



MindBodyZen

CORPORATE WELLNESS · BY POONAM PANDEY

Hyderabad · onsite across India

Online worldwide

mindbodyzen.in

Dear HR Team,

I'm **Poonam Pandey**, founder of MindBodyZen. We help organisations improve employee wellbeing through practical, easy-to-run programmes — designed around how your teams actually work, not around a fixed template.

Over fifteen years I have delivered wellness programmes for IT firms, bank training centres and residential communities — onsite in Hyderabad and across India, and online for distributed teams.

OUR CORPORATE OFFERINGS

Yoga & fitness sessions

Onsite or online. Movement, mobility and posture work adapted for desk-bound teams and complete beginners.

Meditation & stress management

Guided breathwork and short desk-friendly resets your people can repeat on their own, on a difficult day.

One-to-one employee consultations

Private 60-minute sessions on stress, routine, movement or nutrition — offered as part of a programme.

Workshops & wellness events

Wellness weeks, offsites, leadership meets and motivational talks on resilience and sustainable routine.

HOW WE SUGGEST STARTING

Begin with a **single introductory workshop of 60 minutes**. It asks very little of your team, and it gives us both real evidence of how your employees respond. From there we recommend a longer programme — weekly, fortnightly or monthly — based on actual participation and feedback. Programmes are customised around your workforce, schedule and wellness priorities.

01

A short conversation

02

Introductory workshop

03

Programme, shaped by that

04

Reviewed with HR each cycle

ABOUT POONAM

Certified yoga, fitness, Pilates, calisthenics, meditation and corporate wellness consultant with over fifteen years of practice. A breast cancer survivor, she brings a grounded, realistic view of what wellbeing takes in an ordinary working week.

1000 RYT — Yoga Alliance · Personal Trainer Level 4 — BFY Mumbai

Fitness Trainer Level 3 — BFY Mumbai · Advanced Diet & Nutrition — BFY Mumbai

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The team actually looks forward to Wednesdays now. We started with a single introductory workshop and it has been running for three months.

HR lead · 500-person IT firm

Gachibowli, Hyderabad

To arrange an introductory workshop

Share your team size, city and preferred timing — we'll come back with options.

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