

# Nancy Zabaneh

## Biography

Nancy Zabaneh is a wellness educator and trauma-informed facilitator dedicated to guiding individuals and communities toward deeper awareness, healing, and personal transformation. A certified practitioner and Arab region representative of Compassionate Inquiry®, the psychotherapeutic approach developed by Dr. Gabor Maté, Nancy integrates this methodology into her one-on-one work, group facilitation, and organizational trainings across the Middle East and beyond.



With over 25 years of experience spanning diplomacy, corporate leadership, and holistic education, Nancy brings a rare blend of insight, presence, and compassion to her work. She is deeply committed to nervous system regulation, emotional resilience, and authentic self-inquiry as foundational tools for sustainable well-being.

Nancy also played a pioneering role in introducing yoga to the MENA region, having trained thousands through Darshan, a platform she co-founded to make ancient wisdom traditions accessible to modern seekers. Her work has taken her from the first yoga teacher trainings in Palestine to leading wellness experiences at Saudi Arabia's inaugural ALUla festival, and offering trauma-informed outreach programs across Jordan, Lebanon, and India.

Renowned for her grounded, warm, and direct facilitation style, Nancy's sessions invite participants into meaningful, embodied exploration, meeting themselves with honesty, curiosity, and compassion.



Visit: [www.nancyzabaneh.com](http://www.nancyzabaneh.com)

Contact: [info@nancyzabaneh.com](mailto:info@nancyzabaneh.com)