

ABOUT NANCY



Nancy Waring is a well-being guide, speaker, and author of *The Vibrant Sage: Arousing Energy for Health and Happiness*. She integrates breathwork, movement, and restorative practices to help professionals reduce stress, restore energy, and build sustainable wellbeing.

With more than 30 years of experience, Nancy offers practices that naturally quiet the mind and reduce stress—helping individuals discover what truly supports their health and wellbeing.

Nancy helps people reduce stress, quiet the mind, and reconnect with what truly matters—so they can move through life with greater clarity, energy, and purpose.



When stress settles, clarity, energy and focus returns.

breathe

Curious?

Reach out to Nancy,
Author and Founder of
The Vibrant Sage

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WORKPLACE & COMMUNITY WELL-BEING



Reduce stress. Restore energy. Improve focus.

Through breath, movement, and sound.



The Vibrant Sage

NANCY WARING

The Reality of Today's Constant Demands

- burnout and fatigue
- constant digital pressure
- long hours sitting with limited movement
- difficulty maintaining energy and focus



Over time, the absence of intentional reset impacts not only productivity, but overall wellbeing and how we show up in our work and lives.

Small, intentional resets can calm the mind and body—helping people reconnect with what truly restores their energy and focus.

HOW I HELP

- 01** Breathwork to calm the nervous system and reduce stress
- 02** Movement to restore energy and counter long hours of sitting
- 03** Mindset practices to build resilience
- 04** Sound experiences for deep relaxation and reset
- 05** Mindfulness and guided practices to improve focus and mental clarity



OFFERINGS

Speaking & Workshops

Engaging talks, lunch & learns, and interactive workshops that provide practical tools to reduce stress, restore energy, and improve focus..

Movement & Reset Sessions

Guided sessions designed to release tension, improve mobility, and help participants feel more energized and focused.

Sound Relaxation Experiences

Immersive sessions designed to calm the nervous system and support mental clarity.



Meaningful experiences designed to help teams connect, reset, and recharge; so they can move from stress and uncertainty to calm and clarity.