

Find your CALM.

Geoff Rupp Press Kit

Vedic Meditation Teacher, Vedic Astrologer, Himalayan Breathwork Facilitator and Founder of Find Your Calm



Short Bio

Geoff Rupp is a Vedic meditation teacher, Vedic astrologer, breathwork facilitator, and founder of Find Your Calm. After two decades inside the high-pressure world of Australian television, he stepped out of corporate life to teach the practices that help people reconnect with calm, clarity, and purpose. Geoff works with people in transition, facilitates breathwork and meditation for global brands, and has been featured on podcasts and YouTube channels around the world.

Suggested Introduction

Today we are joined by Geoff Rupp, founder of Find Your Calm. Geoff brings together Vedic meditation, Vedic astrology, Himalayan breathwork, and more than two decades inside Australian media to help people regulate their nervous system, understand their life timing, and reconnect with the life they were encoded to live.

Topics Geoff Speaks About

Vedic meditation for modern life	Vedic astrology and Jyotish
Breathwork and nervous system regulation	Career, identity, and life transitions
Stress management for leaders and teams	Living the life you were encoded to live

Recent Appearances

Sattva Himalayan Wisdom with Anand Mehrotra, Hey Soul Sister Podcast with Mel Histon, Ojas Oasis Podcast with Sasha Bershinsky, Toxic Silence with Janella Purcell, Becoming Your Warrior with Emma Ritchie, and The Conscious Evolution Show with Arthur Bablis.

Corporate Work

Geoff has facilitated meditation, breathwork, keynotes, and workplace wellbeing sessions for teams including Red Bull, Macquarie Bank, Fairfax, Southern Cross Austereo, MCN, Initiative, Fidante, Anokhi, Winnings Appliances, Elanco, PLB Group, and Maitland Private Hospital.

Booking Contact

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YouTube: https://www.youtube.com/@geoffrupp_

This v1 press kit was prepared as a working draft for the Media page. Geoff can replace it later with a designed brand PDF.