



Soul Playground

Michele is in the leading forefront of meditation, mindfulness and spiritual awakening as it relates to consciousness.

She has been practicing meditation and yoga for over 30 yrs.; as well as teaching beginning and advanced spiritual principles, meditation and mindfulness for 20 yrs.

Michele's workshops and seminars are interactive allowing each participant to not only understand the principles of mindfulness and spirituality, but also have their own experience to deeper understanding. She focuses on integration of meditation and mindfulness into one's everyday life.

Michele began teaching mindfulness, spiritual principles and meditation in 2000. One of her turning points was spending time in an Ashram in India with one of her Spiritual Teachers. This led to deeper study, retraining and a career change that brought her into her current focus of teaching.

In 2006 Michele was asked to join the faculty of Agape Spiritual Center's University for Transformation and Leadership faculty. She taught various courses on spirituality, meditation and mindfulness.

Michele created and developed the curriculum for the course: Meditation for Spiritual Unfoldment: Creating a Consistent Meditation Practice for the Agape Spiritual Center. Her book and the companion CD 'Meditation for Everyday Living' was an integral part of the curriculum.

Michele, also developed a meditation program 'The Magic of Believing in You' in which she taught mindfulness and meditation exercises for children to use in problem solving, test taking, creativity enhancement, resolving conflict and stress reduction.

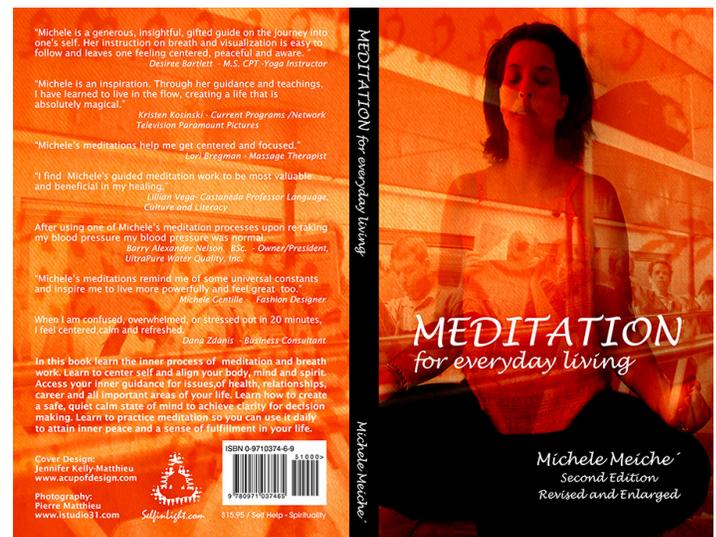
She has delivered these programs to libraries in the San Diego County; as well as the Cross Carmel

Creek Middle School. This program utilized mindfulness, creative visualization, mediation and art for self-discovery, problem solving and creative expression.

Michele has taught meditation and mindfulness to 'At Risk Youth', incarcerated youth, and for life enrichment programs for children, teens; as well as corporate EAPS programs. She also facilitated a meditation and mindfulness program at the Culver City High School for the students under Jose Montero utilizing her book and the companion CD. Her focus is always on the practical application for everyday life.

For more information contact Michele at:

Michele@soulplayground.life
or visit SoulPlayground.Life



In this book learn the inner process of meditation and breath work. Learn to center self and align your body, mind and spirit. Access your inner guidance for issues, of health, relationships, career and all important areas of your life. Learn how to create a safe, quiet calm state of mind to achieve clarity for decision making. Learn to practice meditation so you can use it daily to attain inner peace and a sense of fulfillment in your life.