Are you feeding your mind with the correct fuel? Most everyone in the world is doing one of two things: worrying and trying to survive . . . or looking around for the edge that will allow them to THRIVE. Learn now how you can Stay Vital and Magnify Your Performance in these uncertain times with ease as you master the art of “Mindfulness on the Go.”

Instructor: Ildy Meixner, Performance Coach (Auckland, New Zealand)

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Ildy Meixner, is a New Zealand based, result-driven, performance coach who specializes in well-being, stress and weight-loss transformation. She lives for empowering unmotivated, tired and busy individuals to become vital, healthy and powerful by creating a new way of living and thinking.