



## Session Descriptions

### Day 1: 26th June 2021

#### Chair Yoga

Time: 4:30 pm IST (7:00 am ET)

Instructor: Seema Sondhi

Duration: 45 minutes

Prop Needed: A chair with no arm rest

In this 45 minutes chair yoga session, we will start with warmup and breathing and then move the spine in all directions and explore the forward bend, backbend, twist and end the session with relaxation.

#### Speed Networking

This 15 min session is for you to connect with the Summit speakers and participants.

#### Beauty and Self-Care

Time: 5:30 pm IST (8:00 am ET)

Instructor: Megha Asher

Duration: 60 minutes

Props Needed: A pen and paper to take notes

Megha will spend 30 minutes talking about the benefits of choosing organic skincare for self-care and the environment. She will share simple remedies and DIY (Do It Yourself) skin-care recipes. The last 20 minutes will be used for audience interaction and questions. Please note there will be no demonstration of the remedies or product usage in this session.

#### Self-care in Nutrition

Time: 6:30 pm IST (9:00 am ET)

Instructor: Sharmila Vyas

Duration: 60 minutes

Props Needed: A pen and paper to write

This session will focus on addressing fatphobia, myths around nutrition, the right nutrition to support a healthy body, body image, eating disorders and how to heal your relationship with food. The first 45 minutes will focus on expert presentation. The last 15 minutes will be used for audience questions.

### **Mindful Writing for self-compassion and self-care**

Time: 7:30 pm IST (10:00 am ET)

Instructor: Sharon D'Agostino

Duration: 60 minutes

Props Needed: A pen and paper to write

This session offers you time for personal reflection through mindful writing. You will be invited to write brief responses to several prompts designed to help you explore ways to increase self-compassion and self-care. You will not be asked to share your thoughts or writing during the session. This is time for you to take care of YOU.

### **Network Session**

This 30 minutes session is for you to connect with the Summit speakers and participants. They will be unmoderated and you can discuss anything during these 30 minute sessions.

## **Day 2: 27th June 2021**

### **Self-Compassion For Women Who Lead**

Time: 4:30 pm IST (7:00 am ET)

Instructor: Mansi Panjwani

Duration: 60 minutes

Prop Needed: A pen and some paper

Self-compassion for women who lead: As women, we tend to take on different roles like that of a friend, mother, daughter, sister, boss, teammate and so on. Each of these roles is that of a leader. And while we navigate through the various life roles, we often forget how to take care of ourselves while we take care of those around us. This session on self-compassion is designed for women who would like to bring more balance into the various roles they play. Instead of 'going with the flow', this session will equip you with a simple tool on how to balance the various roles you play and you can also design simple self-care activities for yourself.

### **Finding Peace & Joy Within: Serenity Surrender Session**

Time: 4:30 pm IST (7:00 am ET)

Instructor: Mridu Bajaj

Duration: 60 minutes

Props Needed: A pen and some paper

A Meditation and Talk Session with Mridu Bajaj, Serenity Surrender Therapist and Teacher

Serenity Surrender (SS) is an alternative healing modality that aims to empower people through understanding self. SS ideology is rooted in the belief that all our life situations are a reflection of our own inner beliefs. And each situation that comes our way is only a means for us to understand ourselves deeper and grow through.

In this session, experience peace and serenity through a guided meditation, followed by an interactive discussion. Learn how we are naturally empowered to deal with everyday challenges and how we can manage stress through understanding its roots within. This session is limited to 25 participants.

### **Go Zen with Zentangle**

Time: 5:30 pm IST (8:00 am ET)

Instructor: Anushya Rajagopalan Mamtora

Duration: 60 minutes

Props Needed: A thick card paper, colored pens, a pencil and the design provided by the instructor traced on the card paper

Go Zen with Zentangle. Zentangle is a relaxing, therapeutic and new age art form. It is easy-to learn and a fun way to create beautiful images by drawing structured patterns following step by step instruction. Zentangle is very calming and does not require any art background or fancy equipment. With a piece of paper, a pen and a humble pencil, join me in creating a masterpiece, one stroke at a time. And remember, there are no mistakes in Zentangling!

### **Cook With Me**

Time: 6:30 pm IST (9:00 am ET)

Instructor: Maneet Chauhan

Duration: 30 minutes

Props Needed: Ingredients to cook along with the chef

This will be a hands-on cooking session with Chef Maneet Chauhan. Participants will be provided with a recipe in advance and they can choose to cook along with the chef or watch her prepare a healthy dish in under 20 minutes.

### **Breath-work & Meditation**

Time: 7:00 pm IST (9:30 am ET)

Instructor: Shayamal Vallabhjee

Duration: 30 minutes

Props Needed: None

In this 30 minutes session, Shayamal will lead a guided breath-work and meditation practice that focuses on forgiveness, gratitude & self love.

### **Zumba® with Sucheta Pal**

Time: 7:35 pm IST (10:05 am ET)

Instructor: Sucheta Pal

Duration: 30 minutes

Props Needed: Comfortable clothes and shoes, a towel & water bottle.

In this 30 minutes session, Sucheta will lead a Zumba® session. All are welcome, no prior dancing experience is required. We will be grooving and moving our bodies to some fun dance music.

### **Networking Session**

This 30 minutes session is for you to connect with the Summit speakers and participants. They will be unmoderated and you can discuss anything during these 30 minute sessions.