



**GURUKULA
FOUNDATION**

A NON PROFIT 501 'C' 3 ORGANIZATION

CORPORATE WELLNESS PROGRAM

**RESTORING CLARITY, BALANCE, AND RESILIENCE
IN THE WORKPLACE**

A refined collection of wellness offerings created for modern workplaces seeking practical stress relief and sustainable performance



Workspace Mindfulness Program

A corporate mindfulness session for stress relief and better workplace performance.

- **One Time Session (60 Minutes)**
- **8 Week Series – 6 sessions over 8 Weeks**



The Restorative Sound & Vibration

A restorative wellness session using sound and vibration

- **One Time Reset (60 Minutes)**
- **4 Week Series – Weekly 60 Minute Sessions**



“A calm mind creates better outcomes.”



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WORKSPACE MINDFULNESS PROGRAM

Workspace Mindfulness Program is a corporate wellness workshop that blends modern scientific approach with ancient mindfulness practices to help employees reduce stress, improve focus, and perform at their fullest potential. It's a simple, effective way to bring meaningful wellness support to your team.

ONE TIME SESSION

Ideal for Lunch & Learns, Wellness Days, and team events.

Overview

A guided session featuring a brief science-based meditation overview, a deeper wellness meditation, and a short closing reflection.

Benefits

- Reduces stress and improves attention.
- Boosts focus and productivity..
- Helps employees stay calm and focused under pressure.
- Provides a restorative techniques for a overwhelming workdays.

Professional Value

Ideal for lunch-and-learns, wellness days, or team development, this workshop offers a practical and effective introduction to Workspace mindfulness.

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WORKSPACE MINDFULNESS PROGRAM

8 WEEK SERIES

Ideal for organizations seeking a deeper wellness experience, helps employees build lasting focus, resilience, and emotional balance through practical mindfulness tools that boosts performance, communication, and stress reduction.

Overview

A progressive Workspace mindfulness program designed to achieve stronger workplace performance through repeated mindfulness practice.

Week 1: Introduction to mindfulness at work

Week 2: Breath and attention training

Week 3: Managing stress and pressure

Week 4: Emotional balance and workplace communication

Week 6: Grounding and recovery practices

Week 8: Sustaining mindful performance

Benefits

- Helps manage stress more effectively over time.
- Provides practical techniques for healthier workspace.

Professional Value

A structured, professional wellness program that allows a spiritual connection, aiming stress management, focus, and overall workplace performance.

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THE RESTORATIVE SOUND & VIBRATION

The Restorative Sound & Vibration Workshop is a corporate wellness program that uses sound and vibration to support relaxation, focus, and balance in the workplace, helping employees feel more centered and perform at a higher level.

ONE TIME SESSION

Ideal for Lunch & Learns, Wellness Days, and team events.

Overview

A guided session with a brief sound science overview, an immersive sound experience, and a short closing reflection.

Benefits

- Reduces stress and mental fatigue.
- Promotes relaxation and focus.
- Supports emotional balance and workplace well-being.
- Provides a restorative pause from busy workdays.

Professional Value

A calming, credible wellness experience that blends ancient practices with a modern corporate format.

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THE RESTORATIVE SOUND & VIBRATION

4 WEEK SERIES

Ideal for teams seeking a deeper, more lasting wellness experience that supports employee well-being and workplace performance.

Overview

A progressive corporate wellness program designed to build resilience, focus, and recovery over time.

Week 1: Stress reset and nervous system regulation.

Week 2: Enhancing focus and reducing distractions.

Week 3: Emotional balance and burnout prevention.

Week 4: Sustained performance and recovery techniques.

Benefits

- Builds lasting stress relief, focus, and resilience.
- Supports healthier habits and steadier performance.

Professional Value

A structured, professional wellness experience that delivers deeper impact over time while supporting productivity, morale, and a healthier workplace culture.

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REGISTER NOW

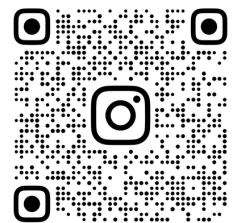
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Bring mindfulness into your workplace.