

Greetings,

Body, Mind and Soul BMS is an LLC (Vendor #: **BOD554527**) geared towards workshops supporting a healthy lifestyle including mental, emotional, social, and physical areas of life, supporting work and home life success with decades of experience within this field.

We offer services that include Social emotional learning, Overall Wellness talks, Yoga/Meditation, Zumba, Bullying, the Power of Purpose, Gratitude, Vision Board parties, Financial Literacy, Cooking Classes, Abundance Series, and Health & Life coaching packages.

In addition, we offer Professional Development to strengthen the bond between the Leader and the Team to create unity.

We tailor packages that would best serve your organization. All workshops are fun, interactive, and experiential.



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*Body, Mind and Soul is to join all in a healthy lifestyle, allowing us to enjoy our daily lives to the fullest and supporting us all by eating right, working out, and reducing our stresses through methods that work best for you.*

\*\*\*\*\*These workshops are fun and interactive.

\*\*\*\*\*We can create many more workshops and hone into specific areas you may want us to target.

## **SOCIAL EMOTIONAL LEARNING**

Self-Awareness leads to responsible decision making through establishing purpose and self-reflection techniques. Self-Awareness and Self-Management through meditation, positive affirmation, gratitude, journaling and other techniques to help with self motivation and to be able to control one's emotions. Social Awareness and Relationship Building Skills which last a lifetime and help create the best connection by reducing any conflicts and teaching how to deal with conflict resolution.

### **1.Overall Wellness**

- How do we reduce stress
- Gratitude and meditation session
- How do we get our physical activity in
- How and what we eat
- When do we do it, routines

### **Self-Awareness leading to responsible decision making**

### **2.Find Your Purpose**

- Finding your purpose exercise
- Breaking limiting beliefs
- Big why- to back up your purpose
- What may get in the way of our vision and how can I prevent it from happening
- Where you are and your outlets to get to where you want

### **Self-Awareness and Self-Management**

### **3.Power of Gratitude/ Positive Affirmations/ Coping Methods**

- The purpose and power of gratitude
- Gratitude exercises
- Meditate
- Journal Techniques
- Positive Affirmations

### **4.Gratitude Session**

- What is gratitude and how can it benefit you
- What is your highlights and wins
- A letter to your younger self
- Techniques to help you transition your mood back to gratitude

### **5.Meditation**

- Stretching/ Practice of gratitude/ chanting/ Deep Breathing
- Meditation/Discussing its difficulties and tips
- Determining your outlets (art, exercise, walks, writing)

## **Social Awareness and Relationship Building Skills**

### **6. Social Awareness/Relationship Building Skills**

- How to break the ice
- Connect through FORM/FORD
- How to win friends and influence people
- Conflict Resolution

## **Bullying**

### **7. What is Bullying and how can we prevent/stop BULLYING**

- Types of Bullying
- Bullying Warning Signs
- How to STOP/PREVENT bullying
- Different ROLES with in Bullying
- CYBERBULLYING, how can we identify/prevent/stop

### **8. Vision Board Party** (Could be general, health, finance, or any other topics)

- Powerful of Visualization
- Fun, connection, music, finger foods and tea/cafe
- meditate to help with visualization
- create vision boards

### **9. Yoga Session**

- yoga with meditation

### **10. Health coaching**

- interactive tips on eating
- fun exercises involving food
- discussions on different effects to balance the blood sugar and it's effects on gaining and losing weight.

### **11. Smart Goals**

- Identify the goals you want to achieve
- Figure out to successfully get there with option or personal accountability or
- We can create support team with in your life

### **12. Artistic Meditation** (signing, writing, painting)

- 30 minutes to 1-hour uninterrupted work
- Identifying and channeling energy to be released
- Get in touch with your feelings
- Reflect on the emotion and release (let it go and let it flow)
- Later on, reflect on your own

### **13. Sip and paint classes** (Finger foods and drinks, if in person\*\*\*)

- Networking segment/building connections
- A talk to set intentions and vibe

### **Newly Added Workshops**

#### **Domestic Violence and Childhood Trauma**

- What is domestic violence and abuse?
- Signs of an abusive relationship
- The cycle of violence in Domestic abuse
- Impact of childhood trauma

#### **Anti Vaping and Anti Drug Workshop**

- Teen drug abuse: Help your teen avoid drugs
- Why teens use or misuse drugs/ Consequences of teen drug abuse
- How Do E-cigarettes Work?
- Talking about teen drug use/ Preventive Strategies

#### **Respect and Empathy**

- WHAT IS RESPECT?
- F.O.R.M.
- WHAT IS EMPATHY?

### **Healthy eating**

#### **1. Cooking classes** (Indian, Caribbean, Italian, Fun Family recipes vegan)

- Shopping list, may provide certain spices and ways to distribute
- Interactive class to cook with you virtually, unless you have a location,
- We can also record and share, so you can do it at your convenience

#### **2. Food Prep Sessions** (2weeks, 1 month, 3 months. 1-2 sessions a week)

- Weekly shopping list
- Recipes and prep time
- Group check ins with pictures

#### **3. Reset cleanse** (2-week detox for body and mind)

- Full prep package (the brush, water bottle, maybe the teas as well, etc) or you can go out there and do it on your own
- Run through exactly what to do,
- Questions in group chat, for where you may need support, and for people to share their meals and methods and where they get their products

#### **4. Nutritional therapy evaluation**

- Full assessment and see nutritional deficiencies and what we need to increase in our diet

#### **5. Shake meal replacement class** (2 week or 1 month challenge)

- Help choose between what type of shakes and different snacks if they desire
- Create page to stay together, WhatsApp or Facebook messenger group, weekly weigh ins and measurements,

#### **6. Detox, 21 Day**

- Main Products
- Food Plan or suggestions
- And Supplementation Products to make it easier

#### **Fun Exercises (bring water/ we will have drinks for sales or included in price)**

##### **1. Belly dancing/ Zumba** (different varieties, Indian, Spanish, Soca)

- Quick stretch
- Teach basic moves for practice
- 20-35 minutes of fun practice
- Stretch with breathing, meditation

##### **2. HIIT Session/Cardio and Abs Session/Legs and Abs**

- Quick stretch
- Teach basic moves for practice
- 20-35 minutes of fun practice
- Stretch with breathing, meditation

#### **Self-care session**

##### **1. Let's Unwind**

- Relaxing meditation with essential oils and candles
- Breathing with light stretching
- Mask Treatment

##### **2. Beauty Session**

- Makeup Tips
- Demonstration of a makeup session
- Free Giveaway (raffles)
- Skin consultation (zen wipes)

### **3. Spa session**

- Mini facials
- Skin consultation
- Self-soothing massage

### **Mindset Shift**

#### **1. Creative journaling/Become the author of your life**

- Who are you?
- What is your narrative?
- Change your narrative!
- Affirmations to uphold that,
- Who and what do we need to increase and decrease in our life

#### **2. Reboot/ Break the funk/ Hit Refresh**

- Mindfulness equipped class, optimal routine or outline of positive gratitude chanting and meditation

### **Money Talks** (let's talk about money/ finances)

#### **1. Financial literacy**

- Cash flow Quadrant
- Explain different concepts
- Their origins and different things to pursue
- Where they can get more info ((have resources)

#### **2. Budget your life**

- Establish where you spend your time, energy, and resources
- Which areas do you need to decrease and increase activities
- What are your short-term goals and long-term goals

#### **3. How to start a business**

- Why do you want a business
- What type of business do you want to start
- What's your niche
- Where can you learn more

### **An Abundance Series**

#### **1. Abundance Series, Session 1. "Unlock Your Purpose."**

- It gives you direction and helps you overcome indecision.
- Figure out what you want to do to serve your family, your friends, the world and yourself?
- Realize we are all one and you have all the resources in the world.

## **2. Abundance Series, Session 2. "Your BIG Why?"**

- What's your BIG WHY? You need to know why you will push through, what is it you truly desire.
- How will you get there?
- What may hold you back from the vision?

## **3. Abundance Series, Session 3. "Goals and Affirming Goals."**

- What are your goals? What are you aiming for, whatever you aim for is what you get.
- Smart goals: Specific, Measurable, Achievable, Realistic, Timely.
- Use tools such as autosuggestion, vision boards, tracking, and more.

## **4. Abundance Series, Session 4. "How to overcome your slumps and gradually grow"**

- Techniques and methods to get out of that slump and push forward with less relapse time.
- Become aware of your natural coping methods.
- Let's set some strategies to continually grow and press forward.

## **5. Abundance Series, Session 5. "Find what keeps you sane"**

- How to maintain and keep thriving towards your path.
- Find a meditative practice that fills you up with joy, inner peace, and clarity. Exercise, deep breathing, chanting, gratitude, journaling, dancing, cooking, etc.
- Keep up your priorities and maintain your wellbeing to increase longevity and endurance.

## **6. Abundance Series, Session 6. "What are your Beliefs?"**

- Are your words EMPOWERING or LIMITING?
- Build an inner voice that supports the future you desire.
- How to cultivate your belief?
- Train your mind on how to think about you.
- Positive Affirmations are claiming a belief as true and defining yourself by it.

## **7. Abundance Series, Session 7. "Routines & Rituals."**

- Build your habits and they will build you. Believe in your vision.
- Find the habits you need.
- Let's see what areas we need to be consistent in

## **8. Abundance Series, Session 8. "How to cultivate Abundance."**

- Choose your morals, principles, and values. Going after your goals God/the universe is going to test you. Before going on that journey choose your core values, principles, and morals. (Chapter 4)
- How to shift your thoughts, maintain your well-being, and live on purpose.

This is great for mental health, and can work with both parents, teachers and students. All programs we run are great for mental health, this one focuses on it and on a deeper foundation. All the workshops are fun and interactive, we make it friendly to the audience we serve.

### **Life Coaching Package/ How to overcome obstacles**

(All previous workshops listened can be included and fit into this program for the school: teachers, students, staff or PTA)

- **Complete assessment**
  - Examine root causes of different issues,
  - An assessment of things going on in all four aspects of life Physical, Emotional, Mental and Spiritual Life),
  - 2 hours to fully complete,
  - We will look over and prepare for the next session, where we find areas to work on.
- **Action coaching graph**
  - Identify things to workout
  - See what is bringing the items to balance
  - What is bringing it out of balance
  - Our next steps to becoming more balanced in these areas
- **Smart Goals**
  - Identify the goals you want to achieve
  - Figure out to successfully get there with option or personal accountability or
  - We can create support team with in your life
- **Forgiveness Techniques**
  - Being conscious of what you have been harboring towards others or a situation
  - Go through practice to heal the situation and bring forgiveness to yourself and the situation/ other persons
- **Healing your past hurts to go further/ Emotional Clearing method**
  - "ECM works with your brain's neural pathways to release negative emotions and connections to limiting beliefs that block you from moving forward in freedom."
  - Guided practice, identifying root cause of the blockage in life, then a releasing of the negative emotion
  - We can do multiple sessions of this "first do self, then after the entire ECM on self, come back and do additional ECM releases on others, world and any specific LB identified by the client – you can also add releasing limiting beliefs about each major area of life; health, career & finances, family & relationships, self-development & spirituality"
- **Resource Management & Budget Exercise**
  - Make a list of where you are spending your energy, time, money, resources & thoughts.
  - Budget sheet
  - Schedule for the week

This Total Body Transformation package is the ultimate package catered to a group of individuals looking to achieve optimal health. This package consists of 12 sessions in a period of 90 days. 1 session is done each week. This is not a diet but a plan to transform your lifestyle. We all know that our everyday lives get very hectic from time to time. Making ends meet with working, or if you have kids, then there is the balance between health and your life.

This program was designed for a group of individuals who are looking to make a change, find that balance while looking to achieve optimal health. Even though this will be in a group it will still be catered to each individual person. Each session is 45 minutes to one hour long. Taking care of your health is important, and a lot of times we tend to get distracted over the little things. But sometimes those little things are minor adjustments that you would only need to look and feel your best self. We are all destined for greatness and proper nutrition with diet and exercise may not be the only way, its learning how to make it into a lifestyle to support you in fitting into your schedule.

### **Session 1**

- Discovering your MOFA (motivating factor) and Anchor. (Handouts)
- Write out 90-day goals.
- Clearing the clutter and set up conditions for success.
- Connect with your anchors.
- The AWARENESS action gives ONE action around physical awareness.
- Getting in touch with your WHY.

### **Session 2**

- Group Sharing of what is going well.
- Discovering High energy Foods
- Experiential exercise Related to content: Chewing
- The 4 day energy experiment and blood type and metabolic theories.

### **Session 3**

- Group Sharing of what is going well.
- Honoring Hunger and Fullness. (Handouts)
- Create your own Hunger and fullness scale.
- 6 ways to practice honoring your inner intuitive hunger and fullness scale.

### **Session 4**

- Group sharing on what is going well.
- Revisit your 90-day goals and big MOFA. (motivating Factor)
- Using Pleasure to manifest your goals.
- Experimental Exercise: Mentally Rehearse Success. (handouts)
- Learning how to Ritual the mental Rehearsal (Meditation).

### **Session 5**

- Group Sharing on what is going well.
- Experiential Exercise: Mirror.
- Self-Sabotage examples
- Action steps to loving yourself and the importance of it. (Handouts)

### **Session 6**

- Group Sharing on what is going well
- The Rebellious inner child Syndrome.
- Learning the Acronym for BAD.
- Experiential Exercise on the naughty menu and the Personal Nourishment menu.
- Learning to serve your cravings of pleasure and satisfaction.

### **Session 7**

- Group Sharing on what is going well.
- Secrets to burning more fat.
- Discussion on stress and metabolism.
- Experiential Content: "The 5-5-7 breath".
- Action Steps: Practice Slowing down.

### **Session 8**

- Group sharing on what is going well.
- What wants to be nourished?
- Learning about Physiological and Psychological energy.
- Experiential Exercise: The Wheel of Life. (handout)
- Action Steps for the Wheel of Life.

### **Session 9**

- Group Sharing on what is going well.
- What wants to be nourished?
- Discussion about your Gut Wisdom.
- Experiential Exercise: Post Meditation Journaling Exercise.
- Woundology Handouts.
- Transforming old wounds.
- Action Steps: Personal Power Homework.

### **Session 10**

- Group Acknowledgment.
- Transformational coaching Tip
- Acknowledgement session handouts.
- Appreciations and moments of self-realization.
- The Life inventory exercise. (Handouts)
- Discussion on Programs moving forward.

## **Professional Development Techniques to strengthen bonds between Teacher/Parent/Staff and Student**

Let's join the teacher/parent/staff and students as a team, creating the dynamics for a positive, unified, and effective classroom, through a leadership curriculum.

### **1. Develop a Mission/Vision for your room (Home, Class, Lunchroom, School)**

- Mission vs Vision and the purpose behind them
- What is the mission
- What is the Vision
- How to get the students to participate, help create it, and to help make it stick

### **2. Goal Setting and Planning**

- Why goal setting and planning
- How to set smart goals
- What are the goals
- What is the plans
- How to incorporate it in class

### **3. Coaching as a Teacher/Parent/Staff**

- Principles of Coaching
- Communicate the expectations
- Show them the target and guide and motivate them to get there
- Make the coaching effective and positive
- Why coach

### **4. Conflict Resolution**

- Variety of conflicts
- Methods to approach them
- Create unity
- Unified find the solution

### **5. Value and Service Leadership**

- What are values
- What are our values and demonstrations of it and how to keep it
- How to create effective leadership

## **Speaker Series (to enhance your speaking and engagement skills)**

### **1. Beginning/Concluding your Speech**

- Techniques on how to effectively open and close
- Learn how to create connection and impact
- Getting the fundamentals to the respective parts

### **2. Controlling your Fear/ Impromptu Speaking**

- Find anxiety triggers and how to manage/overcome them
- Five step formula to make any effective speech

### **3. Selecting your Topic/ Knowing your Audience**

- What resources you can look through
- Who are you speaking with and for what reason
- Know the diversity/distinguishment of your audience and location

### **4. Organizing your Speech/ Creating the Introduction**

- How to develop/deliver a speech
- How to create outline and mind map
- How to start off on the right foot addressing the audience and the talk

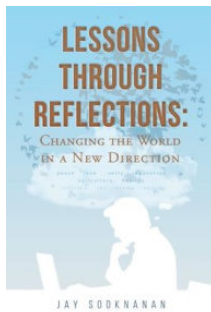
### **5. Preparation and Practice/ Using Body Language**

- Set the stage and create an impact
- Figure out your tools and what you need to do to be prepared
- How to use the whole body effectively

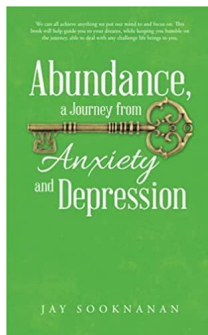
## Our Books



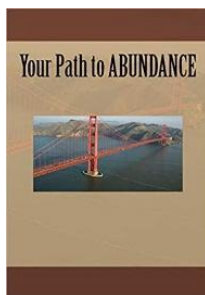
***Life Preparation Before Five: Children's Transformation***  
by Jay Sooknanan, \$9.95



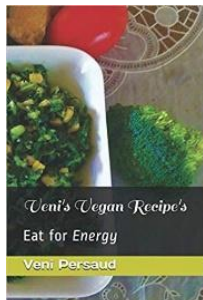
***Lessons Through Reflections: Changing the World In a New Direction,***  
by Jay Sooknanan, \$17.95



***Abundance a Journey from Anxiety and Depression,***  
by Jay Sooknanan, \$8.99



***Your Path to Abundance*** (Workbook) by: Jay Sooknanan, \$5.99



**Veni's Vegan Recipes** by: Veni Persaud, \$9.99

**Wellness Goodie Bags**, (Tasty healthy immunity and wellness gummies, vitamin-based energy drink, teas, wellness snack bars and maybe face mask or other goodies based on need and budget. \$15-50

**Attach raffle prizes (\$60-\$150) or gift bags to get additional turn out**

## Price List options

Prices may vary for virtual and in person.

Let's connect and create a package that works for you!! What does your Team need?

We can provide food or snacks for sessions based on the number of people, we can create a quote to cater.

Print out and packets would be additional as well.

### **Students**

*Classroom Setting 1 hour:*

<30 students: \$300.00

>30-50 students: \$425.00

*Auditorium setting:*

<100 students: \$500.00

>100 students: \$675.00

### **Parents**

*Classroom setting 1 hour:*

<25 Parents: \$300.00

>25 Parents: \$425.00

### **Teachers/Staff/Teams**

*Teachers Professional Development 1 hour:*

<25 Teachers: \$300.00

>25 Teachers: \$425.00

### **General/ Health Coaching/ Integrative Wellness and Life Coaching Workshop packages**

10 to 12 sessions for one hour:

<50 people \$5,000.00

>50 people \$7,500.00

**All Parties (bring your own mats/equipment):**

All movement sessions: \$200+ (Prices vary due to request of smoothies and in person)

**Commencement/Motivational speeches:** \$2,500.00

**Books:**

- *Abundance a Journey from Anxiety and Depression*, by Jay Sooknanan, \$8.99
- *Your Path to Abundance* (Workbook) by: Jay Sooknanan, \$5.99
- *Veni's Vegan Recipes* by: Veni Persaud, \$9.99
- *Lessons Through Reflections: Changing the World In a New Direction*, by Jay Sooknanan, \$17.95

\*\*\*We are here to serve. Prices are Negotiable. \*\*\*

\*\*\*Supplies may cost extra\*\*\*