

# 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.”*

# Founders' Letter



NEHHA LOHIYA  
CEO & FOUNDER OF COEVOLVE

*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

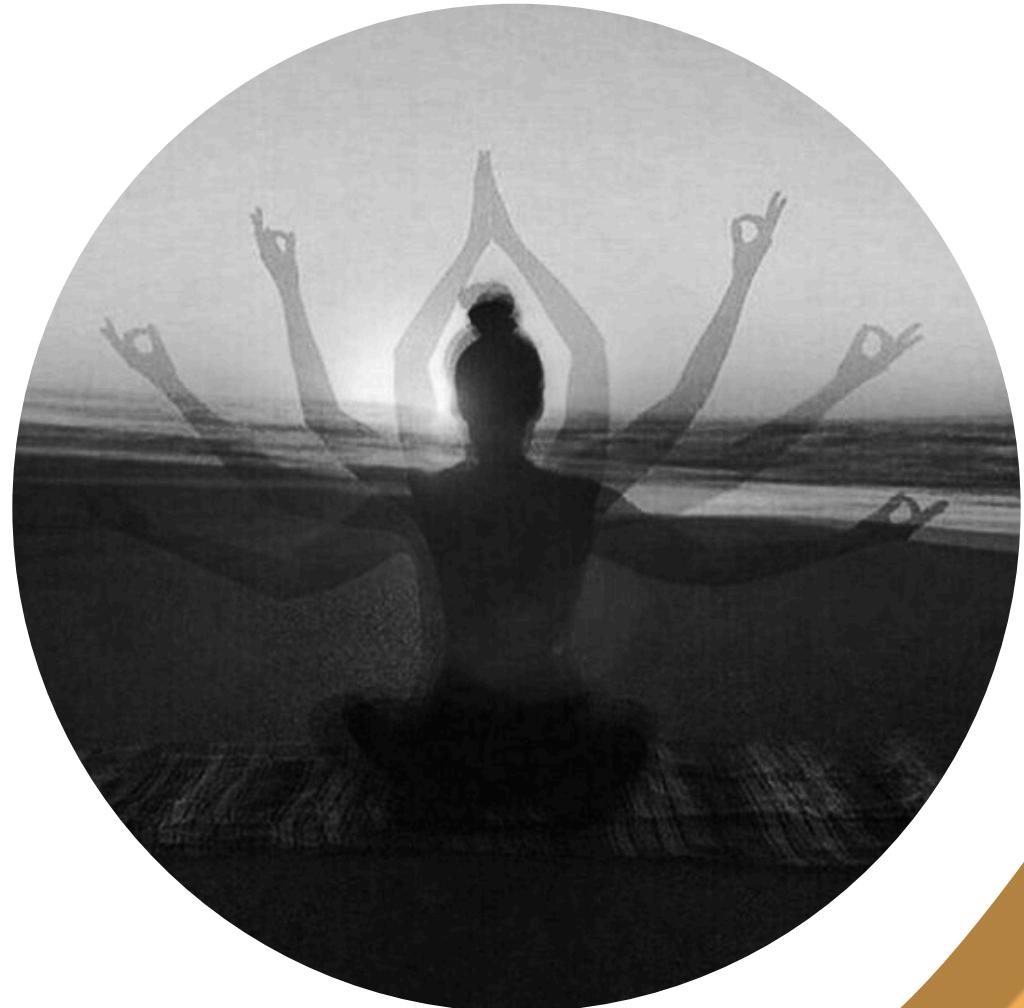
CoEvolve is a *holistic wellness collective* that delivers *deeply curated, emotionally intelligent, offline-only corporate wellness journeys* across India.

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.*



A black and white photograph of two women laughing together. One woman has her arm around the other, and they both appear to be in a joyful, celebratory mood.

# 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 spaciousness and inspiration



Leaders ready to support more than performance



HR heads looking for real, transformative experiences

# 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.*

# Inner work & Healing Pathways



## Inner Child Healing

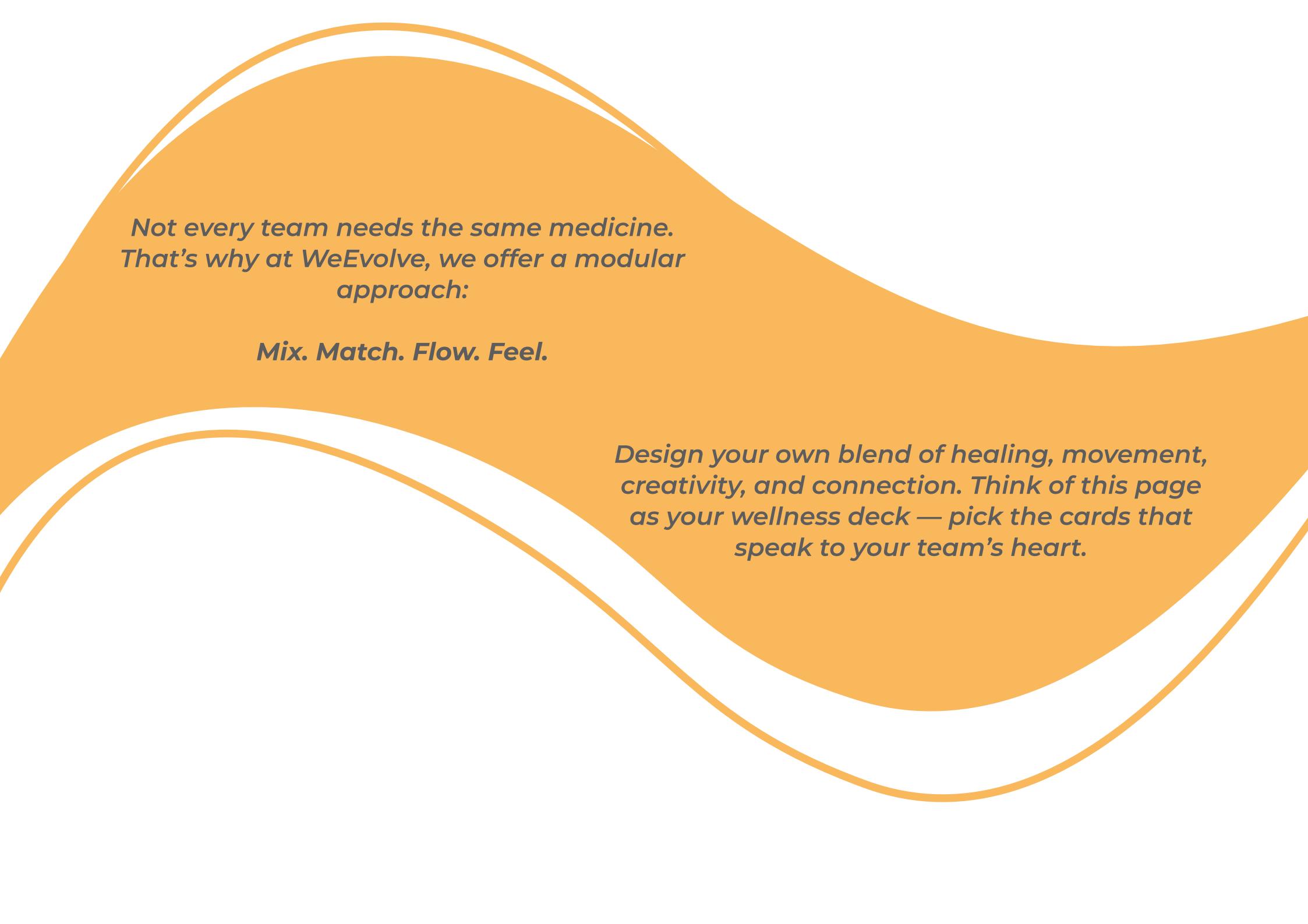
*Inner child healing helps you uncover and release unconscious triggers into conscious choices, making you a stronger leader and team player." By healing your inner child, you unlock creativity, confidence, and healthier professional relationships.*

## 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. It's 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.*



## The Healing Cards

Game-a-thon	Collaborative Games
Drumming Circle	Improv & Laughter Labs
Human Library	Story Circles
Sound Healing	Restorative Silence Sessions
Inner Child Workshop	Yoga Breathwork
Power Of Fire (Release Ritual)	Purpose-led Circles

## The Connection 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





## The Nourishment Cards

- Leadership Activation
- Founders' Fire
- Human Library

- Conscious Communication Circles
- Peer-led Reflection Spaces

## The Leadership Cards

- Soulful Lunches
- High Tea With Reflection 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

## Quarterly Engagements

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

**Best For -**  
Performance cycles, quarterly goals

**Choose  
a Format  
that works  
for you**

## 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.*



## 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.*

## Vidhisha Kaushal

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

*Vidhisha 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*



## Shilpa Roy

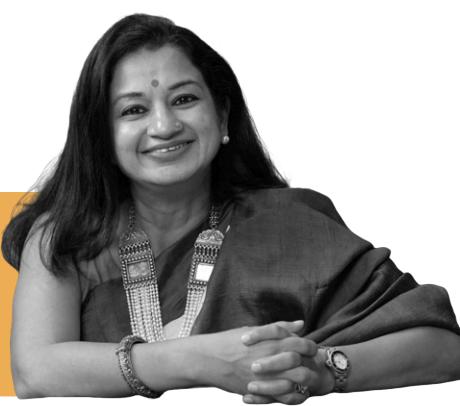
Vocal Artist & Playback Singer| Founder - Sangeet Ghar & Xylyn Band



*Shilpa Roy is 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

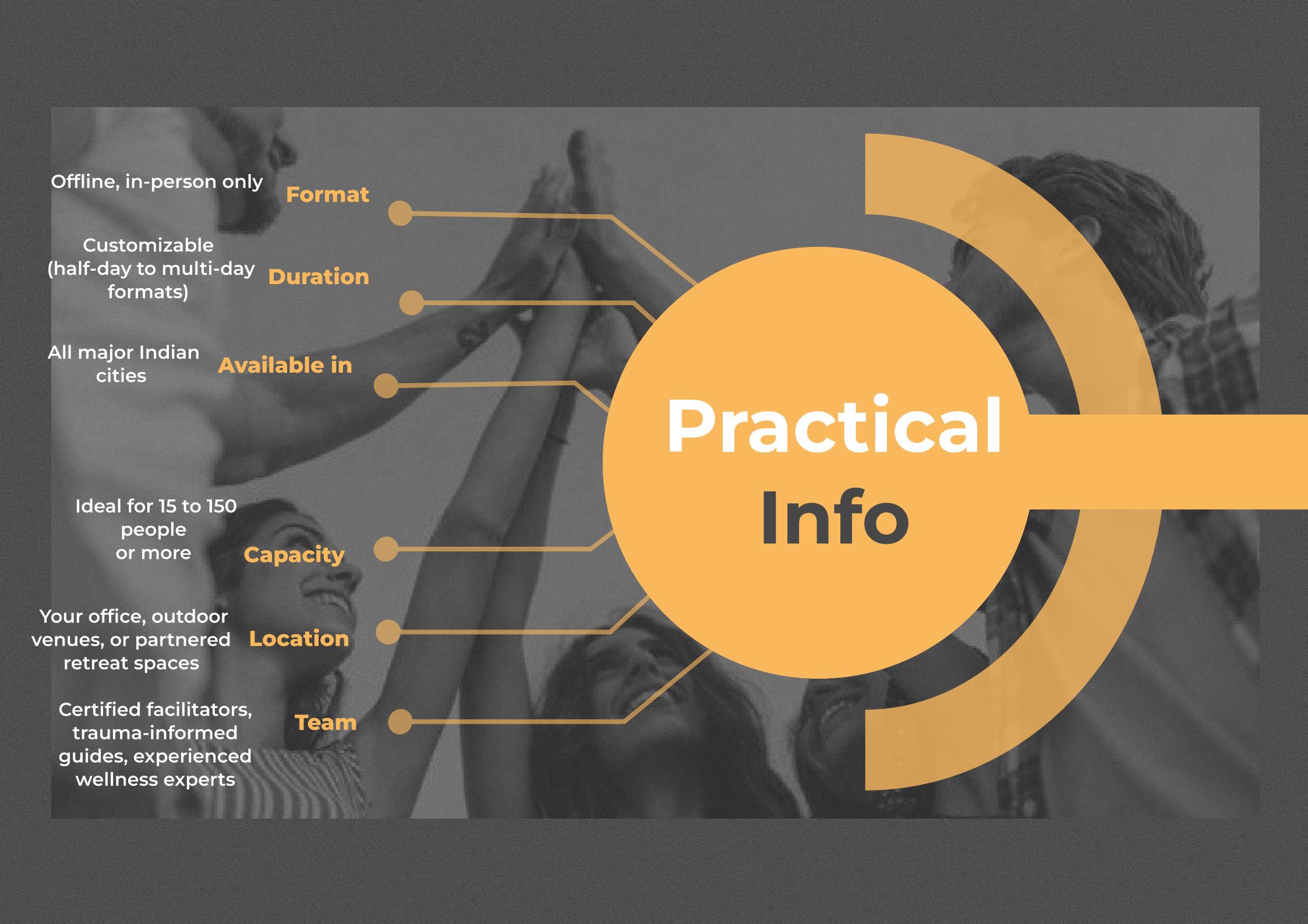
*Vocologist and Vocal Yoga® teacher Ludmi blends voice training with body-based therapy to help you unlock vocal freedom and emotional expression for deeper healing and self-awareness.*



# 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](mailto:info@coevolve.ai)



[www.coevolvewellness.com](http://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



PHILIPS



Mercedes-Benz



Reliance  
Industries Limited



TRUST MUTUAL FUND

CLEAR ★ CREDIBLE ★ CONSISTENT

vodafone

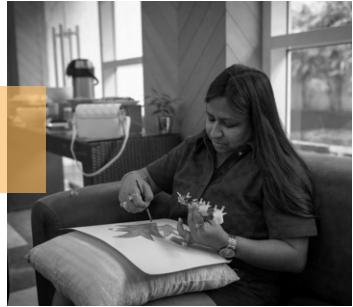


Volkswagen

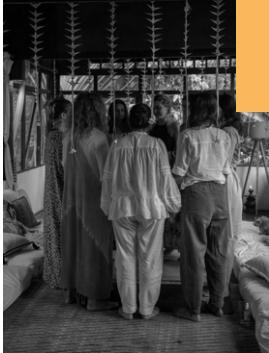




# Art Therapy



Free dance movement



Music Therapy

Game- a-thon



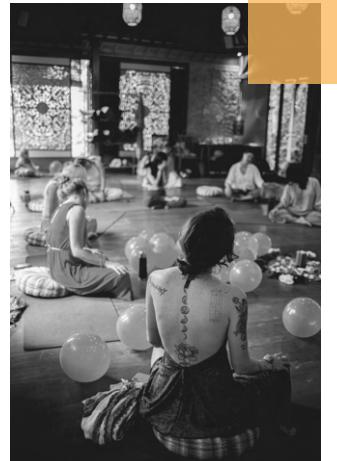
Drum Circles



Vocal Yoga



Collaborative Games



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[www.coevolvewellness.com](http://www.coevolvewellness.com)

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*Because healing belongs at work, too.*