

# Neil McKinlay

## Embodied Meditation Teacher



I have spent 25+ years exploring meditation. This includes leading events of 100+ people both in-person and online. I have also been a parent and partner, an author and swim coach. Recently, 'survivor' has been added to this list as I recover from a relationship with a dysfunctional spiritual mentor. All this has taught me the value of linking meditation with daily living, a task which lays at the heart of my teaching. From approaching practice in a way that respects personal realities, to presenting meditation with ordinary language and examples, to affirming that the wisdom we glimpse in meditation can guide us through this world - a truth central to my own recovery - I help people bring meditation to life.

### Workshops

I offer online and in-person events that inspire, illuminate, and support meditation in our everyday lives. While 2 hour durations are most popular, events can range from 1 hour to a full day. Topics can be adapted to group interests.

### Five Topics

- How To Meditate
- Five Minute Meditation
- Resourcing Through Meditation
- Bringing Meditation To Life
- My Journey: Finding Our Path

### 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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