



## Yoga & Meditation

# Yoga & Meditation

A gentle, accessible movement session designed to release tension, restore focus, and supply 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.

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## **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.



# 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

Best-Selling Author • Integrative Health Expert  
Creator of Feed Your Chakras & Eat the Rainbow

Schedule a session:

Visit [AngelaAhimsa.com](https://AngelaAhimsa.com) or inquire about available dates  
or call 647-575-7176 between Mon - Fri 10-5pm