

Behind each crisis are  
endless opportunities for  
positive change

# REBOOST

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being the alchemist of your life

## CONTACT US

info@teantao.com  
Tel: +39 331 666 2450

body | mind | spirit

## WHO WE ARE

REBOOST is a collaborative effort to enhance the quality of life of your work space and bring balance back to your staff and colleagues. A partnership between Sensi Ateliers Arts & Sens and Tea & Tao. Three professional animators bring to life your journey into wellness and harmony.

**We provide a variety effective tools and methods to create an upward spiral of new practices that will lead to personal, professional, and familial fulfillment.**

Whether we are blossoming or in dire straits, our personal and work lives are always a rollercoaster of emotions. However, by finding the right balance between mind, body, and spirit, we will help you transform obstacles into opportunities, giving you and your colleagues a REBOOST to find them.

### **BENEFITS**

Resilience, concentration, efficiency, serenity, creativity, better sense of self, increased effective communication and collaboration, joy. Regular practice and persistence are needed to see results.

### **THE BODY LEVEL WITH MARCO**

An initiation to the practices of body stretching, deep breathing, and mindful nutrition to provide well-being and restore dynamism.

### **THE MIND LEVEL WITH SILVIA**

Get in touch with your senses through a guided meditation session, savor the benefits of mindfulness to promote concentration and develop calmness.

### **THE SPIRIT LEVEL WITH BARBARA**

Dare to open your curious mind and connect to your intuition through the senses and emotions. Unleash your creative spirit and feel the pleasure and benefits of freeing your imagination with inspiring creativity exercises.



# MEANS OF COMMUNICATION

REBOOST is a digital and interactive program offered in three languages, french, italian, and english.

Distributed on a video conference platform of your choice, we look forward to accomodating you and your team across means of communication like zoom, skype, cisco, etc...

**Support your employees, managers, and leaders during growth and periods of transition Together let's co-create a new way of working.**

## WHY TRUST US?

Together our team has over 30 years of expertise in a variety of major international industries such as marketing, engineering, and communication, working alongside companies like l'Oreal, Alcatel, and Renault.

## MARCO

Engineer by training from the University of Rochester, USA. After years of work in telecoms (including Alcatel France) in multiple countries, in 2019, Marco co-founded Tea & Tao, a company which combines his passions: the art of tea and oriental philosophy. Besides tea, Tea & Tao offers wellness sessions for individuals and businesses, such as Tea ceremony, meditation or yoga.



## BARBARA

Graduated from Science Po Paris and with an MBA from the United States, she began her marketing career at l'Oreal, then continued at Renault. In 2007, she creates her company Sensi Ateliers Arts & Sens to enhance leaders, managers, and their teams to develop relationships, wellness, and creativity within companies such as AXA, Castorama, and LVMH. Co-author of the book Creative Attitude, she spreads the creative spirit in the companies with webinars, training programs, conferences and talks.



## SILVIA

With a degree from the Brera Academy of Fine Arts in Milan, Silvia brings an extensive background in yoga and meditation to the table, leading meditative and creative workshops for universities and associations.



## PROGRAM BREAKDOWN

- The program can take place in one simple and effective session, lasting approximately 1-2 hours.
- REBOOST is developed and tailored according to your needs and wishes.
- Whether it is at a seminar, convention, or assembly, starting with REBOOST will make for a more dynamic team.
- Duration of the program is changeable if needed.

## FINAL THOUGHTS

During these unprecedented times, it is vital to gradually find a global balance between body, mind, and spirit to strengthen our health as a whole and enter the upward spirit of development. Let's work together to build a bright future and create harmony in your work atmosphere!



**"Until you  
make the  
unconscious  
conscious, it  
will direct  
your life and  
you will call it  
fate"**

Carl Gustav Jung

