

Facilitator Follow-Up Kit

A single document you can forward internally after a session or planning call. It covers the agenda, what actually happens in the room, what Alkhemiyah needs from your team, and the scope-of-practice language your HR, legal, and communications partners will ask for.

Session overview

Facilitator	Beyonca Johnson, spiritually known as Shaman Yawna Shakti — Certified Shamanic Practitioner, Level II Reiki Practitioner, Certified Craniosacral Therapy Practitioner.
Modalities	Sound healing, somatic breathwork, guided meditation, and ritual — selected to match your team's objective, room, and time window.
Formats	15-20 min reset · 30-45 min midday session · 60-90 min full experience · half-day, full-day, and multi-day retreat programming.
Group size	From an executive team of 6 to full-staff gatherings of 200+, scaled with amplification and additional support as needed.
Setting	Conference rooms, offsite venues, hotels, studios, and outdoor spaces. Participants remain seated or lie down; no changing, no physical exertion required.
Delivery	Instruments, mats, amplification, and setup are handled end to end. Early arrival, on-schedule delivery, and a full room reset are standard.

Programme

Standard 60-minute agenda

Adapted to your time window. Shorter formats compress the practice; longer formats expand integration and discussion.

00:00 - 00:10	Arrival & setup	Room is prepared before participants enter. Seating, mats, and instruments are placed; lighting and sound are set.
00:10 - 00:18	Welcome & consent	What will happen, what participants will hear, and how to opt out or rest at any point. Consent is named out loud.
00:18 - 00:28	Somatic settling	Guided breath and body awareness to move the group out of task mode. No performance, no sharing required.
00:28 - 00:48	Sound healing practice	Crystal and Tibetan bowls, gong, drum, chimes, and voice. Participants rest, seated or lying down.
00:48 - 00:55	Return & integration	A slow return to the room, orientation, and a brief grounding sequence before standing.
00:55 - 01:00	Close & reset	Closing words, optional take-home practice, and full reset of the space.

Planning

What the room needs

- A room that can be dimmed, with doors that close and predictable quiet for the session window.
- Floor space or seating for every participant; chairs are fine when floor space is limited.
- One standard power outlet and 30 minutes of access before the session for setup.
- A named on-site contact for access, elevators, and load-in.
- Participant communication sent in advance so attendance is genuinely optional.

What we ask you to share in advance

Objective	Recovery after an intense quarter, team cohesion, leadership offsite, wellness week, or appreciation.
Headcount	Confirmed or estimated, plus any expected walk-ins.
Time window	Start and end times, and whether the session sits before, during, or after other programming.
Accessibility	Mobility needs, hearing sensitivity, pregnancy, and any accommodations to plan around.
Sensitivities	Recent organizational events — layoffs, loss, restructuring — so the facilitation is appropriate.

After

Follow-up after the session

- A short written recap of what was facilitated and what the group responded to.
- An optional take-home practice your team can repeat in five minutes without equipment.
- Suggested cadence if you are considering an ongoing series rather than a single session.
- Optional anonymous feedback prompt your team can circulate internally.

Suggested internal message

"We're hosting a live sound healing and breathwork session with Alkhemiyah on [date] from [time] in [room]. It's a restorative session — you'll be seated or lying down, nothing is asked of you, and attendance is entirely optional. Please arrive a few minutes early so we can begin on time."

Key disclaimers

Please share this section with HR, legal, and any internal communications partner. It is the language Alkhemiyah uses publicly and in participant-facing materials.

Not medical or mental-health care

Alkhemiyah sessions are restorative wellness experiences. They are not medical care, psychotherapy, employee counseling, diagnosis, or emergency services, and they do not diagnose, treat, cure, or prevent any condition. They are intended to complement — never replace — the clinical and mental-health resources your organization provides.

Participation and consent

Participation is invitational and consent-led. Participants may rest, pause, decline any element, or leave at any point without explanation. Attendance should never be mandatory or recorded against performance. No participant is asked to share personal information with the group.

Health considerations

Participants who are pregnant, have epilepsy or a seizure disorder, cardiovascular conditions, a pacemaker or implanted device, severe hearing sensitivity, recent surgery, or acute psychiatric conditions should consult their physician before participating. Breathwork in particular can be contraindicated and is always offered as optional. Please pass health questions to Alkhemiyah before the session so the facilitation can be adapted.

Cultural context

The practice is culturally rooted and plainly explained. Rhythm, voice, and ancestral tradition are named as what they are — never disguised or diluted. References to ceremony or personal spiritual history describe Shaman Yawna Shakti's own journey; they are not services, substances, or credentials offered through Alkhemiyah.

Privacy

Sessions are not recorded by Alkhemiyah. Photography or filming by your organization must be agreed in advance and communicated to participants, with a clearly marked area for anyone who prefers not to appear.

Alkhemiyah · Chicago, Illinois · shamanyawna.com · In a crisis, contact a licensed professional or emergency services — in the U.S., call or text 988.