



MAUDE MORENO

Workplace Stress Regulation Trainer
Founder, Yoga At Work

SPEAKING TOPICS

Science-backed workplace stress regulation for mindful leadership improving focus, recovery, and communication under pressure.

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Yoga At Work



YogaAtWork_



Maude Moreno

Maude Moreno is a workplace stress regulation speaker and the founder of Yoga At Work. Drawing on 24 years in IT, a life-changing medical diagnosis, and extensive training in yoga-based regulation, mindfulness, and breathwork, Maude helps teams and organizations build practical skills for focus, recovery, and regulated communication under pressure. Her talks blend research with lived experience and resonate with leaders and employee groups. She is the author of *Workday Wellness Wins: A Handbook of Healthy Habits for the Busy Employee*.