

# Active Shakti



## SEEMA CHOPRA MSc

### DETAILS



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Seema Chopra, the visionary founder of Active Shakti, is on a mission to empower women of all ages to embrace their inner strength and power. With her deep understanding of the challenges women face menstrual health symptoms, balancing work, life, and self-care, Seema guides women on their transformative journey to optimal well-being and peak exercise performance.

### ABOUT ACTIVE SHAKTI

Through our workshops held at renowned institutions and companies like Heatherwick studios, The National Theatre, Trinity Laban Conservatoire of Music & Dance, and Central School of Speech & Drama, Active Shakti offers an immersive experience that goes beyond traditional fitness coaching. We provide a safe and nurturing space where girls and women can reshape their performance strategies to achieve an optimal balance.

Seema is available to deliver engaging and insightful talks and workshops on two key topics: "Training with Your Menstrual Cycle" and "Creating a Dynamic Lifestyle for Success in Exercise Performance, Work, and Personal Life."

In the workshop "Training with Your Menstrual Cycle," Seema dives into the fascinating world of hormonal fluctuations and their impact on exercise and overall well-being. Participants will learn how to leverage their menstrual cycle to optimise training, enhance performance, and achieve greater results. Seema's expertise and guidance empower women to embrace their natural rhythm, understand their body's unique needs throughout the menstrual cycle, and tailor their exercise routines accordingly.

In the workshop "Creating a Dynamic Lifestyle for Success," Seema shares practical strategies and insights on how to find balance and achieve success in various aspects of life. Participants will explore effective techniques for integrating exercise, work, and personal life, enabling them to thrive in all areas. Seema's holistic approach emphasises the importance of understanding your cyclical health, self-care, time management, and maintaining a positive mindset to create a vibrant and fulfilling lifestyle.

Seema's talks and workshops provide invaluable knowledge, inspiration, and actionable steps for individuals who are seeking to optimise their well-being, excel in their pursuits, and live a balanced and dynamic life.

WORKSHOPS

TALKS

COACHING