



# 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

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## 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.*

## Private Sessions for Staff

Sessions offer a unique one-on-one experience, blending life coaching, spiritual counseling, intuitive guidance, customized meditation, and breathwork practices with various alternative healing modalities. This sacred space allows us to craft a personalized wellness toolkit that endures for a lifetime.

## Private Sessions for Staff and Their Dogs

Dogs mirror their owners, and their well-being is closely tied to that of their human companions. When owners are balanced in soul, mind, and body, their dogs flourish in these areas too. Paws Healology fosters this mutual wellness, ultimately aiding your staff in reaching peak wellness.

## Holistic Executive Support

Incorporates all aspects of Invigorative Wellness Coaching and private staff sessions, along with enhanced executive support through a personalized visualization track. This is an excellent addition to the Invigorative Wellness Coaching package for company leaders. My sessions have assisted numerous business owners in gaining fresh perspectives and achieving new objectives.

## Reiki Certification

Promoting lasting inner peace from home to the workplace, Reiki energy healing classes are available both in group settings and one-on-one.

Energy healing is an easy method to nurture our soul, mind, and body. Certification classes, which can be conducted in groups or individually, provide enduring support for participants and those around them. Classes can be completed together or each level can be scheduled at different times during the year.

# Meet Tara!

Tara, BS, MBA 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 and Yoga Instructor. 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.



Tara Devi Ma

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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."