

Meditation Speaker, Yoga & Meditation Retreat Leader

Melissa Redd is a Bay Area-based wellness speaker, yoga and meditation teacher and founder of PURE Health Retreats & BlissX. She is on a mission to help stressed out and overbooked Silicon Valley women and men filter through the noise to find balance, focus, health, fun and high level performance in their lives.

With clients that include Calico Labs, Genentech, Equinox, and Facebook, Melissa works with high performers who want to show up as their best self and rediscover their life's direction.

Melissa holds bachelor's degrees in Nutrition Education & Dietetics and Communications, a CPCC certification from The Coaches Training Institute, and is a certified 500 E-RYT Vinyasa Yoga Teacher.

KEYNOTES, BREAKOUTS, WORKSHOPS

I can customize keynotes, breakouts, workshops, or panel discussions to adequately support your event and audience.

THE TOP 3 BENEFITS OF MEDITATION

+ Guided Meditation

Attendees will be introduced to the science of meditation and how meditation can help them:

- stress less while accomplishing more
- focus your attention on one key item at a time
- experience better sleep, fewer headaches and muscle pain, a reduction in blood pressure, reversal of the aging process, & less anxiety

WHY MEDITATION IS BETTER THAN CAFFEINE

+ Guided Meditation

Attendees will be introduced to the science of mediation and learn why daily 20-min meditation practice can help you have less depression, anxiety and more happiness. Attendees will also learn how to:

- get off that autopilot habit of coffee breaks
- recognize which habits are useful and which habits are harmful
- stop or slow down the habit and choose a new way of responding

BOOST YOUR SEX LIFE WITH MEDITATION

+ Guided Meditation

Attendees will be introduced to the science of mediation and learn why daily 20-min meditation practice can help you boost your sex life and allow you to be more present in your relationships. Attendees will also learn:

- how to recognize internal patterns or habits
- the mental states of meditation, slower brain wave patterns
- how meditation sends nerve impulses to every organ in your body to up regulate your genes and help you get back into homeostasis



“Melissa is a great coach. She has grounded me in the use of meditation and I now use it throughout my day. Awesome guided meditation hour ... my headache is gone!”
Scott, President, Peninsula Capital

“Melissa’s program enabled me to see where I needed to better connect with myself and, in turn with the people I love. Now I am moving forward with more positivity, and sensitivity in all my relationships – including the one with myself.”
Jeff, Danville

“Just one evening of Melissa's program made me feel ready to conquer my fears and commit to a positive higher self!”
Jane, San Carlos