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M O G A M I

THE ART OF JAPANESE WELLNESS

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A SUSTAINABLE LIFESTYLE FOR LONGEVITY

Meet Saori Okada

FOUNDER, MOGAMI 最上

EMPOWERING INDIVIDUALS TO ACHIEVE
SUSTAINABLE WELLNESS - A WELLNESS FROM
WITHIN

Born and raised in Japan, Saori combines her cultural upbringing and 20-year Japanese calligraphy experience with her expertise as a Certified Wellness Coach to provide simple, practical Japanese wellness principles centred around longevity.

Coming from a family of healthcare professionals and acutely aware of the current health crisis, Saori understands the importance of a holistic approach to one's well-being - which starts by taking a look at our daily lifestyle. Combining Saori's expertise with her lived experience, including a 15-year recovery journey with various eating disorders, Saori is now on a mission to empower individuals to focus on a long-term and sustainable approach to their well-being.

With coaching clients from across the globe, including the USA, Canada, U.A.E, Switzerland, Japan, the UK, and Australia, Saori brings her unique ability to communicate actionable and sustainable Japanese wellness principles to global audiences that can empower you and your community today.

Saori Okada 岡田紗緒里



Saori Okada

University of Virginia'14
(B.S. Commerce)

Wellness Coach (Certified
Transformational Nutrition Coach
from ITN)

Author - "[Until the Death of Me - A
15-Year Eating Disorder Recovery
Journey](#)")

Japanese calligrapher (星洗 Seisen)
Certified Project Manager
(PMP from PMI)



Why
Mogami?

Group Wellbeing Offering Personal Ownership & Community Connection

As a country known for its longevity principles and culture, Mogami's Japanese-rooted wellness approach provides the mindset, tools, and experience to empower your community with a holistic approach to one's long-term well-being. Mogami's wellness approach will provide your community with actionable daily takeaways to enhance one's well-being for longevity.

MOGAMI'S WELLNESS FRAMEWORK



MOGAMI IMAGINES A WORLD WHERE THE VAST MAJORITY OF PEOPLE HAVE AN INNER KNOWING OF THEIR AUTHENTIC SELVES.

What we
support

Mogami's Services

Services

- Speaking & Seminars (i.e. Lunch & Learns)
- Mindful Team-Building Events
- Group Community Wellbeing Events
- Corporate Facilitation

Structure

- Virtually (via Zoom) or In-person
- Typical Duration: 45 - 60 min
- Format: Customized to meet your needs (i.e. PowerPoint slides, speaker-style, group discussions, etc.)
- Virtual sessions can be recorded and provided as a follow-up

Topics offered

- Learning Presence & Mindfulness through Japanese Calligraphy
- Ikigai - Japan's Reason for Being & Purpose
- Forest Bathing - How to Spend Time in Nature to Rejuvenate
- Self-Care: How to Body & Soul Care
- How to Build Authenticity - Wabi-Sabi Framework

Pricing

- We provide bespoke pricing based on your needs (single-session, bundle session options available).

Example
event flow

Mindful Community Event: Japanese Calligraphy Session

While we customize the structure of each event based on your intention, here is what a mindful community-building event could look like.

01 OVERVIEW OF JAPANESE ARTS & CALLIGRAPHY PRINCIPLES (15 MIN)

Learn about Japan's three traditional arts rooted in 2,000 years of history and how Japanese calligraphy's principles teach us to be more present and mindful.

02 DEEP-DIVE INTO JAPANESE CALLIGRAPHY INTENTION PIECES (10 MIN)

A detailed breakdown of the Japanese calligraphy piece options that serve as the group's collective intention.

03 GROUP CONNECTION WITH BREAKOUT PORTION (10 MIN)

Have participants pair up and connect on which Japanese calligraphy piece resonates with them. Come back together to pick a piece collectively.

04 COLLECTIVE WRITING EXPERIENCE (10 MIN)

Have participants collectively write the chosen calligraphy piece together.

05 GROUP REFLECTION & CALLIGRAPHY MEANING (10 MIN)

Come back together and share calligraphy pieces and writing experiences. Create a deeper connection with the calligraphy piece by defining its significance to each participant.

06 WRAP-UP WITH ACTIONABLE TAKEAWAYS (5 MIN)

Group exercise in identifying moments within our daily lifestyle to incorporate moments of mindfulness & presence.



Client Testimonials



Saori from Mogami Wellness joined our online writing group to bring the world of calligraphy to us. What we got was so much more. Saori has a wonderful calming presence and the group was immediately transfixed. The complexities of Japanese-style wellness were so clearly and thoughtfully shared with us (not taught but shared). We were given the space to absorb Saori's creativity, wisdom and practice our own calligraphy. At the end of the session we all would have happily listened for twice the time. Saori is a true master - although she would never describe herself as that.

Alison Hitchcock, Co-Founder, From My To You Letters



Saori's mindfulness calligraphy class was a totally unique experience that embodied all the elements of traditional art in a contemporary and meditative manner. Working with Saori was a breeze - it was clear she's an expert in calligraphy, and has a passion for producing these bespoke workshops, so I was more than confident in taking her direction for what would work best for us. During the workshop itself, Saori very easily created a tranquil atmosphere to really set the tone for a thoughtful class. Members were then really able to concentrate comfortably in a 'zen-like' state to practice their own calligraphy. Furthermore, the open nature of the workshop meant that members were also open to discussing and sharing their perspectives on how they arrived at their individual pieces, plus their personal outlook on the experience. Would definitely recommend anyone this activity looking to combine a bit of creativity with mindfulness - it was so much fun overall!



Leo Mansilla, Senior Operations & Community Manager, Second Home



Saori was an absolute star to work with from the outset, planning and creating a session that met our needs. All participants thoroughly enjoyed the session; it was as if Saori created a wave of calmness across the room, quite mesmerising! Having never done anything like this before, it was an utter joy, giving me a completely new perspective on Japanese art. In our busy days and lives, everyone needs to find some time to ground themselves and reconnect, and Saori's Japanese calligraphy mindfulness session is a perfect way to do this.

Lyndsey Hellyn, Director, The Curiosity Approach

Who We've Worked With



from *me*
to *you*

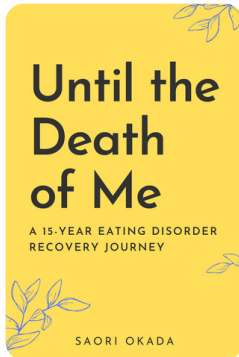
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Media & Press



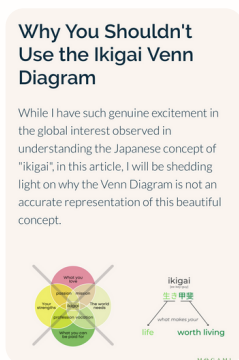
AUTHOR

- Powered by reflection points and an undeniably authentic voice, "Until the Death of Me - A 15-Year Eating Disorder Recovery Journey" is a narrative memoir written by Saori Okada, who secretly battled various eating disorders for 15 years. Published in October 2021, this book takes you into the mind, body, and soul of an individual evolving into her own to overcome her eating disorder.



GUEST SPEAKER APPEARANCES

- London's Annual Japanese Textile and Craft Festival "How the principles of Japanese arts can guide us to an intentional and meaningful life." (2022)
- E2W Lunch & Learn Guest Speaker: Understanding Japan's secret to longevity with the true definition of "Ikigai"



ARTICLES & FEATURES

- The Portfolio Collective Community Voices: How courage and curiosity inspired me to lead a more intentional life ('22).
- The Portfolio Collective: TPC Innovators Member Feature ('22).
- LinkedIn: Why You Shouldn't Use the Ikigai Venn Diagram ('22).
- Institute of Transformation Nutrition: Coach Spotlight ('22).
- Nadeshiko Japan feature (Japanese): Spotlighting Japanese entrepreneurs from around the world ('22).



PODCAST APPEARANCES

- Ikigai Tribe Podcast: What does it mean to be Japanese? (Jan '22)
- The Fulltime Ikigai Podcast: The Truth about Ikigai & Why you Got it Wrong (Feb '22)
- Curious About: Eastern vs. Western wellbeing (Mar '22)
- Ikigai with Jennifer Shinkai: Sustainable Wellness and Ikigai (Jul '22)

Get Started Today

Whether you are an organizational leader, Community Engagement Manager, HR Manager, or an individual curious to understand how Mogami's services can empower your community's long-term well-being, we would love to hear from you.

Reach out today to get started.



CONTACT DETAILS

+44-7903-000745
saori@mogamiwellness.com
London, UK

WEBSITE

www.mogamiwellness.com

SOCIAL MEDIA

[@mogami_wellness](https://www.instagram.com/mogami_wellness)

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A WELLNESS FROM WITHIN"