



Corporate Wellness Total Package

Organizations that *invest* in employee wellness consistently report *higher productivity, reduced burnout, and measurable financial returns* — with some programs generating up to \$6 for every \$1 invested.



Corporate Wellness

Organizations are increasingly recognizing the importance of supporting employee well-being, focus, and resilience in today's demanding work environments.

Angela Ahimsa offers a range of experiential wellness sessions designed to help teams regulate stress, restore mental clarity, and reconnect with their energy throughout the workday.

These sessions can be offered individually or combined into curated workplace wellness programs tailored to the needs of your team.

Consultation

Every workplace has unique needs. A short consultation allows us to design the most effective wellness experience for your team.

To explore options or schedule a session:
Visit [AngelaAhimsa.com](https://www.AngelaAhimsa.com) or inquire about available dates
or call 647-575-7176 between Mon - Fri 10-5pm

Corporate Wellness Experiences

Workplace Reset - pg. 4

A guided session combining breathwork, light movement, and meditation to help teams regulate stress and restore focus during the workday.

Corporate Wellness Experiences - pg. 6

An overview of experiential wellness programs designed to support focus, resilience, and creativity in modern workplaces.

Neuro-Emotional Activation - pg. 9

An interactive experience using rhythm, music, and movement to stimulate creativity, cognitive flexibility, and group engagement.

Yoga & Meditation - pg. 11

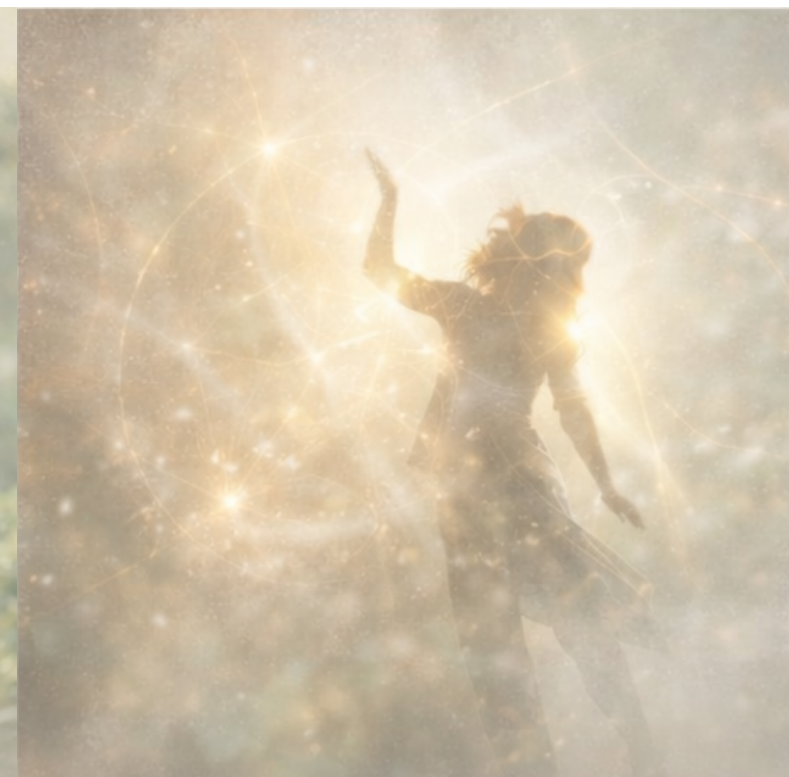
Accessible movement and mindfulness practices designed to release tension, improve posture, and restore mental clarity.

Breathwork for Focus pg. 14

Simple breathing techniques that help regulate the nervous system, increase energy, and improve concentration.

Sound & Sensory Reset pg. 17

A calming sensory experience using crystal singing bowls and guided meditation to promote relaxation and mental reset.





Workplace Reset

Workplace Reset

A guided wellness session designed to help teams reset their nervous systems, reduce stress, and restore focus during the workday.

The session combines breathwork, light movement, and meditation, providing employees with practical tools they can use to regulate stress and maintain clarity in high-pressure work environments.

Session Format

Duration: **45–60 minutes**

Structure

Introduction / Gratitude (5 minutes)

Guided Breathwork (15–20 minutes) - Techniques to calm the nervous system, improve focus, and support emotional regulation.

Light Movement / Chair Yoga (10–15 minutes) - Simple desk-friendly exercises to release tension, strengthen wrists, improve posture, and restore energy.

Guided Meditation (10–15 minutes) - A short mental reset designed to restore clarity and calm.

Integration & Q&A (5 minutes) - Practical ways participants can apply these tools during their workday.

Group Size

Ideal for **10–40 participants**

For larger teams, sessions can be **divided into smaller groups and shorter sessions throughout the day** to accommodate schedules and maintain a more personal experience.



Corporate Wellness Experiences

Corporate Wellness Experiences

Experiential wellness sessions designed to support focus, resilience, and creativity in modern workplaces.

Angela Ahimsa offers practical wellness experiences that combine breathwork, movement, music, meditation, and sensory practices to help teams regulate stress and restore clarity during demanding work periods.

Core Workplace Sessions

Lunch & Learn

Interactive wellness workshops designed to educate and engage teams during a shared meal. Topics can include nutrition for focus, stress management, workplace wellness strategies, or interactive group cooking experiences.

Breathwork for Focus

Techniques for calming the nervous system and improving cognitive performance.

Yoga & Meditation

Accessible movement and mindfulness practices designed for office environments.

Sound & Sensory Reset

Guided meditation and sound bowl experiences that support deep relaxation and mental reset.

Neuro-Emotional Activation

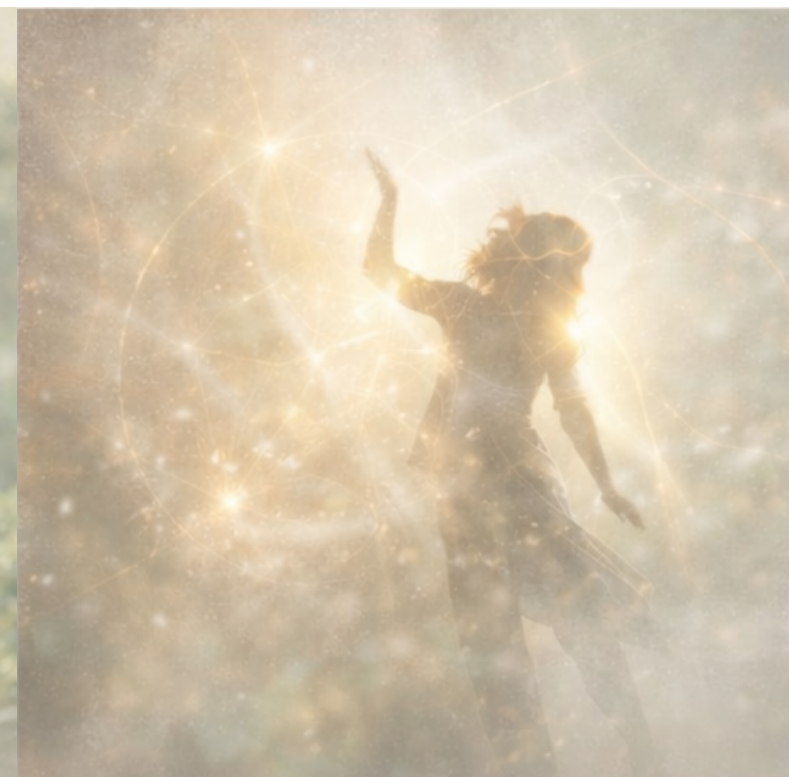
An interactive experience blending rhythm, movement, and group interaction to stimulate creativity and cognitive flexibility.

Custom Programs Available.

Corporate Wellness Experiences

Corporate wellness sessions can be designed as:

- single workshops
- lunch & learn sessions
- team reset experiences
- leadership wellness sessions
- multi-session wellness programs





Neuro-Emotional Activation

Neuro-Emotional Activation

A music and movement experience for cognitive engagement and team energy

This interactive session combines music, rhythm, light choreography, and social interaction to stimulate multiple areas of the brain simultaneously. When participants engage movement, sound, coordination, and emotional expression together, it activates neural pathways associated with memory, attention, and emotional regulation.

This type of multi-sensory stimulation can quickly shift the nervous system out of stress mode and into a more open, engaged state — increasing creativity, focus, and connection within the group.

Music and movement are particularly powerful because they bypass analytical thinking and engage the brain more directly through rhythm and emotion. As participants begin to move, clap, mirror gestures, or follow simple choreography, the brain releases dopamine and other neuro chemicals associated with motivation, learning, and positive mood.

The result is often immediate: people who may initially feel hesitant or fatigued begin to participate, laugh, and interact within minutes. For example, during a recent session with a group, participants who initially appeared withdrawn quickly became engaged — individuals began moving to the music, interacting with one another, and even leading parts of the movement themselves. Moments like this illustrate how quickly music and movement can awaken connection and participation.

This approach works equally well in corporate environments, where it helps teams break mental fatigue, stimulate *creativity*, and reconnect with one another.



Yoga & Meditation

Yoga & Meditation

A gentle, accessible movement session designed to release tension, restore focus, and energy in the workplace.

A practical workplace wellness session designed to help employees release physical tension, improve posture, and restore mental clarity during the workday. Many professionals spend long hours sitting, typing, and working under pressure. This session introduces simple, accessible practices that help relieve muscular tension, regulate breathing, and improve focus.

The experience combines gentle movement, mindful breathing, and meditation to support both physical and mental well-being. Sessions combine light movement, breath awareness, and short guided meditation to help participants reset both physically and mentally during the workday.

Session Format

Duration: **45–60 minutes**

Structure

Introduction (5 minutes) - Understanding how movement and breath help regulate stress and improve focus.

Gentle Movement / Chair Yoga (20–25 minutes) - Accessible movements designed to release tension, improve mobility, and support posture.

Breath Awareness (5–10 minutes) - Simple breathing techniques to calm the nervous system and increase energy.

Guided Meditation (10–15 minutes) - A short meditation designed to restore clarity and mental balance.

Yoga & Meditation

A gentle, accessible movement session designed to release tension, restore focus, and energy in the workplace.

Benefits

- Reduce physical tension
- Improve posture and mobility
- Increase energy and focus
- Support nervous system regulation
- Improve overall workplace well-being

Group Size

Ideal for 10–40 participants

For larger teams, sessions can be divided into smaller groups or offered as shorter sessions throughout the day.



Breathwork for Focus

Research shows that controlled breathing can influence the autonomic nervous system, helping *the body shift* from stress response into a calmer, more balanced state.

Breathwork for Focus

Breathwork is one of the most effective ways to influence the nervous system in real time. By adjusting breathing patterns, participants can calm the body, improve focus, and increase mental clarity within minutes. Participants leave with simple techniques they can use throughout the day to reset their energy, manage stress, and maintain focus.

Session Format

Duration: **20–30 minutes**

Structure

Introduction (3–5 minutes) - Understanding how breathing patterns influence the nervous system.

Guided Breathwork (15–20 minutes) - Techniques designed to calm the body, improve focus, and increase mental clarity.

Integration (3–5 minutes) - Simple ways to apply breathwork throughout the workday.

Benefits

- Reduce stress and mental fatigue
- Improve focus and cognitive performance
- Support nervous system regulation
- Increase energy and clarity
- Develop practical tools for daily stress management

Group Size

Ideal for **10–40 participants**

For larger teams, sessions can be divided into multiple smaller groups or offered as shorter sessions throughout the day.



Sound & Sensory Reset

Sound & Sensory Reset

Sound meditation is a powerful way to calm the nervous system and quiet mental activity. Crystal singing bowls produce resonant tones that help shift the brain into relaxed states associated with restoration and recovery. Combined with guided meditation, this sensory experience helps participants release stress, reset mental fatigue, and restore clarity during demanding work periods. Sound meditation offers a powerful way to shift the body into a calmer, more restorative state. The resonant tones of crystal singing bowls help quiet mental activity and encourage deep relaxation. This experience provides employees with a restorative pause during demanding work periods, helping them return to their work feeling more grounded and focused.

Session Format

Duration: **45–60 minutes**

Structure

Introduction (3-5 minutes) - A brief explanation of how sound and sensory experiences support relaxation and nervous system regulation.

Guided Breathwork (8–10 minutes) - A calming meditation designed to release tension and quiet the mind.

Crystal Bowl Sound Experience – Resonant tones create a deeply relaxing sensory reset.

Energy Reset Breathing (10–12 minutes) - Resonant tones and vibrations create a deeply relaxing sensory reset.

Integration & Reflection (3 minutes) - Participants return gently to the present moment feeling refreshed and mentally reset.

Benefits

- Reduce stress and mental overload
- Support nervous system relaxation
- Improve clarity and focus
- Encourage emotional balance
- Provide a restorative pause during the workday

Ideal for **10–40 participants**. For larger teams, sessions can be divided into multiple smaller groups or offered as shorter sessions throughout the day.



Curated Programs

Sessions can be offered as:

- Lunch & Learn workshops
- Team reset experiences
- Leadership wellness sessions
- Half-day wellness events
- Multi-session wellness programs

Programs can be customized to address specific goals such as:

- stress reduction
- improved focus and productivity
- employee well-being
- team connection and morale

Your Guide

Angela Ahimsa, Best-Selling Author and Integrative Health Expert, offers experiential wellness sessions designed to help teams regulate stress, restore mental clarity, and reconnect with their energy throughout the workday.

Schedule a session:

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