

FOR SCHOOLS, COLLEGES AND TEAMS

# Body mapping workshops, designed around your *group*.

Interactive sessions on stress, emotions and self-compassion, built for the people in your room. In person in Bengaluru, or online across India, in English, Hindi or Punjabi.

2 to 3 hours

15 to 20 people

In person in Bengaluru

Online across India

## WHO IT'S FOR

- **Schools.** Students, with separate versions for teachers and parents. In schools we stay with stress and self-compassion.
- **Colleges and universities.** Orientation, exam season, wellness weeks and psychology departments.
- **Workplaces and teams.** Wellbeing weeks, offsites and learning sessions for HR and L&D.

## HOW IT WORKS

- 1 **A free planning call.** Fifteen minutes on Google Meet about who the group is and what is going on for them.
- 2 **A plan made for your group,** with the theme, length, format and fee.
- 3 **The session.** Everyone maps on the outline of a body, in four layers: what the body notices, the emotion, what it makes them want to do, and what the mind says. Then one small tool to try.
- 4 **Afterwards,** each person keeps their own map.

## WHAT PEOPLE LEAVE WITH

- **Words for what they feel,** and where it sits in the body.
- **Noticing stress earlier:** a tight jaw, a heavy chest, a stomach in knots.
- **One small self-compassion tool** to use on their own.
- **A shared language** that doesn't depend on anyone telling their story.

## WHO LEADS IT

**Tushti**, a counselling psychology graduate student at the University of Toronto and a body mapping facilitator. 60+ people have mapped with her, and she presented on body mapping at ICCP 2026, the International Conference on Counselling and Psychotherapy, in Bengaluru.

*I finally feel like I know what I'm feeling. Before, it was only something weird.*

*It wasn't only a session. It was a way to connect with people who felt the same.*

### WHERE

#### Bengaluru or online

Your venue in Bengaluru, or Google Meet anywhere in India.

### YOU ARRANGE

#### Paper and markers

Large sheets, markers, and a room with space to spread out.

### FEE

#### Set with the plan

Depends on the group, the length and the format.

Body mapping at Tee Talks is a reflective, psychoeducational practice. It isn't therapy, assessment, diagnosis or crisis care. Nobody is asked to share a personal story, and sharing is always optional. If anyone needs more support, we point them to your counsellor and to Tele-MANAS on 14416.

## Ready to plan *one*?

Fifteen minutes on a call, then a plan made for your group.

[Book a free planning call](#)

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