



Body Mind and Soul BMS LLC
Email: bodymindandsoulbms@gmail.com

Cell: (516)451-5190/(347)677-2569

Website: <https://bodymindandsoulbms.wixsite.com/bodymindandsoul>

Founders: Jay Sooknanan & Veni Persaud



Body Mind and Soul BMS Capability Statement

Body, Mind and Soul BMS is an LLC 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.

Certifications/Differentiators

- MWBE Certified
- Health Coach Certification
- Integrative Wellness and Life Coach
- Nutritional Therapist Certified
- Published Author
- Dharmapathcuny, studied with Monks
- DOE Vendor BOD554527

NIGP Code

- 05000 - Art Equipment and Supplies
- 92400 - Educational Services
- 92405 - Advisory Services, Educational
- 92416 - Course Development Services, Instructional/Training
- 92418 - Educational Services, Alternative
- 92435 - In-Service Training (For Employees)
- 92441 - Instructor-led, Classroom Training (Non-Technical)

Recent Contracts

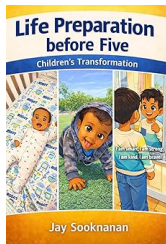
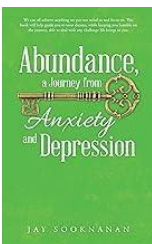
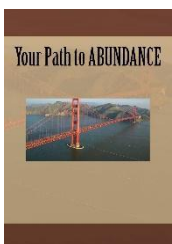
FDR High School (Spring 2026) for Facial and Wellness/Mindfulness/Fitness Workshops
\$15,000

Mckinley JHS (Spring 2026) for Facial workshops, Sip and Paint Workshops\$8,325

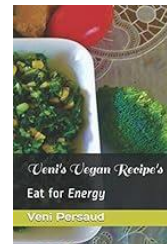
The Bronx Lab School for Historical Discovery, PS 583 (Spring 2025) Health & Wellness Movement/ Educational classes, Painting Workshop\$6,000

P.S./I.S. 54 (Spring 2025) for Lets Unwind Facials, Wellness and Mindfulness, and Fitness Workshops
\$5,000

District 17 (Spring 2026) for Vision Board/Overall Wellness/Spa Session/Gift Bags\$4,910



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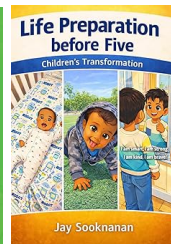
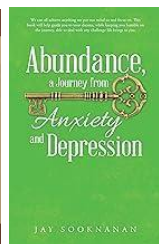
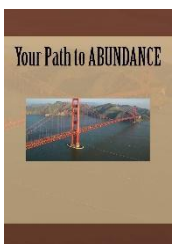
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Closed over \$350,000 of contracts serving 80 plus
different schools/organizations



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