

#ITCXOWellnessSeries

60-MINUTE RESET SESSION

Align Your Body, Calm Your Mind

 **Sat, 29th Nov, 2025**

 **10:00 – 11:00 AM IST**



Long working hours, stress, and improper sitting postures can lead to long-term health challenges.

It's time to restore your physical and mental balance with simple, effective practices designed for high-performing technology leaders like you!

A focused session to help you ease tension, improve posture, and build sustainable well-being—right from your workspace.

Register Here

Full Name

Designation Company Name

Official Email ID

Phone Number

City State

Meet Our Expert



Meghana Seelam

Transformation Professional | Hatha & Prenatal Yoga Teacher | Sound Healing Practitioner

Why Attend?

- Simple guided stretches for your neck, shoulders, and upper back.
- Breathwork and grounding practices that calm the mind and improve focus.
- Easy techniques you can use between meetings to stay centered and energized.
- Live Q&A for Personalized Guidance

What You'll Gain?

- Practical techniques to release stress and improve mobility
- Everyday movements for healthier posture
- Mindfulness habits that support sustainable leadership

Don't wait for exhaustion to take over.

Prioritize your well-being today.

Register Now