

# Mindful Being, LLC

Exploring mindfulness to best fit your work and personal life



**Mindful Being Workshops** focus on breath work connecting the body and mind, helping everyone to evolve in being more aware of their thoughts, work, and relationships. The workshops also emphasize the importance of genuine human connection. These sessions bring value to companies like yours.

**The simple techniques that I teach will help your employees to:**

- Improve concentration and focus
- Reduce stress
- Develop conflict resolution skills
- Cultivate impulse control
- Increase empathy and understanding for others and oneself.



**About the Modules:**

- 30 min, 60 min, and 90 min modules are available
- Focusing on companies' necessities
- Can be held in a conference room or communal area
- Program fees support your budget needs
- For best outcome series of sessions suggested.

**Find out more information here:**

Website: [www.mindfulbeingllc.com](http://www.mindfulbeingllc.com)

Email: [mindfulbeingllc@gmail.com](mailto:mindfulbeingllc@gmail.com)

Phone: 917-392-0840

My name is Raditia Lasry, and I connect to friends, business people, or strangers, by seeing them for who they are. All my actions come from the heart, open-mindedness, and compassion and are the foundations of my work.



Using my breath as the compass of where I am and how I feel has changed my focus and life goals. Through my yoga teacher training, Vipassana meditation practice, studies at Mindful Schools, and the many inspiring people I met and learned from throughout my life have led me to choose mindfulness as my purpose.

My everyday challenges encourage me to explore my boundaries, and my mindfulness experience is what I share and keep re-discovering with you.

### **Professional and Educational Highlights**

- 2020 Mindful Habit Change 4-week Workshop at Ixchel Center and Inwood Family Guidance
- 2019 Siemens Healthineers Diagnostics, Inc. and Undertone, Mindfulness Training  
Mindfulness in America Summit  
Inwood Family Guidance, Children Mindfulness 4-week Workshop  
Mindful Schools, Trained in Mindfulness Curriculum for ages K-12 Grade and adolescents  
Purchase College, Bachelor of Arts, Liberal Studies: Arts
- 2018 - 2019 Wellness Concept Inc., Destress at Your Desk Workshops  
Purchase College, Mindfulness Training in Advanced Psychology of Communication course
- 2017 - 2018 Schüco USA LLLP, Mindfulness Training
- 2010 Vipassana, 10-day Silent Retreat  
Joschi Yoga Institute, Yoga Teacher Certificate