

# Frustrated by what's going on?



Access your **power**.

Find **peace**.

Transform **life**.

## Kiran Patel MA, CYT

Award-Winning Speaker, Author, Coach

### Customized Keynotes, Workshops, Retreats:

- Empowerment: Body, Mind, Spirit Toolkit
- How to Be Heard When You're Hurt
- Transforming Conflict to Collaboration
- Show Up, Speak Up, and Move Up!

### What Audiences are Saying:

*"Always grateful for Kiran's presence and skill in presenting this most essential training as her style is **engaging** and personal."*

-Swami Dharmananda  
Asst Director, Sivananda Ashram Yoga Farm, Grass Valley,  
CA

*"The presentation was a **game changer** as it woke me up to things I was doing that were harmful to not only other people but also myself."*

- Elise R., Santa Cruz, CA

*"Through her own inspiring stories as well as her gift for connecting to others, she is a **difference maker!**"*

- Mark Kenward  
Performer & Director, The Marsh, San Francisco, CA

*"Kiran's workshop was very **impactful**. It flowed beautifully from start to finish, laying down the N.V.C. concepts in a way that we could understand and connect to our real lives."*

- Mary Ellen, Nova Scotia, Canada

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

An ambassador for healing and nonviolence, she integrates her vast training in Western and Eastern traditions—M.A. in Social Psychology, advanced yoga teacher certification, mediation certification, year-long Nonviolent Communication leadership training, prejudice reduction train-the-trainer and Body Tales teacher training. She has served overcomers of domestic violence, refugees of religious violence, community organizations and schools.

She is passionate about sharing the power principles she used at the age of 24 to navigate through a sexual assault and death threat that led to her assailant backing off and her walking away.

Her writing on nonviolence and yoga has been published in "India West."

### Call to Schedule or Inquire

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