



MEDIA KIT

# BHASKAR GOSWAMI

SPEAKER | TEACHER | YOGIPRENEUR



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

# CATALYST FOR OPTIMUM HEALTH & PERFORMANCE

## PART 1. 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. Bhaskar is also a certified naturopath and father of three children, Jai, Eva, and Uma.

The day his son 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. **The 'yogipreneur' was born.**

## PART 2. THE REMEMBERING

*"It is like transplanting a tree and leaving the roots behind."*

He stepped uncertainly into a stranger's home. All the furniture in the humble living room had been pushed aside. Bodies like Buddha statues sitting on neatly aligned yoga mats, all facing a Hollywood director's dream casting for a yogi. His then young eyes looked at the yogi in awe. He had never seen a human being so perfected. There was no mention of price anywhere. After the class, with appreciation, he placed his contribution anonymously into a white envelope, as did the others.

This is how wellness practices have been taught for centuries: **with generosity**. Princes offered jewelry, businesspeople contributed money, farmers gave vegetables; those with little offered a flower or prepared the food. This is how the purity and depth of the practice had been preserved for centuries. All wellness practices without the foundation of generosity are like trees without roots. The practice may look the same, yet it is much compromised.

# EVANGELIST FOR A GENEROUS WORLD

In 2016, Bhaskar founded **daana**. In the spirit of **many-helping-many**, **daana** is about cultivating generosity, creating community and making wellness practices accessible to all. With **daana**, the ancient Sanskrit word for **generosity**, we imagine together what it would look like to co-create a practice ground for generosity. To collectively steward an eco-system where we share our unique gifts, learn, support each other, and together, uplift our human condition. **daana** is an invitation to collaborate in this heroic cause of designing thriving societies for generations to follow.

Built entirely by crowdfunding, thousands of people are currently benefiting from the anonymous contribution based **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**

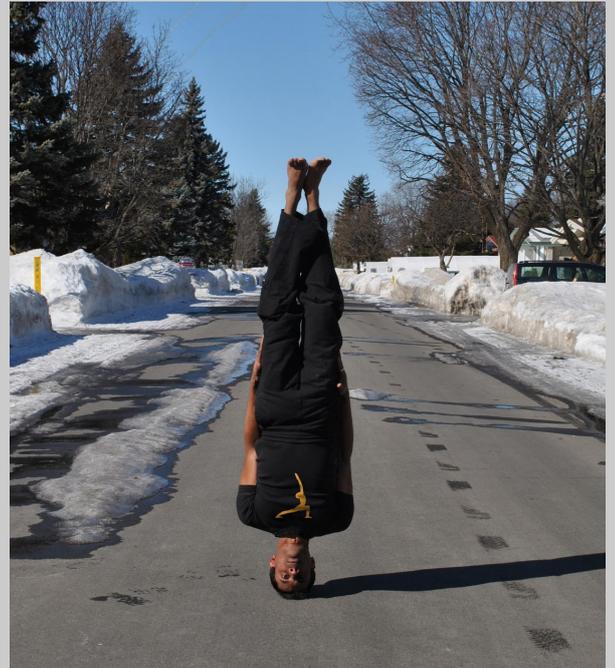
**'ENTREPRENEUR OF THE YEAR'**

CBC Media Prize for Startup of The Year 2016  
+  
Quebec Entrepreneurship Contest 2007  
+  
Accolade for Business Excellence 2007



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

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



**HIRED BY OVER 30 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

- The Inner Game of Leadership
- Power of Presence
- Radical Generosity: The Game Changer
- Custom title based on your objectives

## TOPICS FOR WORKSHOPS

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

## SPECIAL EVENTS

- Group 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



# 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, 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, VP, 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, AND AUTHOR**

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, Former VP of Bombardier Aerospace and Volvo; CEO and Founder of INTERNATIONAL CENTRE FOR CONSCIOUS LEADERSHIP**

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 SEMINAR



## 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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