

Padma Levy

Yoga Ambassador & Holistic Coach

Everyday Yogic Wisdom Coaching

When you think yoga, challenging body poses might come to mind, but Yoga is so much more and will enhance your life past your physical body!



Offerings

- 1- Easy “Yogic” tools to add to your daily routine. From breathing exercises, to gentle movement, or increasing concentration, the 15-20 minutes that can change the start of your day!
- 2- Finding Stillness: Create, maintain or deepen a meditation practice accessible to all. Instead of trying to stop your thoughts, become the observer that is the witness of the fluctuation of the mind.
- 3- Breaking down yogic principles to incorporate in your daily life. For example, is non violence only a physical action or could it also be in our words, internal or external?

Bio

With over 20 years of experience in yoga teaching, spirituality studies, holistic wellness, event planning and business development, Padma brings a unique blend of expertise to help her audience bring harmony in every aspect of their life.

Padma grew up in France and traveled through Europe and the Middle East before settling in California in 1991. Her travels have defined who she is as a person and a professional, mixing cultures and a way of thinking to offer impactful and creative tools to plan, create and explore.

Padma left the corporate world in 2008 to re-imagine her life on her own terms. She has helped many businesses and individuals over the years to achieve their unique goals and she continues to find more ways to grow as a person, and as an entrepreneur.



Testimonials

“Padma has a bright light energy surrounding her coaching client. I felt so at ease, and she really invited me to explore my topic. She was thoughtful in her responses and questions, and allowed space for me to really think about what I wanted my goals to be”

“Padma’s Confidence and generosity allowed me to authentically explore my topic and express myself freely the entire time we were together.”

Contact

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