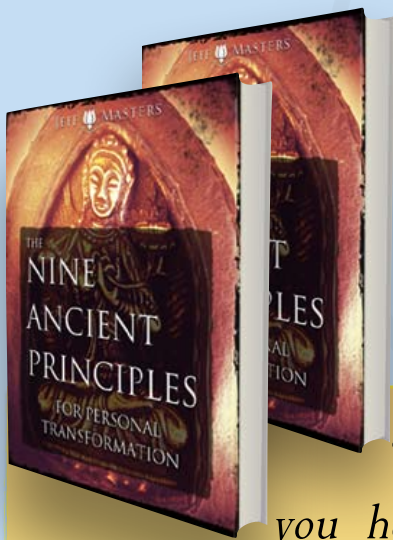


# JEFF MASTERS

• THERAPIST • TEACHER • MENTOR

Training Programs, Conferences, and Festivals hire **Jeff Masters**, LMT, C-IAYT, E-RYT, MLD/C, MSc. (Hon.)

to explore the mysteries of the mind/body connection and bridge the gap between ancient technology and modern medicine.



*“When you heed the call to become something greater than yourself, you transform not only your own life but the lives of all those you touch.” - Jeff Masters*

## WHAT OTHERS ARE SAYING

*“Rarely have I come across an instructor who has been able to so clearly blend Western and Eastern approaches. This is one teacher who can unfold ancient teachings with practical skill and leave you with a desire to learn more.”*

• Rob Schware, PhD, Founder, Give Back Yoga Foundation

*“Jeff Masters is a charismatic and powerful teacher who packs incredible wisdom into easily understandable teachings and inspires us to our greatness.”*

• Bhava Ram, Deep Yoga - W4H Founder

*“Jeff’s innovative approach bridges the gap between Eastern philosophy and Western practicality and will surely lead to the next level of understanding of yoga as a healing modality for both mind and body.”*

• Olivia Kvitne, Director, Yoga for First Responders

# JEFF MASTERS

## POPULAR SPEAKING TOPICS:

### *The Journey of The Lotus: From Darkness To The Light*

Life can be a struggle. Once we understand that adaptation equals transformation, that “struggle” becomes the journey that ultimately tempers our spirit and forges the steel of our resolve.

In this presentation, participants will:

- Walk the path of gratefulness.
- Experience Goal Orienteering™ and their life path.
- Review the 9 Phases of Personal Transformation

### **Samskaric Archeology & Alchemy™:**

#### *Uncovering & Healing The Issues in Your Tissues*

The story of your life is written into the tissues of your body. This story ultimately impacts your reality.

During this presentation, participants will explore:

- How perception dictates experience.
- Memories as powerful teachers
- 3 Simple practices to address the “issues in your tissues.”

### **The Yoga of Life:**

#### *Whatever Your Practice, Know It, Live It, Be it!*

Yoga has been around for over 5,000 years. Many feel that if you aren't doing the physical practices you're not doing Yoga.

During this paradigm shifting talk we will blow the lid off of these preconceived notions by exploring:

- The true definition of Yoga.
- Determining YOUR Yoga practice.
- Identifying the purpose of your practice.
- Ways to live your practice



Jeff Masters is the founder of The Masters Institute, and is dedicated to vibrant health, wellness and the realization of our fully actualized potential. Jeff's emphasis on the modern application of ancient wisdom creates accessible, embodied learning opportunities where understanding is inspired by direct experience and personal realization.

To Book Jeff, contact us at:

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