



# TEJAL V. PATEL, JD

*Ayurveda, Mindfulness, Meditation Expert for Mom & Kids*

## BIO

Tejal V. Patel, JD is a former divorce attorney turned 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*.

She passionately helps time-starved mamas develop the tools to effortlessly infuse simple stress-relief habits, mindful parenting practices and three-minute family meditations into their busy schedule to empower them in becoming mindful mamas raising the first generation of mindful children.

Named a "Well-being Warrior" in The Huffington Post, Tejal's soulful wisdom reaches moms globally through her signature online courses (Meditation for Kids Masterclass, Mindful Kids Masterclass, Mindful Mama Experience and 7 Day Stress Detox), powerful book, soulful podcast, booming Instagram mom community, motivating TejalTV episodes, powerful live events, and laser-sharp mindful parenting coaching.

## 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, has spoken at dozens of national women and mom conferences and workshops in Delaware, New Jersey, New York, California and Pennsylvania.

## MOST REQUESTED TALK TOPICS

### NAMASLAY YOUR STRESS MOMSTER

**Purpose of Talk:** Help stressed-out mamas build stress-resilience and stay mindful during tough parenting moments.

### RAISING GENERATION ZEN

**Purpose of Talk:** Empower parents to learn how to teach their child 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.

## 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 2-8)  
Ayurveda/Yoga Specialist  
Mindfulness in classrooms  
Ayurvedic Stress Relief Practices

## SOCIAL MEDIA

 @tejalpatel.tv

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## 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