

The Working Professionals' Meditation Program

Live Online · Two Consecutive Evenings

Meditation made simple — for the life you lead, at work and beyond.

Working life brings deadlines, expectations and a constant stream of demands on your time and attention.

This live online program is designed to help working professionals step back, understand their minds better and learn practical ways to live with greater peace, joy, awareness and perspective.

Coming Soon · Program dates will be announced.

Maximum 30 participants · ₹25,000 + GST

Make space for yourself.

Learn through meditation, reflection, discussion and practical application — alongside other working professionals who understand many of the pressures you face.

Enquire: swapnilkamat@gmail.com

Diagnose. Experience. Implement.

01. Diagnose

Understand where you are today and what you want to get from the program through a personal diagnostic conversation, your Everyday Wellbeing Score and a short pre-read.

02. Experience

Participate in two immersive live online sessions combining meditation, reflection, discussion and practical application.

03. Implement

Put what you have learnt into practice after the live sessions through two 90-minute live online implementation sessions — around Day 14 and Day 30 after the program — to discuss your progress, questions and challenges and help you continue the practices independently.

Your Everyday Wellbeing Score

We simply ask you to rate, on a scale of 0–10, how good you feel overall in your everyday life — how peaceful, positive and balanced you feel within yourself. At the end of the program, we ask you the same question again and see where your score has moved.

Our goal is to help improve your Everyday Wellbeing Score by 50% from where you started. The score is not intended to be a clinical measure of wellbeing. It simply gives us a starting point and something meaningful to work towards together.

Two evenings to step back, learn and practise.

Evening One

Meditation Made Simple

Understand meditation, experience simple practices and begin discovering what works for you.

Managing Your Mind & Stress

Become more aware of your thoughts and reactions, and explore practical ways of responding to work pressures and everyday worries.

Evening Two

Meditation for Everyday Life

Explore how meditation and awareness can influence your working day, conversations with colleagues, relationships and time outside work.

Building a More Peaceful & Joyful Life

Explore practical principles for living with greater peace, positivity, perspective and balance.

Throughout the two evenings, the program combines guided meditation, practical ideas, personal reflection, facilitated discussion, exercises and opportunities to relate the learning directly to your own life.

Make it part of everyday life.

Meditation practices & exercises

The objective is not simply to understand meditation. It is to experience it, discover what works for you and begin using it in everyday life.

You will be encouraged to practise what you learn and complete a few simple exercises. We deliberately keep this manageable so that it can fit into a busy life.

No previous meditation experience is required. Participants should attend both evenings. Afterwards, continue practising and join the two 90-minute online implementation sessions around Day 14 and Day 30.

Everything included

Personal diagnostic conversation · Everyday Wellbeing Score · Pre-program reading · Two live online sessions · Guided meditation practices · Practical exercises · Two 90-minute implementation sessions

100% money-back guarantee.

Complete the program and everything we ask you to do. If, at the end of the program, you do not feel you have gained something meaningful from the experience, we will refund 100% of your fees. No questions asked.

Full participation and completion of the assigned practices and exercises are required.

Your teacher: Swapnil Kamat

Entrepreneur · Best-Selling Author · Teacher

Enquire: swapnilkamat@gmail.com