

Sarasvat Wellness Services

Where Mindfulness Meets Leadership



LEADERSHIP THROUGH THE LENS OF ASTROLOGY & HOLISTIC CORPORATE WELLNESS PROGRAM

Introducing a unique and deeply impactful offering that integrates the ancient sciences of Vedic astrology, meditation techniques, breathwork and chakra healing, tailored to meet modern organizational needs such as leadership development, team alignment, and employee wellbeing.

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www.astrosarasvat.com



Transformative Outcomes for You and Your Team

What can you expect???

- Enhance Leadership Skills: Help leaders develop self-awareness, resilience, and effective communication.
- Optimize Human Capital: Understand the motivations, unique gifts and challenges of your team members.
- Boost Employee Well-being: Improve mental, emotional, and physical health to reduce burnout and stress.
- Increase Productivity: A happier, healthier workforce drives innovation and efficiency.
- Strengthen Team Dynamics: Promote empathy, collaboration, and a positive work environment.
- Tailored Solutions: We offer customized workshops and coaching based on your company's unique needs.

Who We Are, and Why It Matters

At Sarasvat Wellness Services, our mission is to empower organizations by helping them deeply understand their workforce and enhance productivity through mindfulness, emotional resilience, and mental clarity.

We integrate ancient wisdom, holistic practices, and meditation techniques to foster psychological balance and overall well-being within the workplace.





OUR SERVICES

Explore our range of customized wellness solutions for a more mindful, resilient workforce.

Executive
Evolution

Leadership Through
the Lens of Astrology

Team
Synergy Map

Workforce Analysis
via Astrological
Profiling

Chakra
Alignment
Sessions

Group Healing &
Energy Alignment

The Self-
Awareness
Series

Breath, Presence &
Insight



Executive Evolution

Leadership Through the Lens of Astrology

Leadership development program to empower leaders with deep self-knowledge for more conscious, confident, and compassionate leadership using Vedic astrology to decode the innate strengths, blind spots, and decision-making styles of individual leaders.

- One-on-one astrological chart reading session (1 hour session)
- Personalized Leadership report detailing Strengths, stress patterns, leadership style, and karmic influences
- Strategic coaching for aligned leadership, communication, and delegation
- Action plan aligned with planetary energies and personal cycles

Team Synergy Map

Workforce Analysis via Astrological Profiling



Helping organizations optimize their human capital by understanding the deeper motivations and gifts of each individual.

- Astrological review report for the management on each employee
- Individual sessions with employees for personalized development
- Management insights on team dynamics, leadership alignment, and hidden potential
- Team synergy charting to inform hiring, collaboration, and retention strategies

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Chakra Alignment Sessions

Group Healing & Energy Alignment

A transformative series of experiential group sessions focusing on the seven chakras, integrating movement, meditation, breathwork, and discussion to help employees embody balanced energy across physical, emotional, and professional realms.

Each Session includes ancient Wisdom on the various themes; Light yoga exercises for the various Chakras; Chakra meditations and mantras; Reflection prompts, and group discussions.

- Root Chakra: Safety, stability, stress resilience
- Sacral Chakra: Creativity, emotional flow, adaptability
- Solar Plexus: Confidence, decision-making, action
- Heart Chakra: Empathy, connection, leadership
- Throat Chakra: Communication, verbal expression
- Third Eye: Clarity, Intuition, insight, focus
- Crown Chakra: Awareness, purpose, spiritual grounding

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A series of sessions designed to bring employees into deeper connection with themselves through focused breathwork, guided introspection, and mindful awareness practices, aiming to cultivate self-mastery, emotional intelligence, and resilience across the organization.



- Inner Witness: Observing Thoughts Without Judgment
- Vedic Wisdom for optimal execution of our dharma

- The Power of Breath in Stress and Emotion Regulation
- Conscious Awareness and the Present Moment

The Self-Awareness Series

Breath, Presence & Insight

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Let's Connect!

We would love to explore how our offerings can support the well-being and performance of your team.



Reach out to know how we can serve you:

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