



Meditation Presentations

I am an experienced speaker and have presented to community groups, corporations and professional associations on a variety of professional topics as well as meditation.

A presentation is an effective way to assess the interest and needs within an organization.

Presentations can be tailored to suit your needs. The length can range in length from 20 minutes to 1/2 day seminars. The audience can range in size from a small group, to over 100 people, from the general public or shop floor/front-line, to team leads and top management, or all of these. Presentations are customized to suit the audience.

If the time available is less than 1 1/2 hours, the talk would be limited to the benefits of meditation and its effects on mind, body and life in general. Presentations longer than 1 1/2 hour typically include instruction on how to meditate, with simple techniques and some time to practice.

I would welcome the opportunity to discuss how I can be of service in more detail.

For further information or to schedule a presentation, please contact:

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