

A calmer team does better work.

One hour of yoga, breathwork and meditation for your team, at your workplace anywhere in the Greater Toronto Area.



Better results. A calm mind thinks clearly and handles pressure well. It shows in the quality of everyone's work.

Team building

Moving and breathing together, away from screens and job titles, builds trust that carries back to work.

Mental peace

Simple breathing and meditation techniques people can use alone, before a hard meeting or after a long day.

A happy, healthy workplace

A regular hour that eases stiffness, stress and screen fatigue, and gives people something to look forward to.

Better coordination

Calmer people listen more and react less, so teams communicate and work together more smoothly.



Amandeep

Breathwork, yoga and meditation facilitator

I teach yoga, breathwork and meditation in a way that fits real working life: practical, easy to follow and suitable for every level, from first-timers to regular practitioners.

Master's degree in Yoga

Yoga Alliance certified E-RYT 500

In **14+ years** of teaching,
I have guided more than **15,000 people**
across **50+ companies**.

Inside each one-hour session

Yoga asanas

30 to 40 min

Postures that release tension from hours at a desk and build strength, balance and mobility.

Breathwork and meditation

20 to 25 min

Guided breathing and meditation to settle the nervous system and quiet a busy mind.

How to start

1

Call or email.

Phone or email Amandeep, whichever is easier for you.

2

Tell Amandeep about your team.

Share a little about your team and your space, and ask any questions you have.

3

Your first session at work.

Amandeep comes to your workplace anywhere in the GTA and leads the hour.

Book your first session

Email, call or scan the code to get started.

