

Where Calm Meets Productivity: OmniMD's Workplace Yoga Story

OmniMD has practiced workplace yoga for 14 years, creating a culture of calm focus and mindful teamwork where clarity, balance & awareness guide everyday work.

HAWTHORNE, NY, UNITED STATES, October 30, 2025 /EINPresswire.com/ -- There is a calm that moves through OmniMD. It is steady, grounded, and quietly contagious. It began with one person's belief that clarity should be part of work, not separate from it.

When Divan Dave, our founder and CEO, introduced the idea of bringing yoga and mindfulness into daily life at work, it came as a pause, an invitation to breathe together before building together.



OmniMD Yoga Session in office

That pause became a practice. 14 years later, that same practice has become a tradition. Every stretch, every moment of stillness now carries the history of a team that chose awareness long before wellness became a workplace trend.

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Yoga taught us that calm minds build sharp ideas. Wellness isn't a perk here - it's a practice that shapes how we show up for each other and for our mission.”

Divan Dave

Today, yoga and meditation are woven into the company's everyday flow, with guided sessions every Monday and Wednesday, and ten minutes of shared stillness that begin each evening. What started as an experiment in balance has evolved into a shared understanding of how focus feels when it comes naturally.

The Culture That Grew Around Stillness

Inside a fast-moving technology company, progress is often measured by what gets done. [At OmniMD](#), progress now includes the moments when everything stops. The wellness sessions are

no longer separate from meetings or milestones; they have become the quiet structure that holds them together.

Teams stretch through postures that center the body, breathe through pranayama that steadies the mind, and walk back to their desks lighter, clearer, and more open. The practice has found its way into how people listen, how they plan, and how they lead.



OmniMD Yoga Rewards

“I never expected a ten-minute meditation to change how I think,” says Jaimini Bhalala from Database Management. “It helped me respond instead of react. That small difference changed everything.”

For Pradeep Patel in AI/ML, the shift began in his posture and extended to his perspective. “It started as a way to relieve back pain. It became a way to handle pressure.”

Over the years, this culture of stillness has been quietly shaped and nurtured by Jyoti Patel, a certified yoga trainer who has been guiding the OmniMD family since 2010. With over two decades of experience, Jyoti has helped employees reduce stress, improve posture, and discover a deeper connection between focus and movement.

“Yoga isn’t something you do between meetings,” Jyoti Patel says with a gentle smile. “It’s how you prepare for them, with awareness, with breath, and with calm strength.”

Under her guidance, yoga at OmniMD has become a catalyst that keeps the workspace aligned with mindfulness and energy.

When Awareness Becomes Advantage

Research now supports what OmniMD employees have experienced firsthand. Studies in the Journal of Occupational Health Psychology show that yoga and meditation improve focus and cognitive flexibility. The American Psychological Association describes them as tools that restore the brain’s capacity to renew itself.

At OmniMD, these findings take shape in real time. Teams who participate regularly report sharper thinking, quicker coordination, and fewer conflicts. Managers describe the change as “a new aura of work that runs on clarity rather than urgency.” The shift is subtle but visible. Ideas travel faster, feedback lands better, and the workspace feels lighter.

Among those leading by example is Vinit Shah, who recently completed 80 yoga sessions with

the team. "Every session brings me back to the basics," he shares. "Besides the body, it's also about the flexibility of thought. That's what changes how we work together."

A Practice that Connects Everyone

The wellness program includes thoughtful incentives such as wellness points, recognition milestones, and extra time off. Yet the true reward lies in belonging. Participation grows not through obligation but through genuine invitation.

From leadership to interns, everyone shares the same air, both literally and in spirit. When the CEO begins a meeting with a moment of stillness, it sends a quiet message: awareness belongs to everyone.

The HR team, on the other hand, continues to nurture this practice with gentle consistency: friendly reminders, wellness shares on Teams, and open participation for all. No one performs wellness here; they experience it in their own way.

The Quiet Innovation

Yoga at OmniMD has evolved to become a mindset, a way of approaching work with steadiness, empathy, and self-awareness. Employees describe it as the invisible thread that holds teams together.

This quiet innovation mirrors what global research now confirms. The World Health Organization identifies workplace stress as a major cause of declining productivity, urging organizations to integrate mindfulness and breath-based practices.

Global companies like Google and Deloitte have done it. OmniMD went a step further; it made it personal.

Here, yoga is a shared language of balance, a 14-year conversation between breath and brilliance. It reminds everyone that clarity is not a pause from progress. It is progress itself.

Each morning begins with a few calm breaths. Each day unfolds with focus that feels unforced. And each person, in their own way, carries the same quiet intelligence that once began with a single idea, to lead not only with the mind, but with awareness.

Divan Dave

OmniMD

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