

Stillness isn't a luxury.
It's a performance strategy that saves energy, increases retention and improves morale.



Oriana Sparks Joy delivers science-backed mindfulness programs that lower stress and increase productivity for organizations that care about their people.



Oriana Sparks

Why Companies Bring Oriana In

- Burnout and anxiety are at record highs in the workplace
- Traditional wellness perks don't move the needle anymore
- Employees need skills, not slogans (regulation over motivation)

When teams understand how to regulate their nervous system, organizations see:

- **Better focus and performance**
- **Healthier communication and culture**
- **Lower turnover and stress-leave days**



Featured Offerings

- Corporate Mindfulness Workshops
- 4 and 8-Week Workplace Wellness Series
- Keynote Speaking
- Leadership + Executive Sessions
- Custom Corporate Programs
- Tailored Retreats

(Packages start at \$2,000)

Oriana Sparks is a certified yoga teacher, mindfulness facilitator, keynote speaker, and corporate wellness consultant with 20+ years of experience in yoga, meditation, and breathwork – and a decade in corporate communications.

After being widowed 11 days after the birth of her third child, Oriana rebuilt her life through the very tools she now teaches. Her lived experience of grief, resilience, and self-discipline brings unmatched depth, empathy, and credibility to her work.

She teaches teams, schools, and organizations science-backed techniques to reduce stress, build resilience, and reconnect with their full potential – at work and in life.

Connect



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