



HEATHER ACE ADAMS

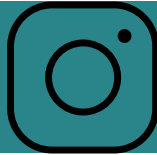
Authentic, warm & engaging mindfulness for real life

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SPEAKING TOPICS

BIO

MEDITATION FOR CALM & BALANCE

In this class we'll discuss and practice breath patterns and techniques that can calm the nervous system, prime the mind for learning and create more engagement with the world around us.

MEDITATION 101: TECHNIQUES & TRICKS

A high energy dabbler of various meditation techniques great for new and more seasoned meditators alike. Audience will take home tools to build and integrate mindfulness into real life.

RESET: CHANGE YOUR PATTERNS, CHANGE YOUR LIFE

This experience uses breath meditation and creative exercises to address the old patterns and narratives we hold onto and tell ourselves. We'll use most of our time to create more energizing and compassionate narratives that could propel us toward our wildest dreams.

HOW TO BE YOUR BIGGEST ALLY

This transformational class addresses the limiting voices we have within. Participants will come out learning how to harness the power of positive self talk and cultivate confidence and self-compassion.

Heather Ace Adams is a meditation teacher, mindfulness speaker and writer based in the Pacific Northwest.

She specializes in providing practical ways to infuse more mindfulness and self-compassion in your everyday life.

Heather stands out because of the authenticity, warmth and humor she uses to connect and engage with any audience.

Clients & Accolades



- Highest attended break out workshop chosen at the 2020 virtual Microsoft Aspire "Start Strong" Conference
- 88% repeat booking rate after first event
- Experience with in person, virtual and live broadcast engagements

Offerings & Rates

1 Hour Workshop In person or virtual Pricing starts at up to 25 ppl \$550+	Keynote Address In person or virtual Pricing starts at up to 25 ppl \$1100+	Half Day Workshop In person or virtual Pricing starts at up to 25 ppl \$2000+	Full Day Workshop In person or virtual Pricing starts at up to 25 ppl \$3800+
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