

Prasada

At Prasada, we provide unique wholebeing programs that matter—programs that support physical, mental, and emotional health.

We care about real change.

Our team of experienced, Prasada Guides, are experts committed to sharing science-based skills to support wholebeing habits and practices.

We go beyond teaching individual wellbeing and leadership skills to illustrate how these habits and practices can expand to support positive changes and sustainable growth within organizations.

Program content ranges across an array of themes delivered in multiple formats based on the metrics and research of positive psychology, emotional intelligence, and mindset science.

We understand each organization has unique needs. Customized solutions and prescheduled package options are available to leverage your resources. Strategic program planning, a customized portal, and communication tools are integral parts of our services to support success.

Serving clients in the Delaware Valley onsite and nationally through virtual capabilities.

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Website: www.prasadawholebeing.com

Business certifications: (WBE) Women’s Business Enterprise Certified

Program/Service Name	Description	Onsite, Virtual, or Both
Be Active		
Wholebeing Webinar/Workshops	<i>30, 60 or 90-min interactive exploration of wholebeing topics with wholebeing practices and individual and small group exercises.</i>	Both
	Everybody Can Dance: Moving for Joy + Health	
	How of Habits: Building Habits for Wholebeing	

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	Master Your Day with Movement: Move for Focus + Productivity	
	Movement for Vitality, Longevity, + Fun: Why Functional Movement Works	
	Pickleball for All: A Beginner's Guide	
	The Art of Active Rest: Balancing Intensity with Active Recovery	
	The Circadian Code: Aligning with Daily Rhythms to Support Longevity	
	Why Moving Matters: How to Move More	
	Yoga for Life: A Path to Strength, Flexibility, + Balance	
	Yoga Play: Yoga for the Fun of It	
FIX	15-min to introduce a wholebeing practice around topics as listed below.	Both
	Brain + Balance FIX	
	Dance FIX	
	Energy FIX	
	Functional Movement FIX	
	Get Strong FIX	
	Habit FIX	
	Move It! FIX	
	Qi Gong FIX	
	Running FIX	
	Walk Strong FIX	
	Yoga FIX	
Wholebeing Practice Builder/Challenges	Lessons delivered by email /text to support the development of wholebeing practices around topics listed below.	Virtual

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	Get Strong@Work	
	Movement@Work	
	Yoga@Work	
Classes	30–45-minute classes with as per topic listed below.	Both
	Brain and Balance	
	Dance	
	Functional Movement	
	Get Strong	
	Yoga@Work	
	Yoga Flow	
	Yoga for Relaxation	
	Yoga PLAY	
	Walk Strong	
Small Group Coaching Program	30-min Group Coaching to support habits and practices related to the program content for any of the topics listed above.	Virtual
Be Nourished		
Wholebeing Webinar/Workshops	<i>30, 60 or 90-min interactive exploration of wholebeing topics with wholebeing practices and individual and small group exercises.</i>	Both
	Food and Stress: Eating to be Calm, Happy, + Well	
	Food@Work: Mindful Eating for Wholebeing	
	Nutrition 101: Eating Made Simple	
	Simply Cooking: Easy Habits for Quick Nutritious Meals	

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FIX	15-minute program to introduce a wholebeing practice around topics as listed below.	Both
	Fast Food FIX	
	Habit FIX	
	Healthy Food FIX	
	Mindful Eating FIX	
	Stress FIX	
Wholebeing Practice Builder/Challenges	Lessons delivered by email /text to support the development of wholebeing practices around topics listed below.	Virtual
	Nutrition@Work	
Small Group Coaching Program	30-min Group Coaching to support habits and practices related to the program content for any of the topics listed above.	Virtual
Be Energized		
Wholebeing Webinar/Workshops	<i>30, 60 or 90-min interactive exploration of wholebeing topics with wholebeing practices and individual and small group exercises.</i>	Both
	Alignment at Work: Finding Ease and Balance in Your Body	
	Awareness Matters: Your Brain on Mindfulness	
	Balance for Life: Finding Work + Life Flow	
	Beyond Being Happy: An Introduction to Positive Psychology	
	Exploring Emotions, A-Z: Navigating the Full Experience of Life	
	Finding Joy: Exploring What Matters	
	Gardening for Nourishment: Growing Food for Your Table	

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	Happiness 2.0: Positive Psychology + the SPIRE Framework	
	How of Habits: Building Habits for Wholebeing	
	Mindfulness@Work: Enhancing Awareness + Presence	
	Mindfulness for Relaxation: Calming Your Mind Practices	
	Sleep Matters: Cracking the Code for Better Sleep	
	The Breath@Work: Breathe for Energy + Calm	
	The Circadian Code: Aligning with Daily Rhythms to Support Longevity	
	The Joy of Gardening: How Caring for Plants Enhances Health	
	The Nature Connection: Connecting Nature, Self, + Health	
	The Value of Compassion: Practicing Kindness	
FIX	15-minute program to introduce a wholebeing practice around topics as listed below.	Both
	Balance FIX	
	Being Happy FIX	
	Breath FIX	
	Compassion FIX	
	Creativity FIX	
	Dance FIX	
	Energy FIX	
	Get Strong FIX	
	Habit FIX	

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	Joy FIX	
	Mindfulness FIX	
	Move It! FIX	
	Nature FIX	
	Sit with Ease FIX	
	Sleep FIX	
	Yoga FIX	
Wholebeing Practice Builder/Challenges	Lessons delivered by email /text to support the development of wholebeing practices around topics listed below.	Virtual
	Balance@Work	
	Breath@Work	
	Compassion@Work	
	Community Connections@Work	
	Joy@Work	
	Mindfulness@Work	
	Nature@Work	
	Sleep@Work	
Classes	30-45 minute classes, as per topic listed below.	Both
	Mindfulness	
Small Group Coaching Program	30-min Group Coaching to support habits and practices related to the program content for any of the topics listed above.	Online
Be Empowered		
Wholebeing Webinar/Workshops	<i>30, 60 or 90-min interactive exploration of wholebeing topics with wholebeing practices and individual and small group exercises.</i>	Both

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	A More Beautiful Life: Think, Eat, + Move for Better Health	
	Attitude of Gratitude: How a Mindset of Appreciation Works	
	Being Together: Emotional Intelligence for Healthy Relationships	
	Conscious Currency: A Mindful Guide to Buying, Using, + Getting Rid of Stuff	
	Community Connection: Understanding Your Three Worlds	
	Creative Problem Solving: Habits for Building Brain Power	
	How of Habits: Building Habits for Wholebeing	
	Inside Outside: Creating a Workplace for Vitality + Success	
	Less is More: Why Less Stuff Brings More Joy	
	Mindfulness as Connection: Cultivating Empathy	
	Money Matters: A No Stress Approach to Abundance	
	Resiliency 101: How to Grow from Life's Challenges	
	Strengths to Flourish: Using Your Unique Mind + Body Toolbox	
	Strengths in Action: Next Level Flourishing	
	Strengths Systems: Designing Practices for Mind and Body	

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	Strengths Workout: The Power of Working Together	
	Stress to Resilience: Habits for Successing Stress	
	The Power of Listening: Skills for Life	
	The Science of Mindset: Mastering a Growth Mindset	
	Vision Works: Planning with Awareness for You + Your Team	
	Your Brain@Work: An Owner's Manual for More Focus and a Better Memory	
FIX	15-minute program to introduce a wholebeing practice around topics as listed below.	Both
	Breath FIX	
	Compassion FIX	
	Creativity FIX	
	Buying Smart FIX	
	Gratitude FIX	
	Habit FIX	
	Joy FIX	
	Mindfulness FIX	
	Nature FIX	
	Resilience FIX	
	Stress FIX	
	Strengths FIX	
Wholebeing Practice Builder/Challenges	Lessons delivered by email /text to support the development of wholebeing practices around topics listed below.	Virtual
	A More Beautiful Life@Work	
	Community Connections@Work	

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	Creativity@Work	
	Financial Wholebeing@Work	
	Focus@Work	
	Gratitude@Work	
	Resilience@Work	
	Strengths@Work	
Classes	30-45 minute classes, as per topic listed below.	Both
	Brain and Balance	
	Dance	
	Functional Movement	
	Get Strong	
	Yoga@Work	
	Yoga Flow	
	Yoga for Relaxation	
	Yoga PLAY	
	Walk Strong	
Small Group Coaching Program	30-min Group Coaching to support habits and practices related to the program content for any of the topics listed above.	Virtual
Additional Services		
Chair Massage	Onsite chair massage	Onsite
Reiki	Onsite Reiki sessions.	Onsite
Health Fairs	A table with a topic activity to support wholebeing including materials for 40. See topics below.	Onsite
	Air Plant Station	
	Aromatherapy Station	

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	Yoga + Mindfulness Station	
	Creativity Station	

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