

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.

Speaking Experience:

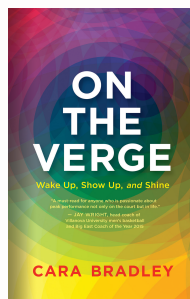
Many national and regional speaking appearances over her long career as a professional athlete and yoga and meditation expert. Conferences include Social Venture Network, Mindful Leadership Summit, Mindful Life, International Healthcare Providers, Institute for Noetic Science. Corporations include The World Bank Group, AmeriGas, Fidelity Investments, Universities include: Yale University, University of Pennsylvania, Villanova University, Brown University, Moore College of Art and Design.

Speaking Topics

- **Step Beyond Your Busy Mind**
Using thoughts instead of letting thoughts use you
- **Synchronize Your Mind and Body**
Access your optimal clarity and vitality
- **Drama Drains. Focus Fuels.**
Recognize how you shut down. Discover how to show up.
- **Clear Mind. Bright Body.**
Unleashing your natural genius with simple daily practice
- **Awake and Fully Alive On Purpose**
Engage with the now and maximize your effectiveness.

Cara's book:

On the Verge: Wake Up, Show Up, and Shine
(New World Library)



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 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 corporate executives and sports teams, including teams at Villanova University and Penn State University. A blogger for *The Huffington Post* and *MindBodyGreen*, Cara also hosts a podcast series for Women for One called *Real Women, Courageous Wisdom*.

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