

Neil McKinlay

Embodied Meditation Teacher



I have spent more than twenty-five years immersed in the practice of meditation. This span includes leading events of 100+ people in-person and online. I have also been a parent and partner, a teacher, author and competitive swim coach. These diverse threads allow me to speak to the intersection of practice and daily living with authority. How does meditation affect our lives? How do our lives affect meditation? How do we find room for practice in our busy-ness? My life experience allows me to address these questions and others in ways that will resonate with your audience.

Four Topics

- Let's Take Five Minutes To Meditate
- How Does Meditation Work?
- Meditation As If Our Lives Mattered
- Trauma As The Path Of Meditation

Five Questions

- What is embodied meditation?
- Can you teach me to meditate right now?
- How do meditation and daily life overlap?
- Why 'meditate as if our lives mattered'?
- How is meditation commonly misunderstood?

About

In addition to offering in-person instruction in his hometown of Victoria, BC, Neil leads two online communities (The Living Meditation Network and The Online Gatherings), and hosts the Bringing Meditation to Life podcast. He also mentors individuals wanting to bring meditation and embodiment more fully into their lives.

Contact

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