



### Body Mind and Soul BMS LLC

Email: [bodymindandsoulbms@gmail.com](mailto: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)

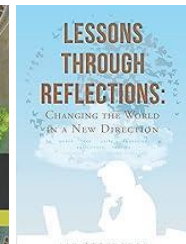
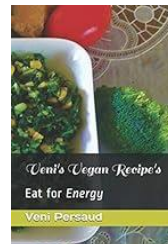
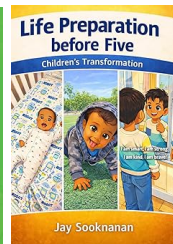
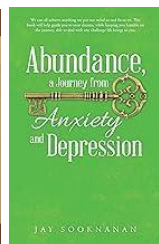
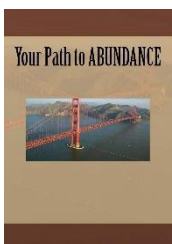
### Recent Contracts

*Mckinley JHS* (Spring 2025) for Vision Board, Sip and Paint and Fitness Workshops .....\$8,000

*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

*PS 176 Ovington School* (Spring 2024) for fitness classes and Anti-Drug Workshop .....\$4,910





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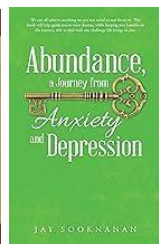
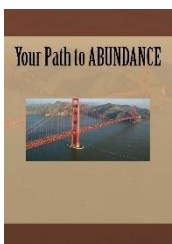
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*FDR High School (Spring 2024) for Sip and Paint, Wellness and Mindfulness, and Fitness Workshops*  
\$4,750

Closed over \$250,000 of contracts serving 60 plus different schools/organizations



**BODY MIND & SOUL**

