

Dr. ShivAsana

SHIVANI KAMODIA BARTO DDS

Dentist | Yoga Teacher | Wellness Coach | Personal Trainer



Dr. Shivani Kamodia Barto is a dentist, yoga teacher, and wellness educator dedicated to helping dental professionals move from burnout to sustainable high performance. With more than 14 years of experience teaching stress management, ergonomics, and nervous system regulation, she delivers practical frameworks that improve resilience, reduce injury, and enhance clinical longevity.

Through lectures, workshops, and CE retreats, she integrates modern science with ancient wellness practices to equip clinicians with tools they can apply chairside and in daily life. Her work empowers dental teams to protect their health while delivering exceptional patient care.

✉ drshivasana@gmail.com

🌐 www.drshivasana.com

📷 [@dr.shivasana](https://www.instagram.com/dr.shivasana)

PRESENTATION OPTIONS

Lecture | 90 Minutes

Workshop | 3 Hours

Immersion | Full Day

PRESENTATION TOPICS



Burnout to Balance



Posture in Practice



Wellness in Action

Evidence-informed frameworks that help dental professionals prevent burnout, reduce injury, and build resilient, sustainable careers.

TESTIMONIALS

"Shivani's lecture went above and beyond our expectations. I would highly recommend working with her if you're struggling with finding balance and peace in life or if you just want to learn more about health & wellness in general."

"It is apparent that Shivani is passionate and knowledgeable about the best ways to connect and care for the body, mind, & spirit. She is an incredible speaker and displays a desire to help others grow and improve."

"I learned a lot of easy-to-implement tips on preventing stress and burnout in the workplace. I can integrate these in and out of the workspace to improve my general quality of life. Even my commute to work has already become more relaxing as I've worked on breathing and posture."

"Shivani offers a large variety of activities for dentist to add to their wellness toolbox. This is information I wish I had found earlier in my career. All dental providers should have access to these tools and use them often to prevent injury and burnout."

"Dr. Barto's presentation was very refreshing and extremely helpful for healthcare professionals."

We often neglect our own mental health and let the stress from our day-to-day build up overtime and negatively affect our physical and mental health. Dr. Barto's presentation was a good preview on some of the things that we can do to take care of our own body and mind. I can't wait to find out more about meditation and breath work."

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Presentation Topic Overview

Evidence-informed strategies and practical frameworks to build stress resilience, protect career longevity, and elevate performance in dentistry.



BURNOUT TO BALANCE

Stress Resilience & Sustainable Performance in Dentistry

- Understand the root causes of burnout in dental professionals
- Learn a practical framework to regulate the stress response
- Reduce reactivity, improve focus, and protect long-term career longevity



POSTURE IN PRACTICE

Ergonomics & Pain Prevention for Career Longevity

- Identify common ergonomic breakdowns in clinical dentistry
- Prevent and reduce neck, back, and shoulder pain
- Implement a simple strength and mobility strategy for a pain-free career



WELLNESS IN ACTION

The High-Performance Wellness Toolbox

- Regulate the body, breath, and mind under pressure using
- Apply evidence-informed wellness tools with high return on investment
- Build a sustainable system that enhances resilience and daily performance



STRATEGIC DREAMING

Vision, Alignment & Intentional Goal Design

- Clarify personal and professional vision
- Translate long-term goals into measurable action steps
- Create accountability structures that support meaningful success

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BURNOUT TO BALANCE

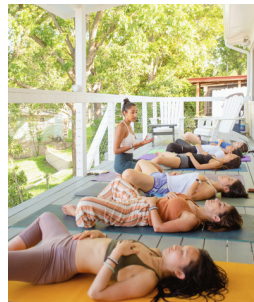
Stress Resilience & Sustainable Performance in Dentistry

Dentistry demands precision, endurance, and emotional resilience. This program equips clinicians with practical tools to regulate their nervous system, prevent burnout, and build a foundation for long-term career sustainability.

Attendees will:

- Understand the root drivers of burnout in dental professionals
- Learn a simple framework to reset the stress response in real time
- Identify high-impact health habits that improve energy, focus, and resilience
- Leave with a practical, chairside nervous system regulation protocol

Outcome: Participants gain a repeatable system to reduce stress reactivity, improve clarity, and protect their longevity in practice.



POSTURE IN PRACTICE

Ergonomics & Pain Prevention for Career Longevity

Musculoskeletal pain is one of the leading threats to a dentist's career. This highly practical session addresses the root causes of injury and provides actionable solutions that can be implemented immediately.

Attendees will:

- Identify the most common ergonomic breakdowns in clinical dentistry
- Learn how to prevent and reverse chronic neck, back, and shoulder pain
- Practice a brief daily chairside mobility and reset sequence
- Build a sustainable strength and mobility strategy to support a pain-free career

Outcome: Clinicians leave with a clear plan to reduce injury risk, improve posture, and extend their clinical lifespan.

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WELLNESS IN ACTION

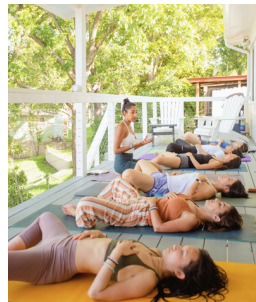
The High-Performance Wellness Toolbox for Dental Professionals

High performers cannot rely on motivation alone. This session delivers practical tools to regulate the body, breath, and mind under pressure.

Attendees will:

- Understand how nervous system regulation impacts performance and well-being
- Explore evidence-informed practices drawn from both modern science and ancient disciplines
- Identify the highest ROI wellness tools for busy clinicians
- Design a realistic implementation strategy that fits into daily practice

Outcome: Participants leave with a personalized, sustainable wellness system they can integrate immediately.



STRATEGIC DREAMING

Vision, Alignment & Intentional Goal Design for Clinicians

Success without alignment leads to burnout. This interactive workshop helps clinicians reconnect with purpose and design a vision that supports both professional excellence and personal fulfillment.

Attendees will:

- Clarify long-term vision and values
- Engage in guided reflection and structured goal design
- Translate vision into measurable, strategic action steps
- Create a tangible accountability tool to support follow-through

Outcome: Participants leave with clarity, direction, and a structured action plan aligned with their highest priorities.

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PRESENTATION FORMATS

Each program can be customized to meet the needs of your audience, from intimate team workshops to national conferences.

Available formats include:

- Keynote or Lecture: 60-90 minutes of evidence-informed, actionable content
- Interactive Workshop: 2-3 hours with guided application, movement, and practical implementation
- Full-Day Immersion: Multi-topic experience, which may include a guided yoga and meditation session. Ideal for leadership events, team-building days, or corporate retreats.
- Multi-session continuing education series are available upon request.



All sessions can be tailored to dental teams, DSOs, study clubs, dental schools, and healthcare organizations.



AV & SPACE REQUIREMENTS

- Projector and screen with HDMI connection
- Wireless microphone
- Slide advancer
- Open space at the front of the room for light movement demonstration



For workshop or immersion formats, space for participants to stand and move comfortably is recommended. Yoga mats are suggested for sessions that include guided movement.