

Talking **mindfulness**

from a comedian's perspective

with Dena Jackson

Comedian. Speaker. Hatha Yoga Instructor

Designed for **students** and **young professionals** starting
a new chapter.



www.denajackson.ca
Watch my TEDx Talk [here](#)



Offering

From Mindless to Mindful

A one hour keynote that discusses the importance of taking time for self care. I will engage with listeners by recommending useful mobile apps, exercises and mindfulness practices that we can all apply to our routines to help deal with the pressures of daily life.



Remotely Aware

This one hour session will provide listeners working and studying remotely (due to the effects of COVID-19) with a deeper dive into mindfulness. We will look at your existing practice whether it's advanced or non-existent, engage in an interactive discussion and conclude with a group meditation. Beginners are welcome.

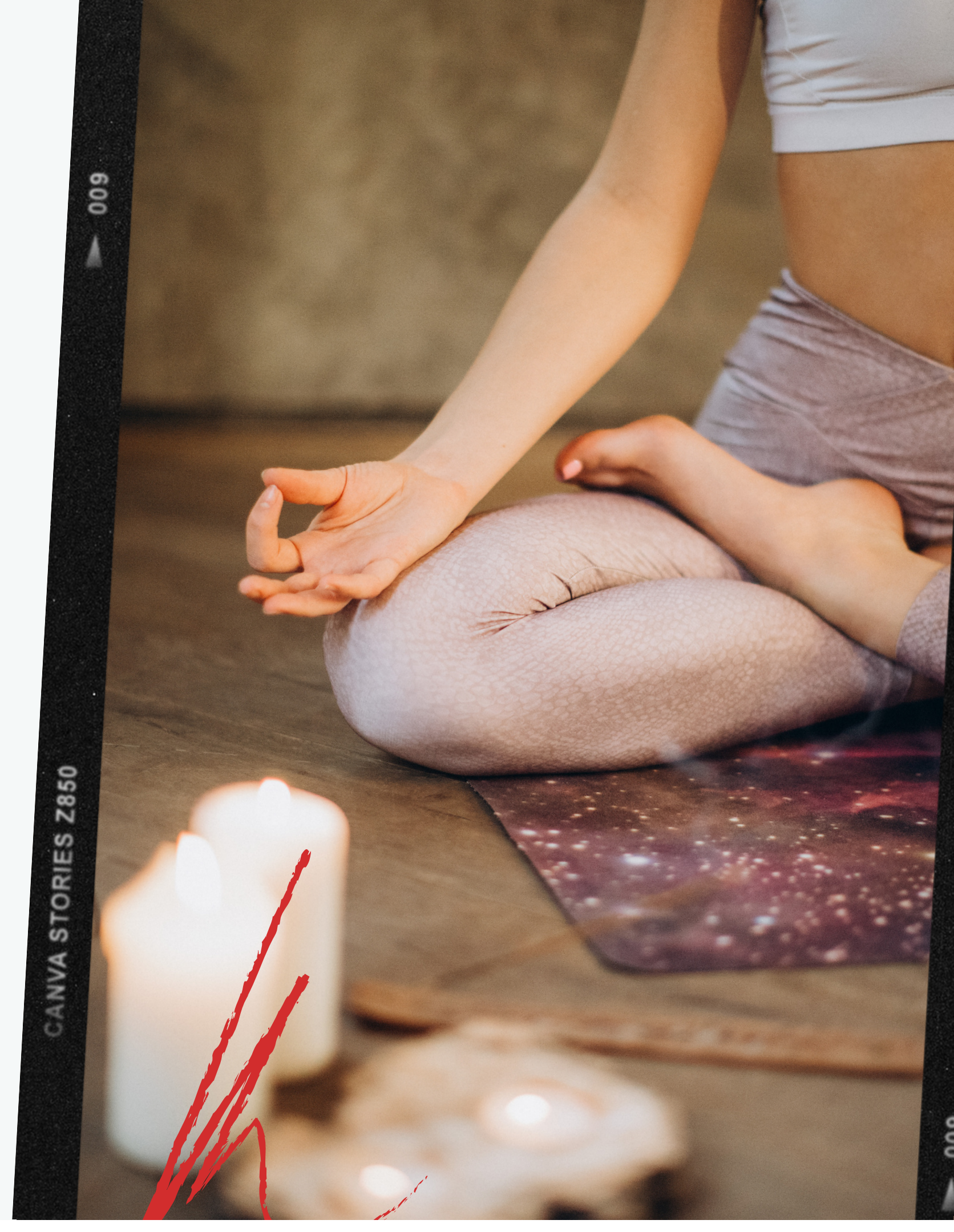


Virtual Hatha Yoga

A one hour hatha yoga class that explores the fundamental postures, which include standing, bending/twisting and back bends. We will work together with our breath, allowing mindfulness to be present throughout our practice and conclude with a guided meditation. (Available as a single yoga class or five class pass.)



Available via Zoom, Webex, Skype and other platforms.



Testimonials:

Dena was a pleasure to work with. Her professionalism and speaking abilities are amazing and she connected and captivated the audience throughout the entire talk. She used her humour to engage with the audience and was very relatable. I would definitely recommend hiring Dena.

**-Susanne Fuda, Campus
Recruitment Manager,
Scotiabank**

Dena brought 60 minutes of calm into an otherwise crazy world. She took our team through a rich presentation about how being mindful makes us healthier and more productive. And she did it in a way that was funny, entertaining and enlightening. There aren't many ways to reward your team and increase it's effectiveness at the same time. Dena Jackson is the one.

- Mike French, SVP & CFO, TD Bank

Dena is a captivating speaker who uses humour to convey strong messages about the benefits of mindfulness and meditation. I thoroughly enjoyed her talk at our university Lunch and Learn, which had one of our largest turnouts to date. I would recommend her for any group.

**-Natalie Roach, Mental Health
Coordinator, Ryerson University**

