



co.Evolve

A Corporate Wellness Movement

CREATING HAPPY CULTURES

CO.Evolve

*A holistic, in-person wellness experience for teams who
crave more than “wellness Wednesdays.”*



NEHHA LOHIYA
CEO & FOUNDER OF COEVOLVE

Founders' Letter

*Dear Reader,
What would happen if we brought more humanity into our workplaces?
If, for once, meetings made space for emotions. If leadership meant more than KPIs. If people were allowed to breathe, be still, and be seen?*

*At CoEvolve, that's the world we're creating, one team at a time.
Work isn't just where we spend time. It's where we give energy, build dreams, and often... lose parts of ourselves. We exist to help bring those parts back.*

*Our experiences don't offer productivity hacks. They offer healing.
Not gimmicks, but grounded, embodied reconnection.
And it all happens offline, human to human.*

This isn't just corporate wellness. It's cultural evolution.

*Warmly,
The CoEvolve Collective*

About Co.Evolve

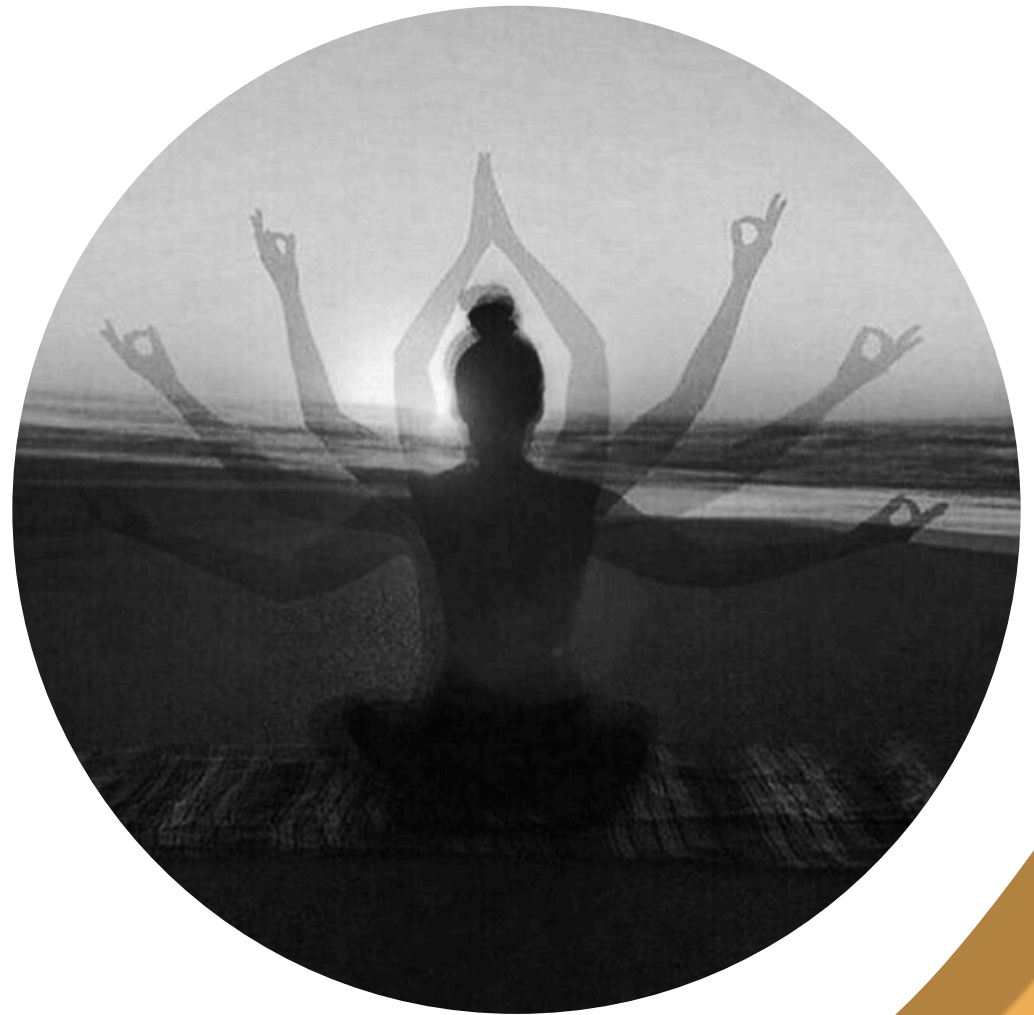
CoEvolve is a *holistic wellness collective* that delivers *deeply curated, emotionally intelligent, offline-only corporate* wellness journeys across India.

We're *not* an event company. We're *not* a retreat planner.
We're a *bridge*, between *emotional burnout* and *belonging*.
Between high performance and deeper purpose.

CoEvolve means:

- Wellness that's embodied, not performative
- Leadership that's conscious, not mechanical
- Culture that's compassionate, not transactional

Whether your team is scaling fast, emotionally fatigued, or just ready for a more human way of working, we co-create safe spaces for them to reflect, release, and reawaken.





Why Corporate Wellness Matters

Burnout isn't always loud. Sometimes it looks like silence in meetings. Deadlines met with no joy. Leadership with no empathy. Work with no soul.

Today, 83% of Indian professionals report emotional exhaustion at work.

Younger employees expect their workplace to support emotional well-being — not as a perk, but as a priority.

When that support is present, something powerful happens:

*Teams
collaborate
better*

*Employees
stay longer*

*Leaders show
up more
mindfully*

*Culture
becomes a
magnet for
talent*

Corporate wellness is no longer optional. It's the backbone of high-functioning, emotionally sustainable workplaces.

The ROI of a Well Workforce

Well-being isn't just "nice to have." It's good business.

The Numbers Say It All

- ✓ 3x to 6x ROI on wellness investments
- ✓ 28% reduction in absenteeism and sick days
- ✓ 50% higher retention among teams that feel supported
- ✓ Up to 12% increase in productivity
- ✓ Lower healthcare costs, higher morale, and stronger culture

But It's Not Just About Numbers

Emotionally well employees are better communicators

Regulated nervous systems lead to better decisions

Safe spaces = more innovation, more trust, more loyalty



Why Choose CoEvolve

*There's wellness — and then
there's CoEvolve Wellness.*

Here's how we're different

The Usual Wellness Provider

One workshop or therapy

Digital or hybrid delivery

Lecture-style, surface-level

Generic formats

Yoga-only or therapy-only

CoEvolve

*Everything: Leadership +
Healing + Movement +
Play + Rituals*

100% Offline, In-person

*Deeply experiential, trauma-
informed*

*Fully custom journeys
based on your team's
needs*

*Multi-sensory, emotionally
integrative design*

At **CoEvolve**, we don't plug in programs.
We co-create **experiences that feel like they belong to your
people.**

We are the right partner for organisations that care about their people — not just as professionals, but as humans.



Startups
building
people-
first
cultures



Mid-size
teams
feeling the
emotional
weight of
growth



Creative
teams
needing
spacious
ness and
inspirati
on



Leaders
ready to
support
more than
performance



HR heads
looking
for real,
transform
ative
experienc
es

Who This Is For

*If your team is craving reconnection,
reflection, and release*

we're here.



Our Signature 2-Day Corporate Wellness Experience

Here's what a sample 2-day offline retreat with CoEvolve might look like

Day 1: Nourish, Connect, Reflect

Game-a-thon

Team-building reimagined through laughter, play and shared joy.

Leadership Activation

Human-first leadership training to build empathy, resilience & clarity

Soulful Lunch

Nourishing food + nourishing conversation

Hidden Treasures

An introspective workshop uncovering personal values and emotional blocks.

Sound Healing

Immersive, meditative frequencies that reset the nervous system.

Yoga & Meditation

Slow down. Breathe. Stretch into your body again.

High Tea Break

A gentle pause for rest, reflection and connection.

Appreciation Circle & Closing Ceremony

Group gratitude, shared reflections, and heartfelt acknowledgements.

Dinner

A soulful celebration with delicious food and meaningful connection.

Gigs & Open Mic

An evening of live music, spontaneous art, and expressive performances.

Morning Yoga & Meditation

Start the day grounded and calm.



Breakfast & Open Conversations

A slow, thoughtful ease into the day.

Collaborative Games

Boost trust, empathy and playfulness through experiential activities.

Advanced Leadership Circles

Peer-led introspection and vulnerability for team leaders and founders.

Lunch

Another shared space for gentle pause.

Art Attack

A therapeutic, expressive arts session to let creativity flow.



Sound Bath & Restorative Silence

Sound-based stillness for emotional release and integration.



Power of Fire

Symbolic ritual to release stress, fears, and what no longer serves.

Open Mic: Stories, Music, Poetry

A safe space to be heard, witnessed, celebrated.



Dinner & Closing Gigs

Live music, joyful movement, and final connection as a team.

**Day 2:
Express,
Heal,
Celebrate**

Medicine Free Life

ESSENCE

A journey back to our natural state of wellness.

METHOD

Healing from the pure elements of nature combined with nutrition.

COVERS

Sunbathing, grounding, and hydrotherapy to cleanse and rejuvenate.

IMPACT

Awakens the body's innate intelligence.

GOAL

Live healthier, more balanced, medicine-free lives.



A black and white photograph of a person's arms holding a small teddy bear. The person's face is not visible, but their hands are gently cradling the bear. The background is dark and out of focus.

Inner work & Healing Pathways

Inner Child Healing

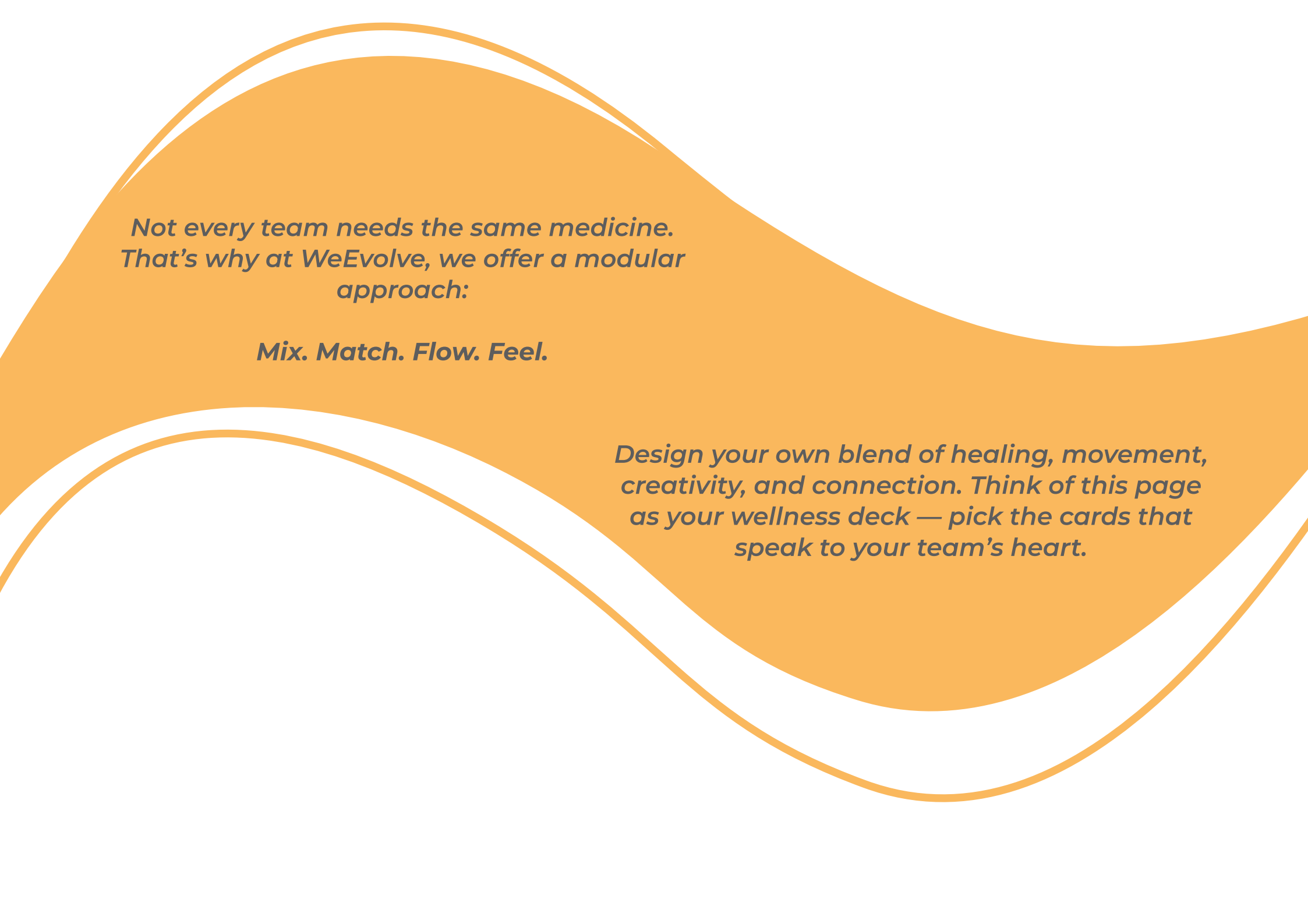
Inner child healing helps you uncover and release unconscious triggers into conscious choices, making you a stronger leader and team player." By healing your inner child, you unlock creativity, confidence, and healthier professional relationships.

Past Life Regression

It is a guided process that helps you identify and release long-standing fears, blocks, or behaviours that may be limiting your professional growth. Its a beautiful tool to understand the root causes of recurring patterns in work or life, leading to better problem-solving and resilience.

Sociometry (ChakraSutra)

"Sociometry makes the invisible visible—revealing relationship patterns and viewpoints so conflict turns into clear, respectful dialogue." By practicing sociometry, you build self-awareness, empathy, and communication, strengthening trust and helping teams resolve issues faster.



*Not every team needs the same medicine.
That's why at WeEvolve, we offer a modular
approach:*

Mix. Match. Flow. Feel.

*Design your own blend of healing, movement,
creativity, and connection. Think of this page
as your wellness deck — pick the cards that
speak to your team's heart.*

Pick Your Path to Wellness Journey



“

Like choosing cards for your soul — create a wellness journey as unique as your team.



Game-a-thon

Collaborative
Games

Drumming Circle

Improv & Laughter
Labs

Human Library

Story Circles

The Connection Cards

Sound Healing

Restorative Silence
Sessions

Inner Child
Workshop

Yoga
Breathwork

Power Of Fire
(Release Ritual)

Purpose-led
Circles

The Healing Cards

The Expression Cards

Art Attack

Free Dance
Movement

Music & Colour
Therapy

Open Mic Night

Journaling &
Reflection Workshops

DIY Vision
Boards

Yoga &
Meditation

Somatic
Movement

Body Scan &
Mindfulness Practice

Breath & Stretch
Micro-Sessions

Forest Bathing
(venue-dependent)

The Regulation Cards





Leadership
Activation

Conscious
Communication
Circles

Founders' Fire

Peer-led
Reflection Spcae

Human Library

The Leadership Cards

The Nourishment Cards

Soulful Lunches

High Tea With
Reflecation Prompts

Breakfast
Conversations

Closing Gigs &
Music Dinners

Monthly Retainer

Consistent wellness rhythm with month-on-month insights and adaptability

Best For -

Dynamic teams, fast-paced orgs

**Choose
a Format
that works
for you**

Quarterly Engagements

3-month deep-dive cycles with cultural themes and quarterly reporting

Best For -

Performance cycles, quarterly goals

Annual Partnership

Strategic year-long roadmap with custom rituals, assessments & annual impact review

Best For -

Culture transformation, long-term wellbeing strategy

How It Works

From First Call to Wellness Kickoff

This shows what happens once an HR or CXO reaches out.

**Discovery Call —
Understanding org
needs, goals &
challenges**

**Needs
Assessment —
Optional
wellness audit,
team survey,
or strategy
intake**

**Custom Proposal —
Shared with tiers,
topics & pricing
formats**

**Confirmation &
Onboarding —
Contract, facilitator
match, and SPOC
assigned**

**Calendar
Finalization —
Wellness calendar
+ internal
communication
assets delivered**

We keep your team in the loop throughout with transparent check-ins and WhatsApp support.

Session Day to Reports

What Execution Looks Like at CoEvolve

This shows what HR can expect during actual wellness deployment.

Session Day —
Live or hybrid
wellness
experience
(movement,
therapy,
reflection, play)

**Post-Session
Rituals —**
Gratitude
circles,
journaling
prompts,
reflective
videos

**Pulse Feedback
Loop — Instant
feedback via
forms, emoji
sliders, or QR
check-ins**

**Impact Summary
— Monthly impact
report
(participation,
feedback,
sentiment shift)**

**Iteration &
Customization —**
Next sessions
evolve based on
insights, energy,
and org feedback

We co-own the transformation. Every card, every session is human-first and culture-aligned.

Meet Our Facilitators

The people behind the space.

Our facilitators come from many paths — therapy, movement, leadership, healing arts — but they all have one thing in common: they care.

They've done their own work.

They know how to hold space without forcing anything.

They bring both presence and play.

They're trained, yes — but more importantly, they're human.

You'll meet psychologists who listen deeply.

Artists who awaken expression.

Coaches who lead with heart.

And healers who guide gently, not loudly.

We curate each team based on your people's needs.
Because the right guide makes all the difference.

This isn't just a session. It's a shared journey —
held by those who know how.

Rajagopalan S Sreekumar

Gallup Certified Strengths Coach | Certified Career Coach (ICF Accredited) | Story Vault |

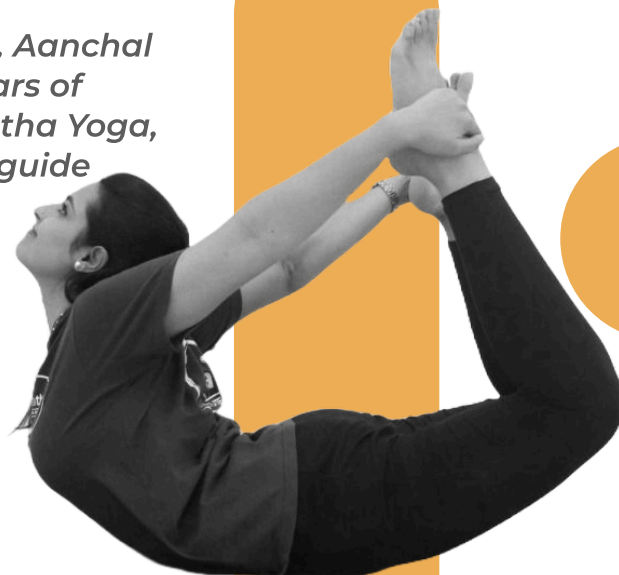


Sreekumar integrates powerful frameworks like neuroscience, behavioural economics, design thinking and inspired coaching to drive authentic transformation and leadership through a story-rich, human-centered approach.

Aanchal Raj

Hatha Yoga & Meditation Facilitator

Co-founder of Hatha Yoga Institute, Aanchal is a Level 4 Yoga Master with 9+ years of experience. She blends classical Hatha Yoga, meditation, and detox practices to guide holistic well-being.



Rakesh Tiwari

Poet | Storyteller | TEDx Speaker

A master of poetic storytelling, Rakesh blends humour, emotion, and culture to create powerful experiences that entertain, inspire, and heal. His performances offer a refreshing pause — helping teams reconnect with joy, reflection, and inner balance



Neha Bafna

Creative Arts Therapist
| Counsellor | Founder,
TARA Pune

Neha uses Creative arts & counselling to help individuals and teams build emotional awareness, well being & resilience.



Sheetal Lavatre

Sound Healing Practitioner |
Corporate L&D Leader(16yrs) &
Wellness(4yrs)

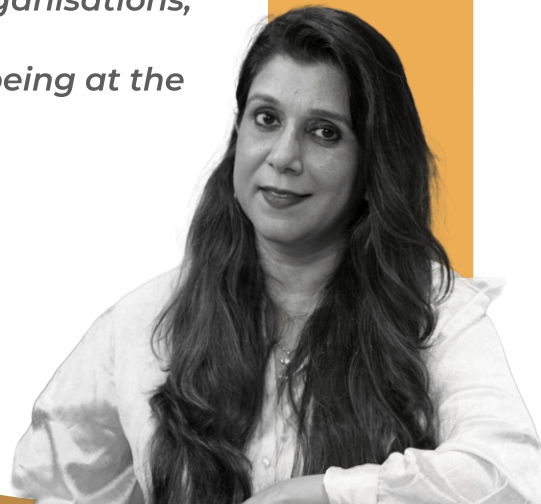


Sheetal blends 16+ years in corporate L&D with 4 years in wellness to lead immersive sound journeys that brings reset on physical, emotional, and energetic level. Using Tibetan bowls, chimes, and elemental sounds, she creates safe, soulful spaces leaving with a calm that lingers beyond the experience.

Vidhisha Kaushal

Mindfulness Coach | Certified Heal Your
Life | Emotional Freedom Technique (EFT)
| Somatic Healing

Vidisha is a globally featured meditation master specialises in bringing mindfulness and conscious leadership into organisations, fostering cultures that prioritise performance with wellbeing at the core



Anamika Joshi

Spoken Word Artist |
Founder, BkB
Productions| Storyteller
for Social Change

Spoken word poet and founder of BkB Productions, Anamika blends honesty, humor, and heart to drive dialogue on gender, mental health, and social change.



Shilpa Roy

Vocal Artist & Playback
Singer| Founder - Sangeet
Ghar & Xylyn Band

Shilpa Roy is a a playback singer and stage performer who blends classical depth with contemporary flair, bringing every stage alive with voice, rhythm, and heart.



Nupur Pittie

Nature Therapy & Medicine Free Life Coach | Chakra Meditation | Inner Child Healing | Past Life Regression| Founder – ChakraSutra

Nupur designs healing journeys that ease burnout and inspire well-being, blending theatrics, naturopathy, and energy healing to build H2O — Happy, Healthy, Optimistic — individuals and organisations that thrive from within.



Manish Freeman

Experiential & Value Based Facilitator, Non Competitive Games & Circular Dances Expert, Founder of Game-a-thon.

An engineer-turned-facilitator, Manish creates safe, inclusive spaces that invite trust, joy, and deeper human connection. His sessions spark belonging, oneness and authentic engagement.



Ludmi

Vocal Yoga & Sound Healing Facilitator

Vocologist and Vocal Yoga® teacher Ludmi blends voice training with body-based therapy to help you unlock vocal freedom and emotional expression for deeper healing and self-awareness.



Innovent Drum Circles

Team-building through rhythm, energy, and joy.

Innovent transforms teams into tribes — using drums, rhythm, and movement to build connection, break barriers, and energise workplaces. Their sessions are dynamic, inclusive, and unforgettable.





Practical Info

Offline, in-person only

Format

Customizable
(half-day to multi-day
formats)

Duration

All major Indian
cities

Available in

Ideal for 15 to 150
people
or more

Capacity

Your office, outdoor
venues, or partnered
retreat spaces

Location

Certified facilitators,
trauma-informed
guides, experienced
wellness experts

Team

Let's Co-Create Something Beautiful

Your team isn't just made of professionals.
They're made of stories, stress, desires, hearts,
and hope.

Let's give them a space to reconnect with all of
that and more.



 info@coevolve.ai

 www.coevolvewellness.com

 Available across India |
Offline Only

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Trusted by Teams That Lead with Heart

Across industries, cities, and cultures — visionary brands have partnered with us to bring healing into the heart of their workplaces.

From fast-scaling startups to legacy-led enterprises, our collaborators have one thing in common: They care deeply about their people.

- They're not chasing checkboxes.
- They're choosing connection.
- They're saying yes to safe spaces, real conversations, and cultural evolution.

Some of the brands we've co-evolved with



Mercedes-Benz



TRUST MUTUAL FUND

CLEAR ★ CREDIBLE ★ CONSISTENT



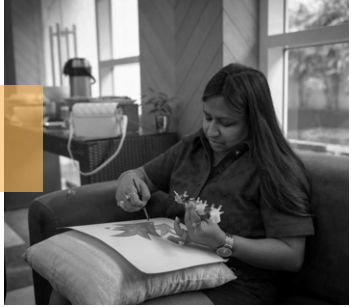
Volkswagen



ŠKODA



Art Therapy



Game- a-thon



Drum Circles



Free dance movement



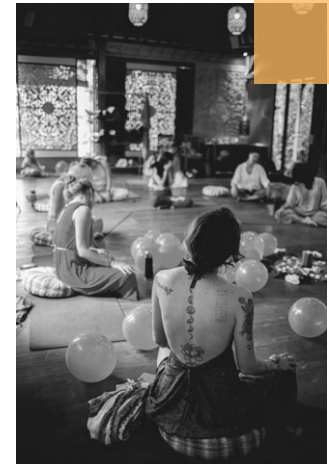
Sound Healing



Music Therapy



Collaborative Games



Vocal Yoga



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more than “wellness Wednesdays.”*



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Maharashtra 411045

Because healing belongs at work, too.