

Several of Our Client Testimonials:



What started as a simple stress management activity has turned into a lifestyle approach to manage energy, both personally and professionally. I now power through what used to be exhausting work week, have found a healthier way to work through migraines, and am learning how to manage my energy to improve relationships at work as well as home. My experience in Meditation Training has been life changing as I didn't just find a way to manage stress, I've found a way to manage life.

Russell Roberts - Clorox Corp. Executive



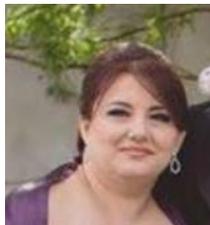
In today's fast-paced world where we all have multiple demands of our time, taking time-out to recharge and refresh our minds is crucial to overall well-being. A healthy, positive state of mind is the foundation for success both inside and outside of the workplace. Rachel's session brought team members desks ready to meet the afternoon with a renewed sense of calm and focus to tackle these demands.

Kim Cleary - Manager Community Pharmacy, Relay Health (McKesson)



Rachel's Corporate Meditation & Mindfulness training is a powerful stress reduction and productivity enhancing program. She delivers concepts creatively and explains them in ways that make sense, keeping participants motivated and invested in the process, focusing training toward meeting their goals. She has been a corporate employee herself and leverages her understanding of the corporate arena.

Jere Metcalf - Associate Broker Atlanta Fine Homes Sotheby's International Realty



Rachel did an amazing job at bringing 50 of our management staff into a place of calm and productive focus, setting the tone for our 2017 Strategy meeting. She helped us understand how to leverage mindfulness and meditation for our work and health, and taught us techniques to apply to our actual work challenges. I would highly recommend her to any business looking to add Mindfulness to their Wellness or Performance management initiatives.

Laura Ballesteros – Director of Global QARA Compliance – Halyard Health



Rachel is a wealth of knowledge and experience regarding meditation. Here Beginners workshop is excellent; she explains in easy-to-understand terms how the brain works and how to practice mindful meditation. Now, for the first time, I am able to appreciate and experience the positive benefits of effective meditation!

Patrice Tanner- Contract Management Manager for Accenture