

Inspirational thought leader on wellness and empowerment using the power of nature at the office and beyond



MAUREEN K. CALAMIA

Maureen Calamia is an author, feng shui and mindfulness expert with a passion for ecopsychology and nature connection. With over 25 years experience in the corporate world, she shares inspiring guidance on how to navigate these modern times for greater wellness - body, mind, & spirit.

Some happy clients include:

Interior Design Society Nat'l Conf.
NY State Outdoor Educators Assn.
GloWorm
BrandPharm
Save the Children Headquarters
Hofstra University
State University of NY, Stony Brook
Douglas Elliman Real Estate
My Wines Direct

"One of the most informative workshops on how I relate to others"

"Maureen has inspired me to see myself and my work space differently"

"Fascinating. Could have stayed for another two hours!"

"her knowledge and passion make this class a real winner."

To book Maureen for your event, email bookings@luminous-spaces.com, or call 631.513.0059



Re-Nature Workshops & Retreats

Lunch + Learns to Half- and Full-day retreats

De-Stress with the Power of Nature

Stress is an imbalance in our inner nature. Learn your individual stress response archetype and ways you can become more aware of triggers with simple solutions to use in your daily life.

Empower Well Being with the Five Elements

Based on the ancient system of the Five Elements in Eastern philosophy and Chinese medicine, learn your True Nature archetype and ways to feel greater well being and mindfulness at work.

Why Nature in the Workplace Matters

Corporate America is starting to recognize the importance of the access to nature in our everyday places and its impact on the bottom line. Learn simple tips your employees can use to achieve greater balance in their work space.

Outdoor Experience & Visualizations (Retreat)

Management and staff are immersed in the experience of nature, known as forest bathing, allowing for deep restoration and stress relief. Participants are taught solutions for greater mindfulness and stress management in the work environment as well as home.



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