



MEDIA KIT

# BHASKAR GOSWAMI

EMBODIMENT SPECIALIST



[bhaskargoswami.com](http://bhaskargoswami.com)

# CATALYST FOR OPTIMUM HEALTH & PERFORMANCE

## THE YOGIPRENEUR

Bhaskar Goswami was born in Assam, India, in the **lineage of Vasishtha; one of the founding fathers of yoga**. From a young age, he has been trained by *yogacharyas* (master teachers) in the practice of yoga and meditation. After immigrating to Kuwait, his idyllic childhood was suddenly disrupted by the Gulf War. Age fifteen, he entered the UK alone, as a refugee. After receiving a Masters Honors degree in Engineering from the University of Nottingham, he traveled the world for over a decade becoming an **international engineer by day, yoga teacher by night**. This gave him a strong understanding of the methods and benefits of mindful living in an urban environment.

The day his son Jai was born, his purpose became clear; to be **the bridge between ancient eastern wisdom and the modern world**. In 2007 he founded **BODHI**, providing classes and seminars in some of the most recognizable corporations in Canada. That same year he won the **Quebec Entrepreneurship Contest** and **Accolade for Business Excellence**, both for **Entrepreneur of the Year**. Bhaskar expanded rapidly to offer wellness program in dozens of schools (*BODHI Buds*) and special care centers (*BODHI Roots*); and ran two yoga centers (*BODHI My Place* and *BODHI River Yoga*). He also became the personal health and performance consultant to renown athletes, executives, and industrialists. He published the album 'Open Yoga' and the book 'Wisdom Stories - Book 1'. **The 'yogipreneur' was born.**

## EMBODIMENT SPECIALIST

What if there is an entire field of vital information that so many of us are not aware of? What if, with practice you can access this at any time and create a condition where the body and mind are in a constant state of ease; so that life becomes an expression of success and not a seeking of it? What if this is simple, and accessible to all?  
Bhaskar is delighted to be your guide in this profound journey into  
**The Inner Game of Thriving.**

Our external world has clearly changed tremendously since the time of our ancestors. The world **one millimeter under the skin** however, has remained virtually unchanged for centuries. The way our heart beats, food gets digested, hormones get regulated. The way the body recovers from illness and injury, how we process our thoughts and emotions, how the senses perceive, and so much more.

At this level of truth, we all wish to feel a sense of safety, freedom, appreciation, belonging and fulfillment. We wish to thrive in every layer of our being, physically healthy, with good vitality, clear mind, wholesome emotions and sacred connection. We wish to **embody the highest version of our values**, intimately, interpersonally and collectively.

As an extension, we wish for the organizations and communities that we serve to **embody their values and mission statement as a practice**. This is what Bhaskar specializes in guiding.

# EVANGELIST FOR A GENEROUS WORLD

In 2016, Bhaskar founded **daana**. In the spirit of many-helping-many, **daana** is an NPO that makes **anonymous contribution based wellness activities** accessible to all around the world. With **daana**, the ancient Sanskrit word for 'generosity', we co-create community sourced uplifting events on a practice ground for generosity. **daana** is an invitation to share our unique gifts, learn and support each other. **daana** serves the heroic cause of designing thriving societies for generations to follow.

Built entirely by crowdfunding, thousands of people are currently benefiting from **daana** activities in readily available spaces. As the cool kids say, **daana** is a game changer, a social disruptor, a genuine unicorn.

**daana** won the **CBC Media Prize for Startup of the Year in 2016**, and was presented at the **worlds largest Startup Festival (RISE, Hong Kong)**.

**ACCLAIMED SPEAKER TEACHER & YOGIPRENEUR  
HAVING LED INTERNATIONAL RETREATS AND PRESENTED IN  
SEVERAL PRESTIGIOUS EVENTS LIKE COP22 (UN Global Climate  
Change Summit, Morocco)**



# NOTABLE ACHIEVEMENTS

**KEYNOTE SPEAKER AT THE WORLD'S LARGEST STARTUP FESTIVAL: RISE, HONG KONG**

**20 + YEARS TEACHING YOGA & MEDITATION**

Trained at the Transcendental Meditation School in India, by Master Yogacharya Nandakumar in Kuwait, by Yogacharya Sriram, the Sivananda Yoga Vedanta, and Vipassana Meditation Center in Canada.

**FOUNDER OF 2 AWARD-WINNING ORGANIZATIONS: BODHI & daana**

**'ENTREPRENEUR OF THE YEAR'**

CBC Media Prize for Startup of The Year  
Quebec Entrepreneurship Contest  
Accolade for Business Excellence

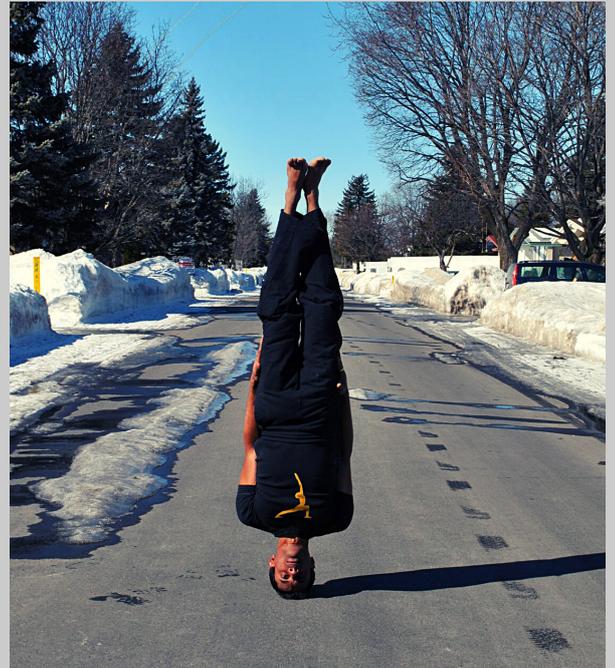
**INTERATIONALLY PUBLISHED AUTHOR**

Audio: Open Yoga + Wisdom Stories  
Book: Wisdom Stories (Book 1)



**SEMINAR SPEAKER AT UNITED NATIONS CLIMATE CHANGE CONFERENCE, COP22 IN MOROCCO**

**FACILITATOR AT OVER 100 PUBLIC + CORPORATE EVENTS, AND RETREATS**



**HIRED BY OVER 50 COMPANIES ACROSS CANADA**

**PUBLIC SPEAKING EXPERIENCE ON 4 CONTINENTS**



# FOUNDER OF TWO AWARD-WINNING ORGANIZATIONS

“ Keep an eye on daana, it has the potential for wildly important impact in the world.”

- Michelle Holliday, author of 'Age of Thrivability'

## 1 daana

we the change

Winner of the CBC Media Prize for Startup of the Year 2016, **daana offers community-sourced wellness activities for a generous world.** The ancient practice ground for generosity meets modern technology. Its anonymous contribution system makes wellness practices accessible to all.

da•ana [da-an] n  
Cultivating the virtue of generosity by giving.  
[Origin: Pali, Sanskrit]

[globaldaana.org](http://globaldaana.org)



## 2 BODHI

aspire · evolve · succeed

Winner of the Quebec Entrepreneurship Contest and Accolade for Business Excellence, **BODHI** provides genuine wellbeing workshops, seminars, and courses in corporations, schools, and special care centers by utilizing the profound and proven tools of ancient holistic practices.

Bo•dhi [boh-dee] n  
'Awakening' or 'enlightenment', an abstract noun formed from the verbal root budh (awake, become aware, notice, know or understand).  
[Origin: Pali, Sanskrit]

[bodhiprinciple.com](http://bodhiprinciple.com)



# RESERVE BHASKAR FOR YOUR NEXT CONFERENCE OR EVENT

## TOPICS FOR CONFERENCES

- Embodied Leadership
- The Power of Clarity
- Radical Generosity: Business 2.0
- Custom title based on your objectives

## TOPICS FOR WORKSHOPS

- Inner Game of Thriving
- Five Principles of Optimum Health
- Awareness + Business Excellence
- Custom title based on your objectives

## SPECIAL EVENTS

- Corporate Wellness Retreats
- Preparation for Corporate Strategic Meetings
- Team Building Initiatives
- Individual Mindfulness & Yoga Consulting
- Communication & Innovative Thinking
- Warm-up Sessions for Corporate Activities (e.g. Golf, Tennis, etc.)



# AWESOME CLIENTS



Institut et hôpital neurologiques de Montréal  
Montreal Neurological Institute and Hospital



Commission scolaire  
Lester-B.-Pearson



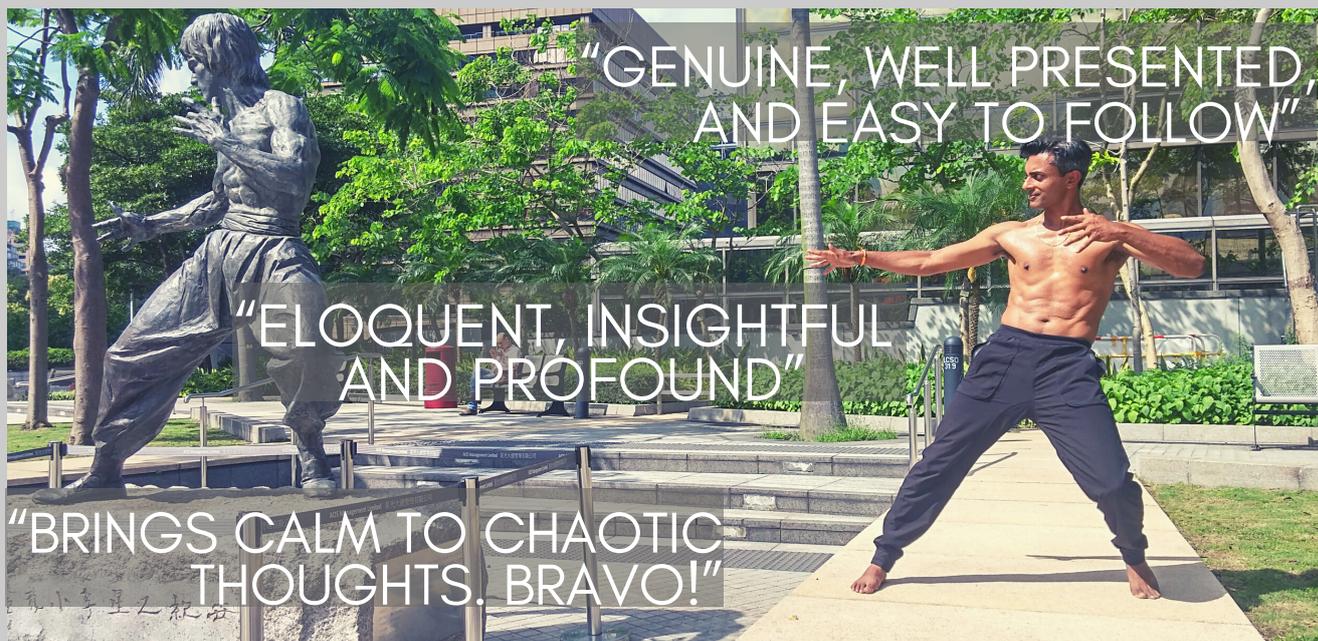
# TESTIMONIALS

"Bhaskar's on-site yoga and meditation practice was a key development in our organizations' aspirations to promote a healthy and active physical & mental lifestyle." - **Bryan Mosnyk, VP, International Banking, JP MORGAN**

"As a speaker, I could listen to Bhaskar for hours. It's his combined background in engineering and yoga that offers a special view of the world: grounded yet able to lift off. Bhaskar is one of those rare people who lives what he believes and it shows in everything he does!" - **Kate Henderson, Senior Marketing Communications, MANULIFE**

"Bhaskar is a great inspiration. He is authentic in everything he does. He always looks at new ways to evolve. He keeps his business alive, full of positive energy and of great value for the community." - **Janine Daoust, Senior IT Manager, BOMBARDIER AEROSPACE**

"Bhaskar is one of the most inspiring people I have ever had the chance to work with. He brings insight to virtually any situation from both a business and a personal perspective. Bhaskar is also an amazing communicator who is impressive at connecting with people and developing meaningful relationships." - **David Sciacca, COO, LIFT SESSIONS**



"The last time we did a seminar together, it was hard for me to go on stage after you did because the people were still pining for you when you left. The impact you had on their state, on the hearts, on their minds, and on their spirits was very profound." - **Rock Thomas, INTERNATIONALLY RENOWNED SPEAKER**

"A few years ago, I was a broken man. I was disengaged as a leader as my values were no longer aligned to my companies values and I was over stressed. I met Bhaskar Goswami by synchronicity. Meeting Bhaskar was such a blessing as he helped me transform my state of being through mindfulness meditation and yoga. I still remember fondly these private sessions we had Bhaskar and I, and I was captivated by his stories. If you are ready to transform your presence and your state of being as a leader and if you want to help your team rise to a whole new level of performance through wellbeing, I strongly recommend Bhaskar." - **Stephane LeBlanc, VP Operations, VOLVO**

For more feedback, go to:  
[www.bhaskargoswami.com/feedback](http://www.bhaskargoswami.com/feedback)

# FEATURED IN THE MEDIA



**Citytv**



**Global**



**BREAKFAST TELEVISION.**



**cbc.ca**



“

Healthy body, peaceful mind,  
compassionate heart. These are  
**THE FOUNDATIONS  
OF SKILLFUL LIVING.**

MY NAME IS BHASKAR GOSWAMI,  
AND THIS IS WHAT I TEACH.

”



# SAMPLE TALK



## KEEP IN TOUCH!

For more information and to book Bhaskar for an event or private session, please contact : 514 944-5346

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