

Exhale into the
depth of
presence



Dr. Crystal Jones

About

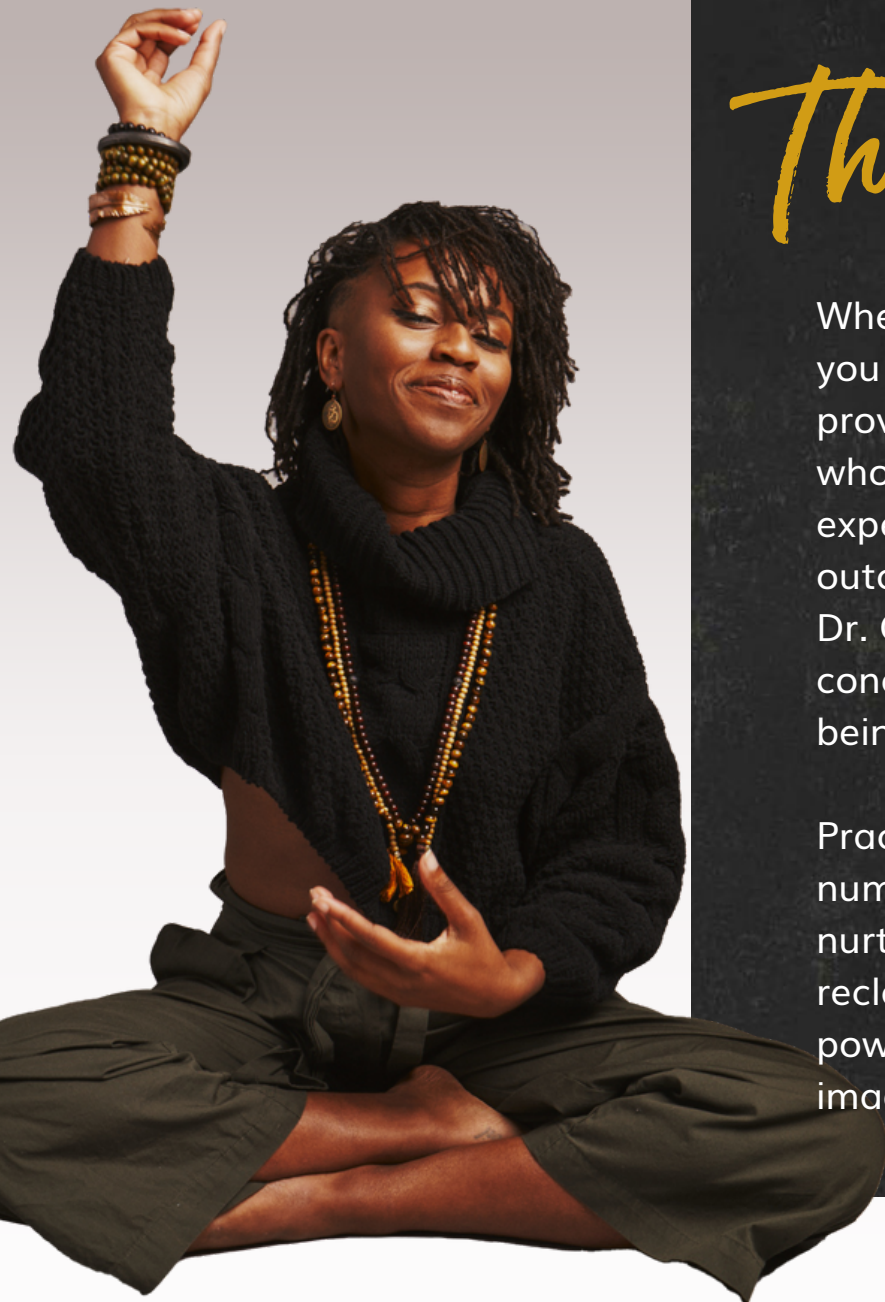
Dr. Crystal Jones is an embodied invitation into the depth of presence.

Time slows down when you engage with her and the rhythm of now abounds.

Whether through a workshop, meditation, sound healing, mindful awareness or a fireside chat, there is a special way that her deep study of the nervous system, healing lineages and sacred texts combine to cultivate experiences that allow her clients to feel safe as they embody - in practice - the gift of now.

AS SEEN IN

ESSENCE **SXSW**  Forbes Google



The experience

When you partner with Dr. Crystal Jones, you are hiring much more than a service provider. You are bringing on someone who has the unique ability to create an experience that is specific to your desired outcome. From conception to execution, Dr. Crystal is in her creative and conceptual genius as your partner in well being.

Practiced, certified and licensed in numerous modalities, she has a knack for nurturing brave atmospheres for folks to reclaim safety as they heal through the power of embodied liberation and imagination.

Stats



COMPANY PARTNERSHIPS

Google
Lyft
The Village Market Atl
Blk + Grn
Disney
National Urban League
Pfizer
21Nintey
Black Girl In Om

PepsiCo
SXSW
OMNoire
Facebook
DePaul University
Essence Fest
Coca Cola
Adidas
Emory University

+ More

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14.1K
FOLLOWERS

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4.1K
FOLLOWERS



Why Dr. Crystal

Known for her ability to intentionally shift the atmosphere from one of tension to being grounded, Dr. Crystal sets out to understand what's actually needed before curating an experience. She is focused on sustainable well being rather than momentary relief. She executes with precision as she "begins with the end in mind".

Her lighthearted approach creates a brave space for this inevitable shift to be sustainable. The outcome measure is the holistic well being of the people.

THE BENEFIT IN PARTNERING WITH DR. CRYSTAL
JONES IS THAT SHE HAS EXTENSIVE EDUCATION
AND EXPERIENCE WITH **NERVOUS SYSTEM**
INTEGRATION PARTICULARLY WITH
CORPORATIONS, ENTREPRENEURS AND EVENTS

Testimonials

Working with Dr. Crystal is next level! She creates an environment filled with intention and a safe place for people to disconnect and be free. No matter the amount of times she's joined us, the experience is always different and life-changing. She's definitely a village favorite! Dr. Crystal is easy to work with, professional, thorough, and we would recommend her to anyone looking to elevate their wellness.

Our Village United

Hosting a fireside chat with Dr. Jones was an extremely impactful event at Google. Dr. Jones came to speak at Google the week of George Floyd's murder. She was able to talk about the importance of mindfulness in the workplace, specifically for the black community, during a very difficult time emotionally for many of the participants.

She not only explained the benefits of mindfulness practices, meditation, and therapy for people in the black community to our group of over 50 attendees; but more importantly she left the entire group feeling refreshed and hopeful despite being in a very dark time. Participants provided feedback that the session was exactly what they needed while balancing showing up at work with navigating the racial injustices that exist in our country today.

Thank you Dr. Jones for your amazing ability to uplift and motivate an entire community. We look forward to having you back.

Google

Dr. Crystal is an absolute pleasure to work with. I asked her to lead a panel about Black Mental Health with Senior Executives during a Black History month event, and she did so with so much grace. The conversation was open and transparent, and she ensured that every voice was heard and included. She ended the event with a 5 minute meditation and the senior executives requested her presence on a regular basis

Lyft

Partnership Inquiry

PARTNER WITH DR. CRYSTAL JONES FOR
SPEAKING ENGAGEMENTS, CONSULTING, AND
EXPERIENCES



Available For...

Strategic execution of emotionally, physically, and mentally brave and effective activations/events

Consulting centered around quality care being offered by health care/adjacent practitioners.

Wellness curriculum audit + development

Fireside Chat - Corporate Meditation - Sound Activation (Live) - Breathwork

BOOK DR. CRYSTAL

CONTACT

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INSTAGRAM

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LINKEDIN

[Dr. Crystal Jones](#)