

The Soft Return

by TEMPUS *living.*

Tight shoulders, the dull ache, the
restlessness that won't go away?
That's your body speaking.

**Take a pause to
listen to the body.**

Through yoga as philosophy,
movement as reflection,
breath as awareness,
& stillness as strength.

Cohort 2
3-month guided journey

[Know more](#)

Each weekend, we come together online.

Beyond the asana, we engage in conversation
between breath and awareness.



Guest Facilitators:

To deepen this experience, guest facilitators from diverse wellness practices such as food, music, dance, etc. join us each month.

They bring fresh perspectives to the same question: How do we reconnect with our body's wisdom in a fast-paced world?

To recognise the patterns that cause stress,
to release what's heavy, and
to return to your natural rhythm...



You'll end this journey with:



A renewed sense of
balance and calm.



Tools to identify early signs
of stress and burnout.



A deeper connection
between movement,
breath, and thought.



A kinder relationship
with your body and
the world around you.

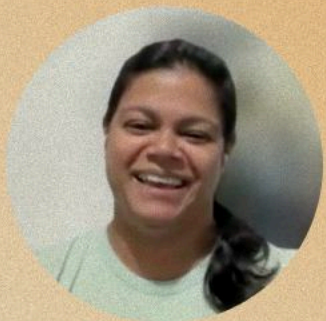
Get Started

The wisdom of yoga is universal

it adapts across geographies, religions, and routines.



*Cohort 1 brought together participants from four different countries.



Ashwini R.

USA

I've been practicing asana for years, but could never stay consistent because it always felt like something was missing. The Soft Return helped me finally anchor into yoga, not just as movement but as a way of understanding myself. Now, I can connect the dots between my practice, my choices, and my life.



Jonathan John

India

I've been on the move a lot lately, to new places, changing routines, and The Soft Return became my anchor. Even online, it helped me notice how my body reacts to different spaces and situations. I began to understand the 'why' behind my restlessness or fatigue, and that awareness has quietly changed how I travel, work, and settle.

This program invites you to explore yoga not as performance, but as philosophy, a way to meet daily struggles with calm and clarity.

Get Started



Pavan
Core Facilitator



Meghna
Core Facilitator

- INITIATIVE BY -

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