



Invigorate Your Essence Integrative Wellness Coaching

Invigorating and harmonizing your workforce through Inner Peace Wellness.



INVIGORATE
YOUR
ESSENCE
WITH TARA DEVI MA
ALTERNATIVE HEALING PRACTICE

Tara Devi Ma, CEO
Invigorate Your Essence, LLC
taradevima.com
tara@taradevima.com

What is Invigorative Wellness Coaching and how does it support my employees and the overall wellness of my Company?

Invigorative Wellness supports the soul, mind and body of each individual. It is the idea that our best existence is activated when we take a holistic inner peace approach to our well-being.

Starting with the foundational support of nutrition and emotional wellness and incorporating an array of alternative healing modalities from the ancient Indian healing system of Ayurveda such as breathwork, meditation, sound healing and yoga employees are provided the tools they need to achieve optimum vitality, physically and emotionally, which in turns supports a harmonized workplace and extends into the employees' personal lives.

Why opt for the Invigorative Wellness Coaching Program?

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:

- Reduced stress
- Improved productivity
- Better communication skills
- Positive outlook
- Higher retention rates

Our unique approach, using the Dosha/Body Type analysis is more supportive than the standard DISC and Clifton Strengths Finders or Myers-Briggs assessment as it based on our body composition as it relates to the five elements (earth, air, fire, water, space) and incorporates the totality of the person. The five principles make up everything that we perceive through our senses. These five elements exist both within us and in the world around us.

It is not enough to know how we and others behave it is also vital to know that how we take care of ourselves in the above-mentioned areas is a direct reflection of how we show up as leaders in our personal lives. It is the understanding that human intelligence isn't separate from nature's intelligence.

This analysis is then used to help create a customized support system of nutrition, exercise, mindfulness practices etc.

Why Choose Invigorate Your Essence, LLC?

I spent 26 years as a federal employee for the Department of Defense. As such, I have experienced my share of stress and disconnected work environments. Several years ago, I began transforming my life to allow for the best me to shine at all times! I have done this by studying numerous alternative healing modalities and have received certifications as a Mindfulness Life Coach, Chopra Ayurveda Health Teacher, Spiritual Counselor, Reiki Master Teacher, Sound Healer and Aromatherapist. Additionally, I have extensive training in Mindfulness and Relaxation Techniques, Breathwork to include Tibetan Breath Yoga and Motion and Flow Practices. I have worked with office teams at the **Pentagon**, business owners, both in the **U.S. and abroad** and have supported all in building amazing wellness practices. Additionally, I created a wellness and relaxation program for the **University of South Carolina School of Law, Children's Law Center**. These practices are easy to incorporate into daily life and result in employees' holistic wellness and a harmonious work environment. When we are our best selves, we bring our best to the work environment!

How will we work together?

My priority is YOU and YOUR WORKFORCE! Together we will work to develop a program that is supportive of your employees' needs and the wellness of your company. Once a month I will connect with you and your employees either in person, virtually or a hybrid of both to discuss topics such as are sleep, meditation, movement/physical activity, healthy emotions, nutrition, and self-care. I will serve as your guide for education, and instructor as we practice various alternative healing exercises together. Additionally, I will provide wellness tips via customized newsletters for your company.



I am your Inner Peace Specialist and Invigorative Wellness Coach and together we will harmonize your workforce!

Offerings

Inner Peace Group Coaching

There are three options for this offering which are then tailored to the organization and its needs for their employees. Based on a few questions I design a customized program. The time can be anywhere from a couple of hours to a few days to monthly support depending on how much time the company desires. Regardless of time, we cover at a minimum the basics of leadership principles plus Ayurveda nutrition, sleep, exercise, and mindfulness by way of breathwork and mediation. Starting with the foundational support of nutrition and emotional wellness and incorporating an array of alternative healing modalities from the ancient Indian healing system of Ayurveda such as breathwork, meditation, sound healing and yoga employees are provided a personalized set of tools they need to achieve optimum vitality, physically and emotionally.



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.

All are seeking the freedom to find the tranquility they deserve and to revitalize their lives yet so many are unsure how to obtain it and many more are not even aware it's what they need to achieve the lives they desire.

Holistic Executive Support

Includes all elements of Invigorative Wellness Coaching plus additional executive level support. This is a great offering to add to the Invigorative Wellness Coaching package for the leadership of the company. I have helped many business owners obtain new insight and reach new goals with my sessions as I incorporate life coaching, spiritual counseling, intuitive guidance, customized meditation and breathwork practices with and several alternative healing modalities into the session. The experience becomes a one-on-one sacred space where we create a personalized wellness toolkit that lasts a lifetime with and several alternative healing modalities into the session. The experience becomes a one-on-one sacred space where we create a personalized wellness toolkit that lasts a lifetime!

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.

A simple way to support ourselves soul, mind and body is through energy healing. Certification Classes can be taught in groups or individually and offer a lifetime of support for the individual and others in their lives. Class can be conducted together or each level can be provided at various times throughout the year.

Alternative Healing Fairs

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

Fairs offer organizations and their employees the opportunity to learn more and experience hands on the various alternative healing modalities which are discussed during the Inner Peace Wellness Workshops and Holistic Executive Coaching Sessions.



Meet Tara!

Tara is a retired Strategic War Planner, having spent most of her 26-year career at the Pentagon. Her roles included financial analyst, logistician, strategist, and planner for international global partnerships. Additionally, Tara employed her life altering mindfulness methods within the Pentagon, with proven results for both individuals and teams.

This extensive experience allows Tara to connect with clients on a business level while also offering them enriching alternative healing practices to enhance their professional and personal lives.

Her clientele consists of active-duty military personnel, civilians, retired veterans, and individuals from various federal agencies and the private sector. Invigorate Your Essence, LLC was established to help others find inner peace and awaken to their soul's purpose.

Tara works as a Mindfulness Life Coach, assisting individuals, businesses, and schools. She also collaborates with animals and their owners to create harmonious homes. As a licensed Real Estate Agent, she uniquely integrates alternative healing modalities into the real estate process.

Tara holds certifications as a Chopra Ayurveda Perfect Health Teacher, Mindfulness Life Coach, and Reiki Master Teacher. She is trained in Essential Oil Aromatherapy, Breathwork, and Motion and Flow practices. Additionally, she has expertise in crystal healing, essential oils, flower remedies, and acupressure for animals. Tara earned a Master of Business Administration from Oklahoma City University and a Bachelor of Science in Accounting from Alabama State University.



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Certifications

Restorative Yoga Teacher, 2025
Nutrition for Life, (Institute for Integrative Nutrition), 2024
EFT/TFT Tapping, 2024
Mindfulness Life Coach, 2022
Ayurvedic Lifestyle Teacher, Chopra Education (by Deepak Chopra), 2021
Reiki Master Teacher, 2021
Reiki Master, 2020
Sound Healer, 2020
Aromatherapy, Complementary Therapists Accredited Association, May 2020
Reiki II, Washington Institute of Natural Medicine, 2018
Inner Harmony and Lightworker, Washington Institute of Natural Medicine, 2017
Reiki Level I, April 2018

Training

Canine Acupressure, January 2021
Energy Flow (Breathwork, Tibetan Breath Yoga and Pranayama, meditation, mindfulness and relaxation techniques, December 2020
Healing Flower Essences and Crystals for Animals, December 2020
Natural Pet Remedies, June 2018

Education

MBA, Oklahoma City University, August 1998
BS, Accounting, Alabama State University, May 1995

Affiliations

Edgar Cayes's A.R.E.
American Naturopathic and Holistic Association
Complementary Therapists Accredited Association

Testimonials

"Feeling sooooo much
better....Rejuvenated...Revitalized...and
Reinvigorated !!!!!"

"I do feel a difference already."

"It was such a lovely experience... I feel quite
invigorated to keep doing the work to heal..."

" You were amazing, and I made great progress."