



SUMMARY

Healing can be found in so many different paths : be it counselling, therapy, meditation, life coaching, sports, yoga, tai-chi, nature, religion, art or music. These paths are there to turn to whenever you are looking for an answer and the tools to be in charge of your life, your emotions and be in tune with yourself and others.

The one hour talk will address the following topics :

- The Science behind mindfulness
- Why do we turn to Eastern traditions?
- The Science behind Your Mood
- Mindfulness: a path among many others
- Wellness, Happiness, Kindness: when everything comes from inside.