

BodyMindUP Launches Revolutionary Five-Body Holistic Healing Method to Transform Personal and Organizational Wellness

Ancient Wisdom Meets Modern Neuroscience in Comprehensive Approach to Individual and Corporate Wellbeing



London, United Kingdom May 15, 2025 ([Issuewire.com](https://www.issuewire.com)) - BodyMindUP, a pioneering holistic wellness hub, today announced its official launch following its formal establishment in January 2025. Founded by Agnes Serrano and co-founded by Dima Ghazi, BodyMindUP introduces its ground-breaking Five-Body Holistic Healing Method, uniquely integrating modern neuroscience with ancient healing traditions to address today's most pressing wellness challenges.

In an era where burnout, anxiety, and disconnection have reached epidemic levels, BodyMindUP emerges as a transformative solution by addressing wellness through five interconnected dimensions: emotional, physical, energetic, spiritual, and community bodies. This comprehensive approach goes beyond treating symptoms to rewrite cellular patterns and create lasting transformation.

"At BodyMindUP, we recognize that true healing occurs at the deepest level of your being," says Agnes Serrano, Founder of BodyMindUP. "Our mission is to ignite transformative healing by combining ancient practices with modern science, guiding individuals and organizations to overcome life's challenges and achieve profound harmony across all dimensions of their being."

The company's innovative approach is already gaining recognition for its effectiveness in addressing complex challenges, including emotional trauma, chronic physical conditions, workplace stress, and spiritual disconnection. Pioneering a New Paradigm in Wellness

BodyMindUP's services span both individual and organizational wellness:

For Individuals:

- **Emotional Healing:** Theta Healing, Rapid Transformational Therapy (RTT), and EFT to address trauma, anxiety, and emotional blocks

- **Physical Vitality:** AXO Massage, Qi Gong, Reflexology, and Functional Medicine support for chronic pain and physical renewal
- **Energetic Alignment:** Quantum Healing, Reiki, and plant medicine ceremonies for energy balancing and spiritual connection
- **Spiritual Awakening:** Mindfulness practices, meditation journeys, and spiritual coaching for purpose and meaning

For Organizations:

- **Leadership Resilience:** Executive coaching focused on emotional intelligence and sustainable performance
- **Team Synergy:** Group therapy, team dynamics blueprints, and communal rituals for workplace cohesion
- **Burnout Recovery:** Neuroscience-backed workshops and energy management techniques for sustainable productivity
- **Women in Leadership:** Specialized support for women balancing career, leadership, and personal roles

"The workplace has become a significant source of stress and burnout," notes Dima Ghazi, Co-founder. "Our corporate programs are designed to transform organizational culture by addressing the root causes of workplace challenges, resulting in measurable improvements in productivity, retention, and overall wellbeing."

Global Reach with Local Impact

BodyMindUP delivers services online, in-person, and through hybrid models across Europe, Mexico, and the Middle East in English, Arabic, French, and Spanish. The company has announced plans for signature retreats in Portugal (May 2025) and Mexico (April 2025), offering immersive healing experiences combining indigenous wisdom with modern therapeutic approaches.

The company's diverse team includes practitioners specializing in emotional intelligence, energy alignment, trauma healing, and leadership development, enabling a truly multidisciplinary approach to wellbeing.

About BodyMindUP

Founded in January 2025, BodyMindUP is a holistic healing hub delivering transformative wellness programs worldwide. By uniting ancient wisdom with cutting-edge neuroscience, BodyMindUP serves individuals, corporate groups, and communities seeking comprehensive healing across the five bodies: emotional, physical, energetic, spiritual, and community.

The company's vision is to become the world's leading hub for holistic transformation, creating global impact through accessible and innovative wellness programs, retreats, and therapies tailored to individuals and organizations.

For more information about BodyMindUP and its services,

Visit <https://bodymindup.net> or follow on LinkedIn at <https://www.linkedin.com/company/bodymindup/>.



Media Contact

BodyMindUP

*****@bodymindup.net

07491611100

4 White Swan Mews, Chiswick, London W4 2AU

Source : BodyMindUP

[See on IssueWire](#)