



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.



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 or inquire about available dates
or call 647-575-7176 between Mon - Fri 10-5pm