



Invigorating and harmonizing your workforce through Inner Peace Wellness.

## Contact Information

Invigorate Your Essence, LLC  
DBA: Tara Devi Ma  
2827 S Abingdon ST  
Arlington VA 22206-1311  
Ericka Reynolds, CEO  
Office: 703-483-9131  
Cell: 703-786-6787  
Fax: 859-376-1098  
tara@taradevima.com  
taradevima.com

## Corporate Snapshot

- Registered in SAM
- Business Start Date: December 27, 2018
- UEI: H1K3NKE9GR78
- CAGE Code: 9M7J3
- Primary NAICS: 611430
- Additional NAICS: 812199, 541611, 541612, 541613, 541618, 611710, 541990
- WOSB and Minority-Owned, Self-Certified Small Disadvantage Business
- Accepts Purchase Cards

## Differentiators

### Cutting Edge Approach to Leadership and Wellness

Developed and taught by a retired Department of Defense employee who created and used these techniques to support herself and her staff during her high-paced stressful career.

### Holistic Approach to Leadership and Teamwork

Goes beyond standard leadership and team building curriculums into understanding oneself first, to include education on the ego and its effect on relationships. The benefit of this training extends beyond the workplace into every area of an employee's life.

### Alternative Healing Modalities

Teaches alternative healing practices which can be performed any time of the day. Benefits last a lifetime. Provides biometric nutrition analysis to complement holistic support.

## Past Performance

**Client:** University of South Carolina School of Law. Children's Law Center

**Services:** Relaxation and Mindfulness Course. Developed to support attorneys and case workers at the South Carolina Department of Social Services Child Abuse and Neglect Case Unit.

## Capability Statement

Invigorate Your Essences supports the soul, mind and body of each individual by facilitating a holistic inner peace approach to our well-being.

When a person taps into their inner peace, the way they perceive their relationship with the workplace improves and creates a more productive and positive working environment.

Employees are provided the tools to achieve optimum mental, physical, and emotional vitality by supporting proper nutrition and incorporating an array of alternative healing modalities from the ancient Indian healing system of Ayurveda. We practice and teach such skills as breathwork, meditation, sound healing and yoga.

## Services

### Inner Peace Group Coaching

Ayurveda is used to teach body type analysis which supports individuals understanding more about themselves and their co-workers. This analysis is further used to teach individuals how to support themselves in the areas of nutrition, sleep, exercise, breathwork and meditation. Each session is accompanied with Energy Healing, Crystal Healing Chakra Balancing, Sound Healing and Aromatherapy.

### Leadership Training

Leadership principles are infused with Inner Peace Group Coaching to provide the necessary skills to excel as leaders and to support the whole person beyond the workplace.

### Holistic Executive Support

One-on-one Inner Peace Wellness Coaching plus life coaching, spiritual counseling, leadership assessment and enhancement.

### Reiki Certification

Supports continued inner peace that extends from the home to the workplace, Reiki energy healing classes can be taught in groups or individually.

### Alternative Healing Fairs

Provides firsthand experience of the healing modalities discussed in the Inner Peace Wellness Workshops and Holistic Executive Coaching Sessions.