

*Invest in your company's growth and success
with Mindful Breath Wellness Programs.*




Improve employee focus, productivity, and connectivity as the natural intelligence of the body restores balance.

Private sessions, corporate, and medical wellness programs

Expand or create custom ongoing wellness programs, events and retreats.

Sessions are an integration of over 30 years of mindful breath facilitation, massage, yoga, and music training, creating an environment that allows the body to Rest, Renew and Restore.

"Shanti's mindful breath sessions are a refreshing break from the work day. While explaining how all the senses are impacted, she utilizes music and light to uniquely maximize presence in the moment."

- Huyen Nguyen, Wellness Lead and Account Manager, 

According to the World Health Organization, stress costs American businesses an estimated \$300 billion annually. As science continues to support the benefits, wellness and mindfulness programs are being offered at corporations like Aetna, Keurig Green Mountain, Intel, Google, General Mills, Goldman Sachs, BlackRock, Target, and Bosch.



Benefits of Mindful Breath to Your Employees:

- Reduce Stress and Lower Cortisol Levels
- Boost Energy and Stamina
- Increase Creativity and Innovation
- Heighten Mental Clarity and Memory
- Improve Leadership Skills and Decision-Making
- Increase Self-Efficacy and Self-Management
- Decrease Procrastination
- Build Collaboration
- Improve Sleep
- Reduce Inflammation and Pain
- Lower Healthcare Costs and Reduce Sick Days
- Eliminate Workplace Burnout and Raise Retention

"Shanti has been an extraordinary help to me and my clients. As a psychotherapist, I am tremendously interested in evidence-based breath work for anxiety and depression. Shanti's work is an essential element in teaching clients to heal their mind and body. Learning from an expert practitioner like Shanti is a rare privilege."

- Lane Gormley, Professional Psychotherapist



"My passion from the beginning of my professional practice has been to support clients in achieving optimal health. This alchemy of conscious breath and body awareness enables self-healing and restores our natural sense of connection, individually and collectively."

Lisa "Shanti" Price, LMT, CIMI

Certified Breath Facilitator, Lifestyle Coach, Licensed Massage Therapist, Infant Massage Instructor, Myofascial Release Therapist, Reiki Master/Teacher, and Professional Musician

Let's See How We Can Work Together:

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