



Energizing Vitality: A Breath & Stretch at a Time

Objectives for this workshop:

- Learn techniques for starting strategic meetings on a productive note.
- Identify your primary physical reaction to stress.
- Learn tactical breathing techniques to reduce blood pressure and body temperature during high stress moments for clarity in decision making and communication with others.
- Learn calming techniques to find center and stay focused.
- Start and end major meetings with ease.
- End long planning meetings with rejuvenated bodies and minds.



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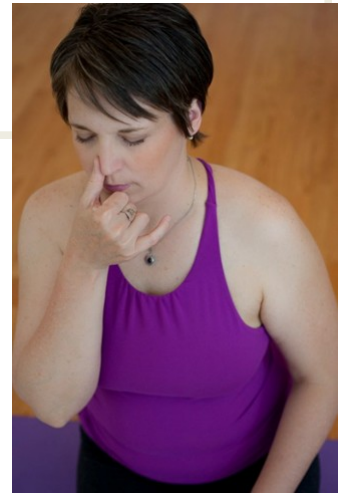
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## Executive & Sales Meetings

High level executives, midline managers and sales teams all have one thing in common: their primary job is working with people. This is not an easy task and knowing how one physically responds to different situations, such as: angry customers, pushing deadlines, and managing people with different personalities can be the spark that ignites healthy communication.



*"Wendy is a superb  
'breathing coach'!"*

Leave with practiced techniques that can easily be applied in any board room, management meeting, personnel hearing, or closing the deal scenario.

### 2 hour workshops :

Meeting Warm Up: find a center focal point and set aside other task lists while meeting. Better communication, teamwork, innovation and group energy begin strategic meetings on a good note.

Meeting Cool Down: Decompress to end strategic planning meetings and leave rejuvenated with clear vision and direction. End with emotional balance, stay calm, rejuvenate the self and make clear focused decisions.