

# Yoga & Wellness Rituals Facilitator, Nadia Bullock

## ABOUT ME



Nadia Bullock is an author, certified yoga instructor, entrepreneur, and wellness rituals facilitator passionate about guiding individuals and groups through mindful movement, breathwork, and transformational rituals. By blending ancient wisdom with modern mindfulness, she makes well-being accessible, sustainable, and deeply rejuvenating.

After a life-changing experience with a stress-induced heart condition as a new mother, Nadia deepened her commitment to wellness through certifications and healing practices in stress management. She now specializes in intentional yoga practices that promote relaxation, self-connection, and empowerment.

Through private rituals, workshops, and curated wellness experiences for hotels, corporate retreats, and private events, Nadia helps individuals move from burnout to balance, embrace their unique magic, and step into their fullest potential—leaving them inspired, restful, and empowered to live with intention.

### What I Offer | Mobile Mindfulness

Whether you're looking for a 1:1 private session, a soulful group experience, or mindful support for your retreat, luxury stay, or corporate wellness event, I bring grounded, nourishing practices directly to you.

I offer personalized wellness experiences for individuals, couples, small groups, and organizations. Each session draws from my curated toolbox of healing modalities, designed to regulate the nervous system, reduce stress, awaken intuition, and reconnect you with your body, mind, heart, and soul. You can book my signature session, The Renewal Ritual (a client favorite), or customize your own unique experience by selecting from the practices in my Mindfulness Toolbox. Available for individual sessions, workshops, retreats, speaking engagements, and more.



### Toolbox Includes:

- ✓ Yoga (Restorative, JHatha, Vinyasa & Ashtanga)
- ✓ Meditation & Visualization
- ✓ Pranayama & Breathwork
- ✓ Sound Healing Elements
- ✓ Journaling
- ✓ Intention Setting
- ✓ Intuitive Card Guidance
- ✓ Ceremonial Cacao

### Signature Byron Bay Experience The Renewal Ritual

The Renewal Ritual is a client favourite because it blends a variety of mindful practices into one powerful experience—leaving you feeling grounded, refreshed, and more connected.

This isn't just a wellness session—it's a space to rejuvenate on every level.

Combining restorative movement, pranayama (breathwork), guided meditation, sound healing elements, journaling, intention setting, and intuitive card guidance, each session is designed to support balance and clarity in your mind, body, and heart. Available in 60, 75, or 90-minutes, the experience is fully customizable for individuals, couples, or small groups. Whether you're marking a special moment or simply want to feel more present during your time here, Nadia brings the ritual to you—tailored to meet your needs in the comfort of your hotel or retreat space. For a deeper layer of connection, add Ceremonial Cacao—an ancient heart-opening drink that supports calm, clarity, and intention.

Inquire below to discuss and book.

[Inquire Here](#)



## What is a Ritual?

A ritual is an intentional practice that creates space for self-connection, transformation, and alignment—whether through movement, mindfulness, or sacred routines



## Work With Me On Your Next Event

Are you a studio, individual or company looking for something beyond my signature Renewal Ritual? Whether you're seeking a meaningful wellness experience for your guests, employees, or event attendees, a speaker for your next event, or a customized experience based on my wellness toolbox, I'm here to help. I offer tailored wellness sessions designed to reduce stress, enhance well-being, and foster connection—whether for a one-time event or an ongoing program. Get in touch with me and let's create a customized experience.

### Choose from:

- ✓ Yoga (Restorative, Hatha, or Ashtanga)
- ✓ Breathwork & Meditation
- ✓ Journaling & Intention Setting
- ✓ Sound Healing & Deep Relaxation
- ✓ Visualization & Manifestation Practices
- ✓ Oracle Card Reading & Intuitive Guidance
- ✓ Nutritional Wellness
- ✓ Ceremonial Cacao

### Available for:

- Private Experiences, Wellness retreats & Event co-hosting
- Corporate wellness programs & employee well-being initiatives
- Hotel guest experiences & on-demand wellness offerings
- Studio workshops & Team Building or Community events
- Ongoing Yoga Programming & Guest Experiences
- Speaking Engagements (Topics: mindfulness, stress reduction, well-being)
- Corporate Wellness Workshops (Practical tools for stress reducing, team building, self empowerment in daily and work life)
- Full-Day or Multi-Day Retreat Facilitation
- Wellness talks, podcasts & panels

## Nutritional Health Consult

As a Wellness Consultant with Arbonne, I guide individuals and groups in complementing their well-being and mindfulness practices through vegan, gluten-free, clean, and conscious nutrition and supplements.

Book a free 20 minute wellness consultation [HERE](#) to receive a tailored wellbeing supplement plan.



## Inquire Here

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"Nadia is a guest favourite at our ranch! Her yoga and ritual sessions are truly one of a kind—memorable, grounding, and beautifully delivered. We consistently receive glowing feedback, and have guests rebook or refer friends just to experience her magic!"