



# On The Verge of High Definition, High Voltage Living

**Cara Bradley**, athlete turned renowned yoga and mindfulness expert, reveals how to wake up, show up, and shine everyday.

Living an extraordinary life and feeling awake and fully alive is not about doing more, but about being more. It isn't about achieving more; it's about experiencing more. When you shift beyond your to-do lists and drama-filled stories and show up in this moment, you will experience a profound sense of clarity, vitality, and confidence. Wake up right here and now, and unleash your natural genius.

### Media Experience:

Many national and regional media appearances over her long career as an athlete and yoga and meditation expert, including two recent viral videos with *Good Housekeeping* and *Redbook*. She has been featured on MTV, ABC Wide World of Sports, NBC10 Morning Show, *Gaiam*, *Shape*, *Self*, *Men's Fitness*, *Billboard*, *Avenues* (Cover Photo), *Women's Sports & Fitness*, *Flare*, *Snow Style*, *New York Runner*, *Philadelphia Inquirer* and *Philadelphia Magazine*.

### Demonstrations

- Workday Slump? Shift Your State With a 60-Second Moving Meditation
- Train Your Brain to Focus With Box Breathing
- 3 Yoga Poses for a More Restful Sleep
- Distracted Again? Count Five Breaths to Be Here Now
- Simple Pick-Me-Up Yoga Poses for When You're Feeling Blue

### Story Ideas:

- 5 Tools to Hack Your Busy Mind
- The Power of Pause: Steady Your Mind, Calm Your Nerves
- Plank Power – 5 Yoga Poses to Get a Flat Stomach
- How to experience High Voltage Energy from 9 to 5
- Fierce Focus: Discover How Elite Athletes Stay Calm and Composed
- Conscious Parenting: Stop Fixing Your Teenager!
- Be a Mindful Mom in 3 Easy Steps
- Gut Check: Uncover Your Tendencies to Force, Fix and Flee
- 5 Tips to Use Thoughts Instead of Letting Thoughts Use You
- 7 Ways to See — and Live — Life in High Definition

### Upcoming book:

*On the Verge: Wake Up, Show Up, and Shine*

(New World Library, April 2016)



In her debut book, mental strength coach Cara Bradley explains what it means to be on the verge — to show up in this exact moment and meet our potential to shine in all aspects of our lives. Then she empowers readers to live from that place through practices and strategies designed to shift them out of their heads and fully into the present moment.

“Cara Bradley has been awake for most of her life—awake in the sense that she is fully engaged in the experiences of her own life. Her gift is sharing those experiences and the mindful focus that makes us fully present to what is going on around us.”

- Congressman Tim Ryan (D-OH)



### Bio:

Cara Bradley, author, yoga teacher, mental strength coach, entrepreneur, and former pro-skater, has devoted more than three decades to movement disciplines and has coached hundreds of thousands of people. In her upcoming book, *On the Verge: Wake Up, Show Up, and Shine*, Cara shows readers how to discover their natural clarity and confidence on a daily basis. She shares her passion for experiencing life fully and feeling energized and fully alive. Cara is the founder of Verge Yoga in Philadelphia and the cofounder of the non-profit Mindfulness Through Movement. She trains sports teams, including Villanova University's football team and Penn State University's men's basketball team. She also hosts a podcast series for Women for One called *Real Women, Courageous Wisdom*.

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