



Rangal LAAF

Vibe Higher with this Unique
Wellness-based Experience Of
LAAF@WORK

“

Your session lightened up our mental and emotional wellbeing. We truly enjoyed the breathwork, movement, dance, meditation, and wisdom that you shared with us.” - Global Institution / regional departmental retreat

”



[Click Here To Know THE LAAF WAY](#)

LIBERATION AWARENESS AWAKENING FULFILMENT

You will learn to:

- Manage change, stress, and diversity
- Be self-inspired, resilient, and live to your strengths
- Connect with your passion and purpose
- Enhance self-awareness and manage your emotional triggers
- Nurture a growth mindset and channel your creativity
more importantly, learn to take Life and Yourself more Lightly!

You'll like our way:

- Flexible formats: Online, In-person and Hybrid
- Customized content: To align with your values and objectives
- Colourful curriculum: Insights from various Masters



“ THE LAAF WAY >>> Breathe – Move - Laugh – Play - Dance and... Meditate!

CATEGORY: SELF-GROWTH & TEAM INSPIRATION

DURATION 30 TO 120 MINS

Awaken your Inner Self, Live to your Strengths, Build a sense of Belonging, Embrace Diversity and Inclusion, and Open-up to new Connections. Stay Positive – Focused and Productive.

HEALTH & HAPPINESS

(Stressbuster, Inner Joy, Enthusiasm, Attitude, Connection)

EMOTIONAL WELLNESS

(Awareness, Balance, Relationships, Behavior, Self-regulation)

TEAM BONDING

(Confidence, Empathy, Diversity, Communication, Conflict resolution)

FOCUS & PRODUCTIVITY

(Concentration, Creativity, Energy, Live to Strengths, Collaboration)

PROGRESSION & CHANGE

(Liberation, Self-worth, Harmony, Optimism, Improvisation)



“
Your Laughter Yoga and Breathing exercises session brought the staff together on one platform, from different parts of the world.
”
-MNC / Team Wellnes Session

CATEGORY: LEADERSHIP

MASTER CLASS IN CONSCIOUS LEADERSHIP

06 HOURS OVER 2 HALF-DAYS

This is the moment to shift Focus to You, your Wellbeing, and your Leadership Skills, as you navigate new realities. Your Individual Transformation will power Collective Growth, Empowerment, and Motivation. As a Conscious Leader with a thriving Mindset, you will now Lead by Example, and make a bigger Impact on your Teams, your Customers, and the Community.

CATEGORY: A WELLBEING-CULTURE

When Conscious Leaders acknowledge that Employee Wellbeing is a Business Issue, it grows into an established and Progressive Process, across the enterprise.

LAAF MEDITATION

4 X 50 MINS SESSIONS

Living all of Life is a state of Happiness, Wellbeing and Fulfilment.

GROUP RETREATS

DAY & RESIDENTIAL PROGRAMS

Integrated Program of Wellness Practices, Wisdom-talks, and Interactive Sessions, becomes a force for Positive Change and Growth.



“ Ranga managed to guide the entire audience into Laughter Meditation with increasing confidence and surrender...members felt Energized, Relaxed. ”
- Foundation / Team Building.

YOUR FACILITATOR AND WELLNESS COACH: **RANGANATH SUBRAMONEY (RANGA)**

Free-thinker, Manifestor, Author and Mentor, Ranga is the Founder of LAAF Meditation, and a Teacher for Breathwork and Laughter Yoga. Inspired by his five decades of meditation and wellness practices, and his own multi-national corporate journeys, Ranga created a unique program, named The LAAF Way. In today's challenging workplace, he brings practical insights and a joyous style of wellness-based coaching, to executive learning and personal development. An enthusiastic speaker, he has conducted workshops for government initiatives, social groups, and corporates like World Bank, Johnson & Johnson, Moody's Group and Emirates Literature Foundation, in several countries.



*A Team that
LAAFs together,
stays together.*

BE WELL.

DO WELL.

LEAD WELL.

For program details, you can reach us at:

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(CLICK ON ICONS)

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