



# TEJAL V. PATEL, JD

*Ayurveda, Mindfulness & Meditation Expert  
for Parents, Educators & Kids*

## CONTACT



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The Time-In Talks Podcast

tejalvpatel.com/timeintalkspodcast

## EXPERTISE

Meditation for Moms and Kids  
Mindful Parenting Coach  
Mindfulness for Kids (Age 4-8)  
Ayurveda/Yoga Specialist  
Mindfulness in classrooms  
Ayurvedic Stress Relief Practices

## SOCIAL MEDIA

 @tejalpatel.tv

 @tejalvpatel

 @tejalvpatel

## BOOKING INFO

**Want more speaking info?**

Go to [tejalvpatel.com/speaking](http://tejalvpatel.com/speaking)

**Interested in booking Tejal  
for a future event?**

Email us at [info@tejalvpatel.com](mailto:info@tejalvpatel.com)

Subj: Speaking Inquiry

## BIO

Tejal V. Patel, JD is a former divorce attorney turned certified Ayurveda, mindfulness and meditation expert for moms and kids, host of the Time-In Talks podcast and author of *Meditation for Kids: 40 Activities to Manage Emotions, Ease Anxiety and Stay Focused*.

It's her mission to empower parents, educator and caregivers to know how to confidently infuse the necessary skills of mindfulness and meditation into classrooms and homes. With a decade of experience teaching kids through her self-created Yoga Birdies and Mindful Beginnings curriculum, she knows how to take ancient yogic stress relief wisdom and make it fun, engaging and playful for kids which makes her stand apart from the traditional self-help crowd.

## SPEAKING EXPERIENCE

Tejal is an established public speaker providing mindfulness and mediation trainings to hundreds of NJ educators, parents and children over the past decade. She is a renowned speaker at the annual Rowan University Yoga Symposium for NJ Schools and has spoken at dozens of national women and mom conferences in Delaware.

## MOST REQUESTED TALK TOPICS

### NAMASLAY YOUR STRESS

**Purpose of Talk:** Help stressed-out parents/educators build stress-resilience and learn kid-friendly ways how to build resilience in kids too.

### RAISING GENERATION ZEN

**Purpose of Talk:** Empower parents/educators to learn how to teach children mindfulness tools to handle unhappiness and life challenges.

### KIDS CAN MEDITATE... AND YOU CAN TEACH THEM HOW

**Purpose of Talk:** Inspire parents and educators to learn how to plant the seeds of meditation in our youth (without becoming a meditation expert)