



Kiran K. Patel

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Kiran K. Patel, MA, CYT

Full Biography

Kiran K. Patel, MA, CYT, is an award-winning speaker, author, communication consultant, empowerment coach, spiritual teacher and performer. Her playful presence has touched thousands internationally (live, radio and TV) for 40 years.

With decades of embodying deep empathy and authentic expression, she offers a holistic approach to help you connect with the deepest part of yourself and others so you can powerfully transform your circumstance, relationships and life.

Kiran's resolve to defy power imbalances was powerfully demonstrated at the age of twenty-four when she navigated through a sexual assault and death threat leading to her assailant backing off and her walking away. She is passionate about empowering women by sharing the four power principles she used.

Kiran is an ambassador of personal resilience and social transformation, weaving together her vast training in Western and Eastern traditions. She earned her M.A. in Social Psychology (1989). She is certified in mediation (1990), advanced yoga teaching (2004) and Metta Center's Nonviolence Studies (2018). She is a graduate of the National Speakers Association Northern California's Speakers Academy (2018).

Having completed a year-long leadership program in Marshall Rosenberg's Nonviolent Communication process (2003), she has taught and coached this process internationally. Drawing upon abundant diversity training, along with personal experience as a woman of color in the United States, she has facilitated workshops to heal racism and reduce prejudice. For nine years, she instructed others in yoga practices and philosophy.

Her gift of bringing compassionate presence to those in crisis has brought hope to hotline callers, individuals and groups entrenched in conflict, mothers of young children who were homeless from having left a domestically violent home and refugees in India after a wave of religious-based pogroms.

Through community organizing, coordinating a victim-offender mediation program and developing the framework for a youth violence prevention institute, Kiran has served to

empower and humanize institutions.

Her writing on nonviolence and yoga has been published in "India West". Along with James Jeffley (two-time finalist of Toastmasters International's International Speech Contest), she is the co-author of "Get Inspired, Speak and Ignite!"

Immersed in spiritual teachings, Kiran's spirituality includes regular practice, periodic personal silent retreats and drawing upon everyday situations as a spiritual training ground. She grew up with Vedic Hindu spiritual philosophy and practices. At the age of eighteen, she was formally instructed in Transcendental Meditation. Through the International Sivananda Yoga Vedanta Centre, she was initiated into the ancient Saraswati yoga lineage in 2003 and received advanced certification as yoga acharya in 2004 (CYT-500). She has studied and practiced Science of Mind and Vipassana meditation.

With embodied expression and stage presence, Kiran played the lead role in the premiere of *Janaki*, is a member of the performance troupe, *WingIt!* and was a regular contestant in the improv comedy show *Speechless*. She is currently developing a one-person show.

Kiran enjoys a simple lifestyle in the San Francisco Bay Area. She loves communing with the wilderness, taking in the sound of naturally moving water, bike-riding, dancing, improvised movement-based story-telling, acting and nurturing people with her vegetarian cooking.