

AMALIA SHAKTI

Wellness Coach | Women's Health Specialist | Yoga Teacher | Holistic Wellbeing Educator

Creating Healthier, More Human and More Resilient Workplaces

In today's fast-paced world, organizations are recognizing that wellbeing is no longer a perk—it's a necessity.

Through evidence-informed practices drawn from Yoga, Mindfulness, Breathwork, Ayurveda, Positive Psychology, Women's Health and Conscious Movement, I help individuals and teams cultivate resilience, vitality, emotional wellbeing, and sustainable performance.

My sessions are designed to be practical, engaging, and accessible for all levels of experience, whether delivered online or in person.

SIGNATURE WELLBEING EXPERIENCES

1. Infinite Balance™

A Summer Reset for Body, Mind & Energy

A transformational wellbeing experience designed to help participants reconnect with themselves, restore vitality, and create greater balance in daily life.

Participants explore:

• Gentle movement and mobility • Breathwork for energy and calm • Stress reduction techniques • Mindful self-care rituals • Sustainable wellbeing practices • Nervous system regulation tools

Ideal for: Summer wellbeing programs, retreats, team wellbeing initiatives, and employee engagement events.

2. Nervous System Reset™

Practical Tools for Calm, Resilience and Emotional Wellbeing

Modern life keeps many people operating in a constant state of stress.

This workshop teaches practical techniques to regulate the nervous system, improve emotional resilience, and reduce overwhelm.

Participants learn:

- The science of stress • Breathwork for immediate regulation • Somatic awareness practices • Mind-body resilience techniques • Daily recovery rituals

Outcomes:

Greater focus, emotional balance, resilience, and wellbeing.

3. Breathe to Thrive™

Breathwork for Performance, Presence and Stress Reduction

Breathing is one of the most powerful tools available for enhancing wellbeing and performance.

This experiential workshop introduces simple yet highly effective breathing techniques that participants can apply immediately.

Benefits include:

- Reduced stress • Improved concentration • Better energy management • Enhanced emotional regulation • Greater mental clarity

4. Mindful Leadership from Within

Cultivating Presence, Clarity and Emotional Intelligence

Mindfulness is increasingly recognized as a key skill for sustainable leadership.

Participants learn practical approaches to:

- Improve focus and attention • Manage stress effectively • Increase self-awareness • Strengthen communication • Enhance decision-making

Suitable for leaders, managers and high-performing teams.

5. Ayurveda for Modern Living

Ancient Wisdom for Energy, Balance and Wellbeing

Ayurveda offers practical tools to help people thrive in today's demanding world.

Participants discover:

- Their unique mind-body tendencies • Personalized wellbeing strategies • Daily routines for energy and vitality • Nutrition and lifestyle principles • Seasonal self-care practices

A highly engaging and eye-opening workshop suitable for diverse audiences.

6. Women Thriving Through Midlife™

Perimenopause & Menopause in the Workplace

Women represent a significant portion of today's workforce, yet many navigate hormonal transitions with little support.

This empowering and educational session helps organizations better understand and support women during midlife.

Topics include:

- Understanding perimenopause and menopause
- Managing symptoms holistically
- Stress and hormonal health
- Sleep, energy and cognitive wellbeing
- Workplace support and inclusion
- Practical tools for daily life

Ideal for women's networks, DEI initiatives, HR programs and leadership development.

7. The Women's Wellness Circle

Connection, Reflection and Empowerment

A facilitated circle designed to foster meaningful conversations, connection and personal growth.

Themes may include:

- Life transitions
- Wellbeing and self-care
- Confidence and resilience
- Purpose and fulfillment
- Women's health and vitality

An experience that strengthens belonging, psychological safety and community.

8. Move, Connect & Thrive™

Conscious Dance and Community Wellbeing

An uplifting and energizing experience inspired by conscious movement and ecstatic dance principles.

No dance experience is required.

Participants are invited to:

- Move freely
- Release stress and tension
- Cultivate joy and creativity
- Build authentic connection
- Experience embodied wellbeing

A powerful experience for community building and team connection.

9. Strong Body, Clear Mind™

Functional Movement for Longevity and Vitality

Designed especially for professionals seeking sustainable wellbeing and healthy aging.

Includes:

• Mobility and flexibility practices • Balance and stability training • Posture awareness • Functional strength exercises • Strategies for long-term vitality

Suitable for all fitness levels.

10. Nature as Medicine

Reconnecting with Wellbeing Through Nature

Research consistently shows that connection with nature supports physical, emotional and mental wellbeing.

Participants explore:

• Mindful nature practices • Stress recovery techniques • Sensory awareness exercises • Walking meditation • Practical ways to reconnect with nature in everyday life

Perfect for retreats, offsites and wellbeing events.

Delivery Formats

• Keynotes • Interactive Workshops • Wellness Series • Team Retreats • Women's Leadership Programs • Employee Resource Groups • Conferences and Events • Online and In-Person Experiences

Together, we can create wellbeing experiences that help people feel more energized, connected, resilient and empowered—at work and beyond.