



MINDBODY|EARTH

MINDFULNESS AS A LIFESTYLE

with goli gabbay

MINDBODY | EARTH MINDFULNESS AS A LIFESTYLE

In this comprehensive environmental education keynote talk and master class, Goli inspires participants with an in-depth understanding of today's environmental issues and hands-on, practical ways to reduce our impact on the environment, improve animal welfare, and boost our health and well-being.

YOU WILL GAIN

- An understanding of bigger, global environmental issues (deforestation, habitat loss, species extinction, and climate change)
- Simple, everyday practices we can do to protect the Earth
- A look at climate emergencies (Australia & the Amazon) and their parallels
- An understanding of the widespread and far-reaching impacts of animal agriculture
- Understanding the link between animal agriculture and human pandemics (Ebola, Bird Flu, Swine Flu, Mad Cow Disease, Sars, Nars, Covid19)
- The most powerful action we can take to protect the planet, improve our health and prevent future pandemics

ABOUT GOLI

Goli Gabbay is a speaker, educator, scholar, and innovator in integrative health and wellness. With over 22-years of teaching and clinical experience, she has been at the forefront of combining the healing benefits of: yoga, mindfulness, meditation, yoga nidra and plant-based nutrition with neuroscience in a groundbreaking movement for mental health. She speaks and leads wellness programs to universities all over the nation and has worked with global organizations, world class athletes and entertainers, MD's, prominent psychological recovery centers and royalty.

A graduate of UCLA's Institute of Sustainability + the Environment, she has also designed and implemented leading edge environmental programs and public education campaigns for: luxury hotels (including the iconic Hotel Bel Air and Four Seasons Beverly Hills,) government agencies (including the City of Santa Monica, the City of Los Angeles, the State of CA), corporations, manufacturing plants, and an array of NGO's (including the United Nations Environment Program.)