



Upholding a peaceful, calm, and focused state of mind is crucial to success, happiness, and overall health. In today's technology-saturated, overly-scheduled, multitasking world, we have lost our innate ability to achieve this. Cultivating mindfulness serves as a pathway. It teaches us efficient ways of gaining a state of clear focus, mental sharpness, and equanimity in order to deal with the demands of our everyday lives.

A calmer you calma™ provides accessible and profound mindfulness training. It provides skills that help us navigate these demands. By training the mind, we establish a balance between the calming and alerting forces within the body and brain. This helps us perform at our peak while also creating long-lasting health.

24 minutes of calma™ This signature session is an ideal format for accessible, interactive, and inspiring mindfulness training.

We start with gentle movements to create body awareness and to reverse the negative effects of screen posture. We then prime ourselves for a moment of stillness.

Through a series of breathing exercises we learn effective techniques for altering our state of mind. With the body and mind now clear and open, we end with a guided mindfulness meditation.

There's no experience necessary. No change of clothes or physical ability is required. All that is needed is a stable internet connection, an open mind, and 24 minutes of your time.

calma™ x conferences With today's corporate events all going virtual, organisers are looking for options which create strong engagement and provide meaningful and memorable experiences for participants.

calma™ sessions are being utilised by brands and corporations in a variety of ways.

Sessions can be tailored for physical wellbeing during hourlong video conferences, or for ways of keeping participants sharp, alert, and totally focused.

Times range from a short 10-minute 'arrival practice' to get everyone focused, ready and centred for the day, to longer sessions that are a more in-depth look into what mindfulness can do for us.

Some corporations even use calma™ sessions as short, refreshing mental and physical breaks during the course of their event.

calma™ clients Bertelsmann, Edding AG, snap Inc, Allianz, Beiersdorf AG, Talent Formation Network, Data4Life, Oikocredit, Roche Pharma/Chugai, Biesterfeld AG, BBH New York, FCB Hamburg, Orkila Capital

About calma™ founder Marte Kamzelas Marte is a dedicated practitioner and instructor of mindfulness meditation, a certified Search Inside Yourself teacher (through SIYLI), and a yoga instructor (RYT 500). For 17 years, Marte lived in New York City where she developed and taught calma™ at leading companies. She now lives in Hamburg, Germany offering her services globally to companies online and locally in person.

Marte studied international business administration and worked in Finance and Business Consulting before leaving the corporate world to follow her passion for spreading the transformative powers of mindfulness she was experiencing herself. Seeing people find a more connected and fulfilling life through these practices has been her mission and inspiration. Marte continues her never-ending path of studying the workings of the brain, healing modalities, and most of all exploring ways of achieving calm and happiness.

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