



Energy, Resilience & Connection for Teams

Presented by
Certified Ayurveda Embodiment
Guide Nandini Austin

**Rooted in culture, science, and
lived experience**

Corporate Wellness. Immersive Learning, Retreats

Designed for

Nandini Austin delivers bespoke B2B wellness programming and curated retreats rooted in Ayurveda and refined by high-touch hospitality.

She partners with luxury hotels, directors of wellness, directors of people and culture, corporate event planners, retreat leaders, and executive teams to design tailored group experiences that elevate well-being, culture, and connection.



The Vision | Bridging the Boardroom & Curative Science

"In my career leading global sales and experiential strategy for luxury hospitality brands, I witnessed a consistent pattern: elite performers operating in a profound health deficit. I understand the ongoing pressure of the hospitality and corporate world because I lived it; I spent 25 years in the sales and marketing trenches before Ayurveda taught me how to sustain my energy."

My vision is to bridge the gap between ancient curative science and the modern executive lifestyle. My mission is to make this 'science of life' accessible and actionable for the modern professional.

NANDINI AUSTIN



Why Ayurveda now ?



‘When we understand how our energy works, we can learn how to support it.’

The Science of Life & Longevity

Sanskrit meaning

Today’s professionals don’t need more time — they need better energy. Chronic stress, burnout, poor digestion, and depleted immunity are among the leading barriers to workplace performance.

Ayurveda, the world’s oldest holistic health system, offers a proven framework for energy management that restores focus, digestion, and stress resilience. In a group setting, these tools also strengthen communication, emotional intelligence, and team cohesion.

The core pillars include

Digestion & Immunity — fueling the body for vitality;
Sleep & Stress — mastering the art of recovery; and
Emotional Intelligence — building resilience and connection.

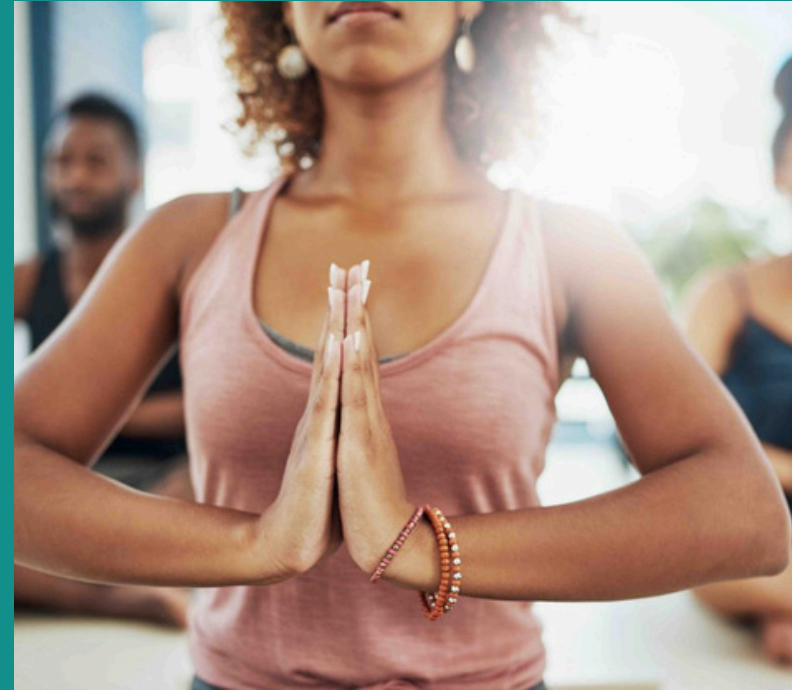
Offerings

Services



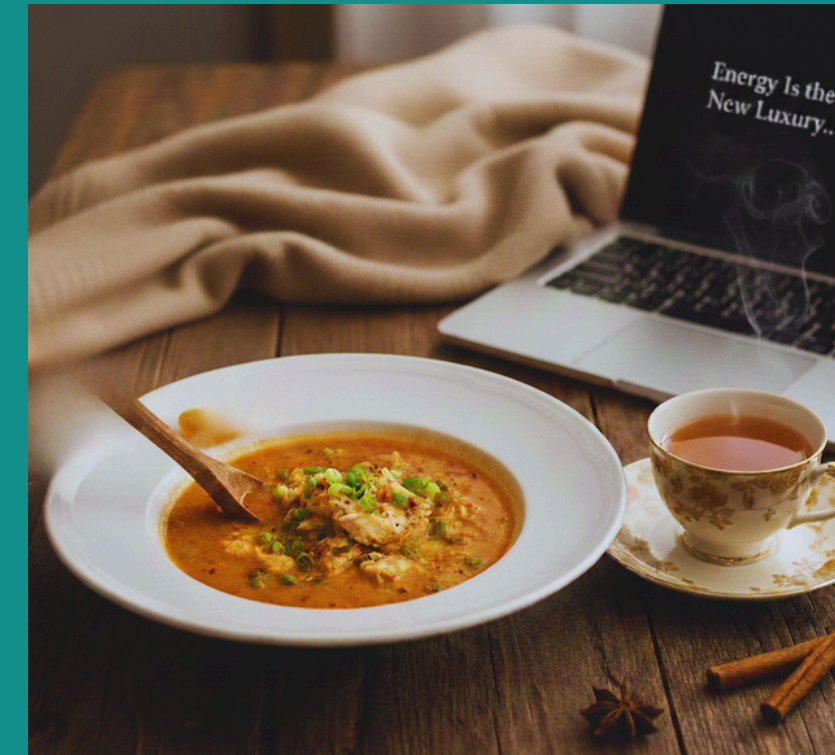
GROUP EXPERIENCES

Experiential wellness programming designed for connection, energy, digestion, immunity, and stress resilience. Ideal for corporate groups, retreats, and off-sites looking to support well being in a way that feels engaging, joyful, and culturally rich



JOYOUS "NERVOUS SYSTEM REGULATION & RESILIENCE & MOVEMENT

These group sessions help participants shift out of the overthinking mind and back into the body through movement, rhythm, and breath — supporting mood, circulation, and joy.



EXECUTIVE AYURVEDA COACHING

A personalized, high-touch offering for leaders and high performers seeking better energy, digestion, sleep, and emotional balance to help them perform at their best — at work and beyond. **Available as an optional add-on to retreats, workshops, and team programming.**

Activations

WORKSHOPS

90 minutes

Best for: High-level executives and corporate leadership retreats.

THE CIRCDIAN EDGE

After identifying their unique individual Dosha (constitution), guests will mastering the Ayurveda Clock learning to align their most demanding tasks with the natural energy cycles of the day, matching cognitive work to specific productivity windows,

DOSHA DYNAMICS

“Ayurveda functions like a mind-body design blueprint — similar to the Myers-Briggs test but for the physical and emotional constitution. Guests explore how different energy types communicate, process stress, and problem-solve, helping teams work smarter, reduce friction, and cultivate emotional resilience in the workplace.



WORKSHOPS

90 minutes

Best for: Incentive trips or team-building events focused on culture.

RITUALS FOR RESULTS

the Art of Ayurvedic Productivity
Give your team the gift of a sustainable workday. This interactive session helps participants discover their personal Dosha and provides a roadmap for the "Ayurvedic Clock."

We move beyond basic time management to explore "energy management"—teaching guests when to focus, when to collaborate, and when to rest based on biological rhythms. It's a nourishing foundation for a healthier, more balanced professional life.

THE BIO-RHYTHM BAR & COCKTAIL CLASSES

After a brief diagnostic quiz to identify their individual Ayurvedic profile (Dosha), guests will master the craft of building bespoke cocktails and mocktails tailored to their specific energy needs.

This class teaches the art of selecting botanicals and flavors that bring your individual system back into a high-performance balance.



Culinary Classes

90 mins

AWAKEN THE SENSES

Guests step away from the digital noise and reconnect to the notion of food as medicine. Through vibrant scents, warming spices, textures, and tastes, guests learn to swap uninspiring takeout for nourishing, home-cooked power foods.

As the senses often become dulled by screens, stress, and sterile office environments, these hands on sensory culinary workshop are designed to awake the senses



Every class features a simple One Pot Power Meal
Guests choose from Ayurveda Staples
Get Curried Away - Curry Class
Karmic Kitchari - Rice & beans, a reset in a bowl
Dhalicious - Soups for the Soul
Marvelous Mung Bean Crepes
(Vegetarian options available)

Wellness Drinks

THE GOLDEN HOUR

A Masterclass in Mindful Mixology

Replaced the usual happy hour, guests are led on sensory experience by a mindful mixologist The Cocktail Architect, where guests get hands on crafting high-vibrational cocktails and mocktails using seasonal herbs and spices.

POWER OF PLANTS

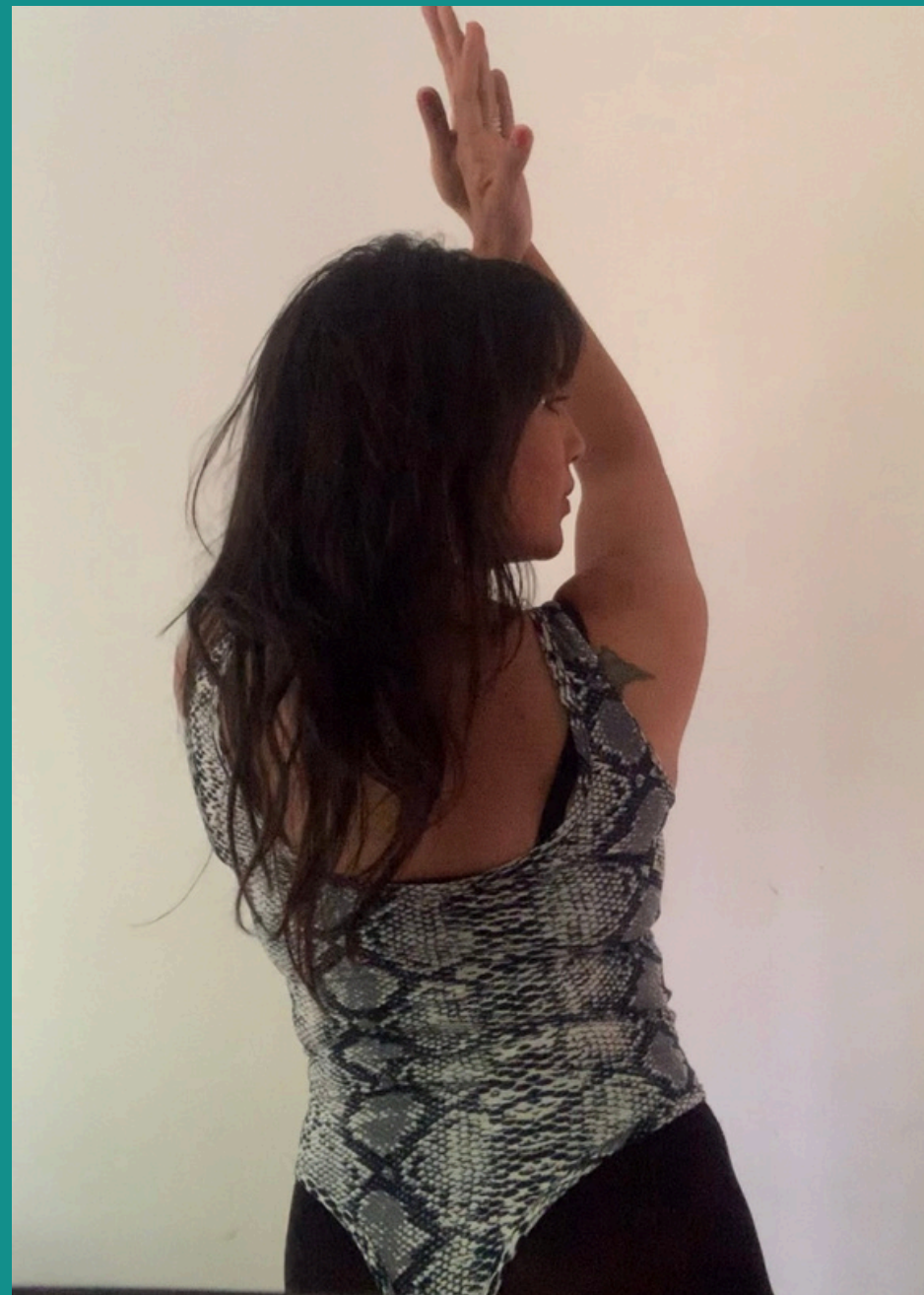
A modern exploration into plant-based mixology. Participants build wellness-driven mocktails using adaptogens, herbs, and botanicals designed to soothe the nervous system, uplift mood, and nourish from within.





Embodied Movement

Movement & Dynamic Flow



“ I have been looking for this class all my life. If could do a class like that every day then I would most likely be pain-free and more in touch with my body than I can imagine.”

Melissa Bauman

MOVEMENT FOR MOOD & TEAM BONDING

Geared to move you from the overthinking mind and move into the body, a great class to transition guests energy either before or after a meeting. This 60-minute dance movement class blend, Bollywood, Belly Dance, and dance-yoga with Ayurvedic wisdom. Classes begin with essential oils and breathwork, promoting holistic health, connection, and embodied joy. Ignite Body, Mind & Spirit.

AQUA VEDA FLOW

Elevate your well-being with a 45-minute journey designed to transition the body from "fight-or-flight" into a state of deep "rest-and-digest." Through the gentle power of water and fluid, stretch and aerobic-inspired movements, this class calms the sympathetic nervous system and invites a rush of natural endorphins. Think joyous water therapy

Retreats

Retreats

GLOBAL DANCE & AYURVEDA RETREAT

TEMPLE GODDESS: Step into your highest energy through movement, music, and ancient wisdom. You'll unlock joy, vitality, and inner strength.



OMEGA INSTITUTE RHINEBECK, NY
JULY 4-5, 2025

SPECIAL OFFER:

RESERVE BY MAY 9TH AND RECEIVE A FREE DOSHA DISCOVERY SESSION WITH YOUR BOOKING!

Immerse yourself in Ayurveda, The Science of Life and Longevity breathwork and self-care rituals. Move through Semi-Classical Kathak, Sensual Bellydance, Bollywood Disco, and African rhythms. No dance experience is needed. Includes nourishing meals, wellness activities, & access to Omega's scenic campus.

A commuter-only option is available.

DANCE & AYURVEDA

Curate Your Experience

As a featured practitioner at the Omega Institute, Nandini Austin transforms wellness into a sophisticated social events. Her workshops are designed to be modular—allowing you to build a customized afternoon or a bespoke one to two-day retreat that seamlessly blend pleasure with purpose.

Nandini draws on her events background to ensure these experiences prioritize meaningful team bonding and social connection. Every guests leaves with practical key learning sand takeaways to use in their everyday life.



Executive
Ayurveda
Coaching

Executive & 1:1 Ayurveda Wellness Consults



THE INTRO SESSION

Perfect for busy professionals who want to learn how to master their energy, This foundational 90 minute coaching session offers an intro to Ayurveda and your unique genetic blueprint for health. Come away with Lifestyle recommendations.

THE INTENSIVE

For those who want to go deeper in this customized 4 session program

(75 mins) includes the intro session, Decoding Digestion. Digestion,, Mastery of your Circadian Rhythm, sleep hygiene, and Embodied Movement to release stagnant energy.

Post sessions. guest receive a Digital long-term Lifetime resilience Maintenance strategy, with recipes, hacks and seasonal strategies.

About

Nandini Austin: offers bespoke B2B Wellness, Experiential Programming and curated retreats rooted in Ayurveda and refined by high-touch hospitality.

With two decades in high-pressure leadership—from Director of Global Sales for Ian Schrager Hotels to Director of Corporate Wellness at the David Lynch Foundation—Nandini once struggled to find the very balance she now teaches.

Nandini embodies a joyful, culturally rich approach to wellness—Raised between London and Mauritius, she blends luxury hospitality with Vedic philosophy, dance nutrition guidance and Ayurveda consultations, to help groups understand their triggers restore resilience, and reclaim their health.



Clients

Partners with Luxury hoteliers,
Directors of Wellness, Director of People & Culture,
Corporate event planners, Retreat Leaders, Executives,
UHNW, Private members clubs

OMEGA

goop



KKR



INNESS



AUTOCAMP



frenshe



Hinge



Why Nandini Austin

- **Authentic:** Having navigated executive leadership and motherhood, Nandini makes Ayurveda accessible for a western audience
- **Bespoke & High-Touch:** Curated, luxurious experiences that feel intimate, personal, and custom-tailored to your group.
- **Global & Culturally Rooted:** BIPOC and Women-led, bringing a rich Mauritian-London heritage
- **Hospitality Excellence:** Two decades of elite event expertise ensuring every session is joyful, sensory, and welcoming.
- **Authentic:** Having navigated executive leadership and motherhood, Nandini makes Ayurveda accessible.



Testimonials

"Nandini's passion and expertise flow effortlessly. She makes complex Ayurvedic nutrition and culture accessible and joyful. A delight to work with—positive, professional, and honest—I'd recommend her to any organization looking to elevate their wellness programming."

Diana Seiler, Director of Holistic Healthcare Community Event Lead, "Getting Curried Away" Workshop

"Nandini has a gift for creating intentional, multi sensory events, The retreat was everything I imagined and more."

*Fatima Dean, The Omega Institute Retreat Attendee
Director of Wellness People Place*



“Lets create a bespoke experience tailored to your brand’s vision and your guests' wellbeing.”



EMAIL

nandiniaustin@gmail.com



PHONE

917 657 1075



WEBSITE

nandiniaustin.com



INSTA

@nandiniaustin

*“When we release
the noise of
modern life, we
awaken the
wisdom that was
always ours.
Nandini ”*

