

KATUMBA



JULIANA LANDIM

**CO - FOUNDER OF KATUMBA
DRUMMING**

**WORKPLACE
WELLBEING
SESSIONS**

MUSIC, MOVEMENT, MINDFULNESS

BOOK NOW!

hello@katumba.co.uk

MUSIC, MOVEMENT, MINDFULNESS

With Juliana



ABOUT US

Katumba is a community based project in Merseyside fostering mental and physical wellbeing through high quality music, movement and cultural activities – for all. Though we may be more well known for our drumming – we also offer sessions where wellbeing is our prime focus.

WORKPLACE WELLBEING SESSIONS

At Katumba, we believe that nurturing the wellbeing of your team is essential for cultivating a thriving workplace culture. Juliana's team wellbeing sessions are designed to foster connection, creativity, and resilience, drawing from her diverse traditions and practices to provide a holistic approach to corporate wellness.

WHY OUR SESSIONS ARE UNIQUE

At the heart of our team wellbeing sessions is Juliana, an Afro-Brazilian wellness practitioner with a passion for fostering holistic wellbeing rooted in her ancestral traditions. Juliana brings a wealth of knowledge and experience in Afro-Brazilian healing practices, infusing our sessions with her unique blend of wisdom, warmth, and authenticity. Juliana offers a deeply transformative experience that honours the interconnectedness of mind, body, and spirit.

**BRING THE TRANSFORMATIVE POWER OF MUSIC,
MOVEMENT, AND MINDFULNESS TO YOUR TEAM WITH
JULIANA LEADING THE WAY. A UNIQUE OPPORTUNITY TO
FOSTER UNITY, CREATIVITY, AND WELL-BEING IN YOUR
WORKPLACE**

Our offerings:



SOUND HEALING

Dive into the mesmerising sounds of Afro-Indigenous Brazilian and Tibetan instruments, healing your team's souls and energising their spirit.

EMBODIED MOVEMENT

Gentle yoga and movement practices to release tension, improve posture, and increase energy levels.

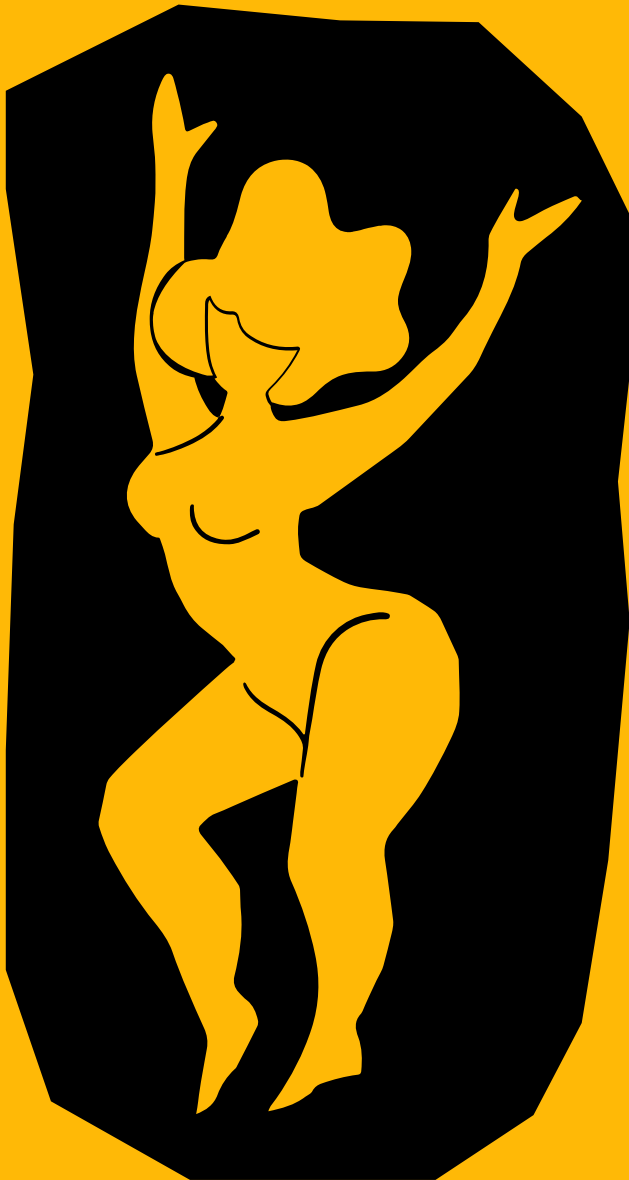
TEAM BUILDING EXERCISES

Interactive activities to foster trust, collaboration, and communication among team members.



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Our offerings:



MINDFULNESS PRACTICES

Guided mindfulness and breathwork sessions to enhance focus, reduce stress, and promote mental clarity.

PERSONALIZED CONSULTATION:

Prior to the sessions, we consult with your team leaders to tailor the experience to your specific goals and preferences.





HOW WILL YOUR TEAM BENEFIT?

ENHANCED TEAM COHESION

Strengthen bonds and foster a sense of belonging among team members, leading to improved collaboration and morale.

INCREASED PRODUCTIVITY

Boost employee focus, creativity, and problem-solving skills through mindfulness and movement practices.

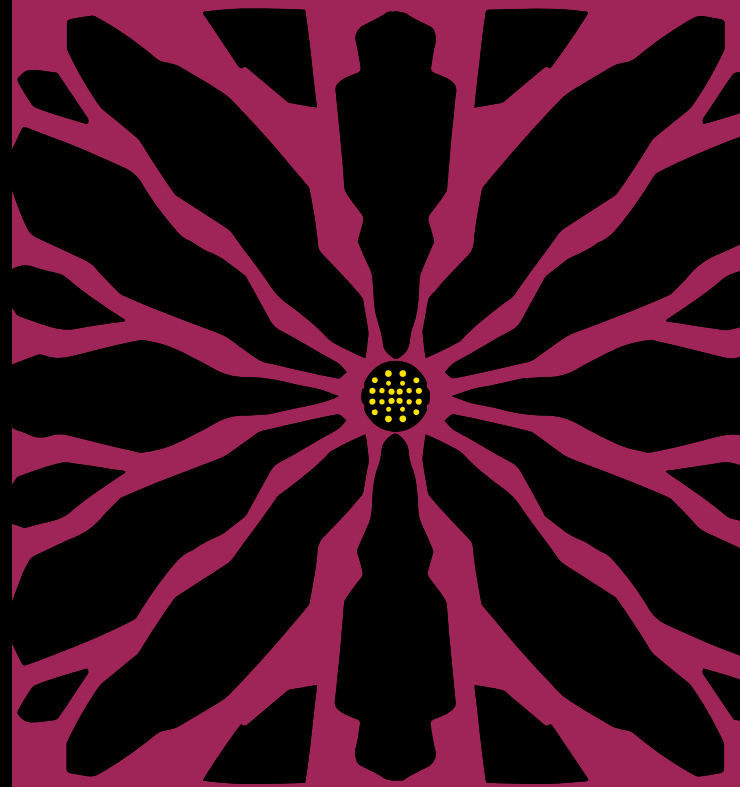
STRESS REDUCTION

Provide tools and techniques for managing stress effectively, leading to higher job satisfaction and lower turnover rates.



“THANK YOU JULIANA FOR THE MOST AMAZING AND BEAUTIFUL SESSION. SUCH A BEAUTIFUL POWERFULLY CHARGED SESSION OF MUSIC, MOVEMENT AND MINDFULNESS .WE FELT LIKE WE COULD EMERGE FROM THE SAFETY OF OUT COCOONS AND TRUST OURSELVES AGAIN” -K.I

“EMOTIONAL, EMPOWERING, FREEING”
- I.D



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[Find out more here!](#)