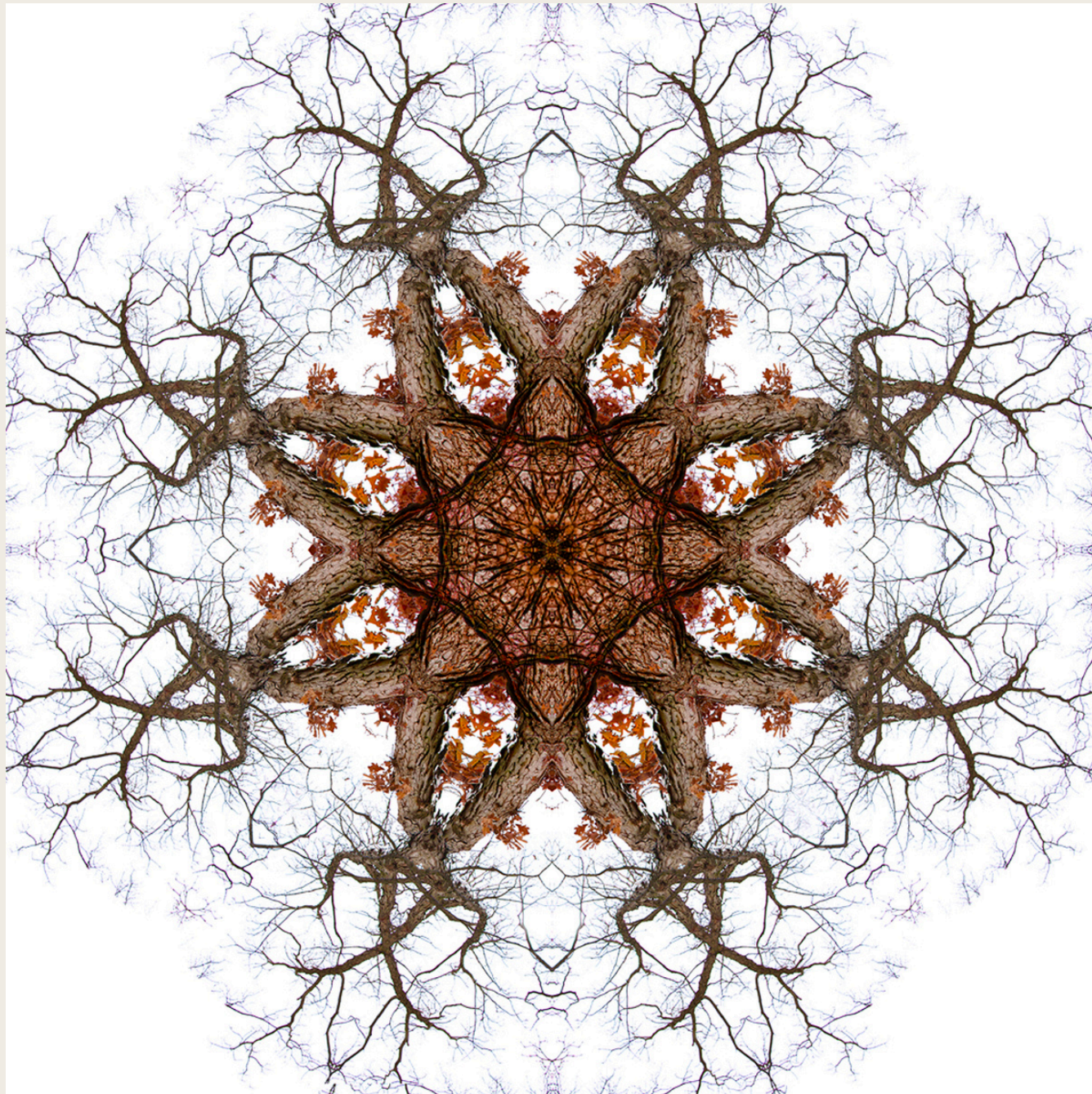


- Guided Journey Meditation to Activate Your Personal Power & Ignite Your Creative Potential
- Defining Your Unique Signature
- Art Exercises: Intuitive Design Project /Tapestry of You / Vision Board
- Personal Art Project Can be Developed into a Community Art Project (Team Building Exercise)

SPEAKING & WORKSHOP THEMES

# CREATIVE POTENTIAL





- Self & Group Integration
- Achieving Inner & Outer Balance
- Understanding Overall Health: Physical, Mental, Emotional & Spiritual
- Practices to Cultivate Physical, Mental, Emotional, Spiritual Wellness
- Creative Writing & Self Expression
- Self Care Practices
- WILD Method & Practice: Wholeness Integration Life Design

SPEAKING & WORKSHOP THEMES

# INTEGRATING WHOLENESS



# PRIVATE SESSION DETAILS



All Modalities listed below have been found to help improve overall physical, mental & emotional health & wellness.

1 on 1 Sessions 15, 30, 60 or 90 mins



## REIKI

A healing technique where the therapist channels energy into the patient by means of touch, to activate the natural healing processes of the patient's body and restore physical and emotional well-being.

In-Person



## YOGA

1 on 1 guided stretching, yoga postures, breath work & meditation.  
Yoga styles to choose from:  
Vinyasa  
Power  
Yin  
Restorative  
Yoga Nidra  
Chair

In-Person or Virtual



## INTUITIVE COACHING

Guidance through intuitive wisdom & other divination tools such as oracle cards & intuitive drawing.

In-Person or Virtual



## MEDITATION

Guided & Sound

1 on 1 guided meditation.  
Voice led.

Sound Healing Meditations:  
sound bowls  
tuning forks  
drums  
rattles  
chimes  
gongs

In-Person or Virtual



## BREATHWORK

1 on 1 guided breathing practices.

Benefits Include:  
stress reduction  
improved mood  
improved mental focus  
deepens relaxation  
improves alertness, focus, and memory  
increases contentment and joy

In-Person or Virtual

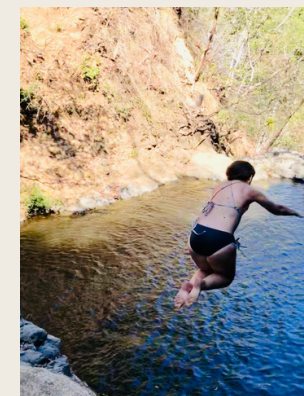
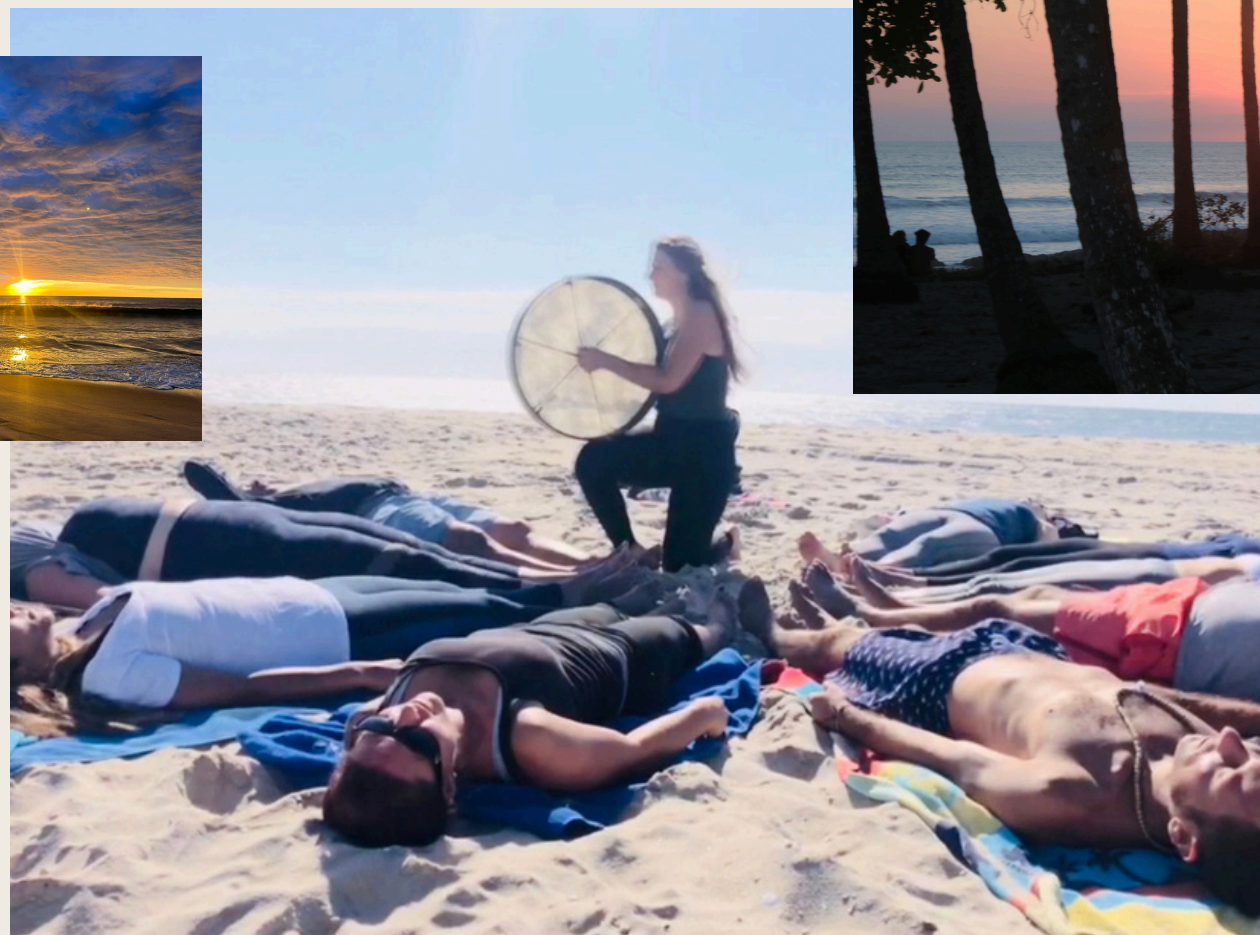
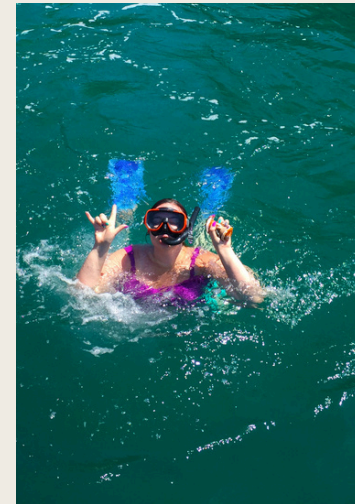
\*Sound healing, is a groundbreaking practice, harnessing the profound power of sound & vibration. It can: improve mental clarity, improve sleep, reduce stress, relieve anxiety, boost brainwaves, help with depression symptoms & help relieve physical pain by assisting the body's physical cells to heal & reconstruct.

Sound healing is offered as an individual offering (see meditation) or can be added on as an addition with any of the offerings above.



# LOCAL & INTERNATIONAL RETREATS

OFFERINGS CUSTOMIZED FOR  
YOUR GROUP







# DANIELLE'S

## PERSONAL PROJECTS

### (FINE ART)



Danielle's message is one of universal connection and peace. Danielle expresses this idea of unity by creating very intricate mandala images. These sacred geometric images are formed from her photographs of nature. A mandala is an ancient image that has a deep spiritual connection and reminds us of the universal connection between all things that exist in life and nature.

Danielle has had several gallery shows exhibiting her work. She has also started a clothing line called Journey Art that is comprised of wearable art featuring her unique and meditative designs. Wearing Danielle's distinct intricate images is a way to remind yourself to stay centered in your daily life wherever you go.



[Find Out More Here](#)

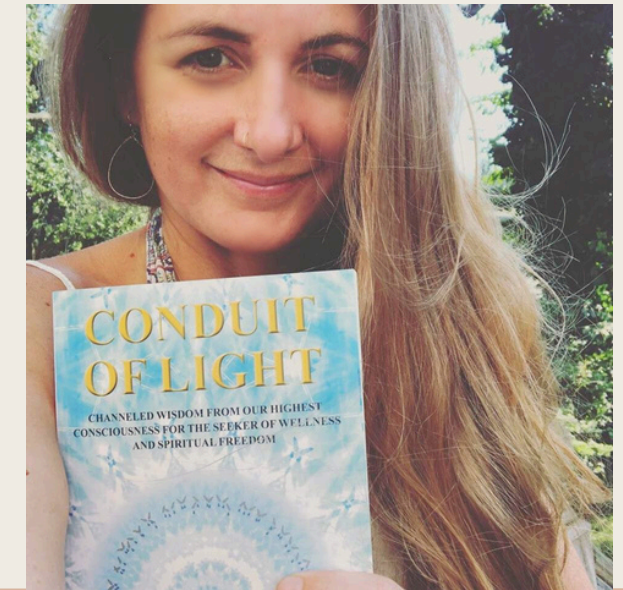




# DANIELLE'S

## PERSONAL PROJECTS

### (BOOKS)



**Conduit of Light** is a collection of channeled intuitive communications. These communications are expressions of universal wisdoms and truths. The channeled messages contained in this book were received by the author (spiritual teacher and shamanic practitioner) Danielle Wilkinson, during many deep meditation sessions. Danielle has cleared herself physically, energetically and psychically, using various methods along her spiritual journey, in order to become a clear channel, a conduit of light. These communications originate from a collective source of energy known as Highest Human Consciousness. These messages act as a guide for the seeker on a quest for wellness and spiritual freedom.

[Find Out More Here](#)

**The Feral Feminine** is a creative collection of poems, prose and expressions for those who are wildly awakening. Author, spiritual teacher, channel and guide Danielle Wilkinson chronicles her savage emotion during a profound journey through the dark night of the soul. She finds wisdom in the in-between spaces and breaks through to resurrect anew. The Feral Feminine is divided into three sections: The Wound, The Medicine and The Alchemy. Open to the part that resonates to feel to heal and to awaken.

[Find Out More Here](#)



Danielle Wilkinson

# CONTACT

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