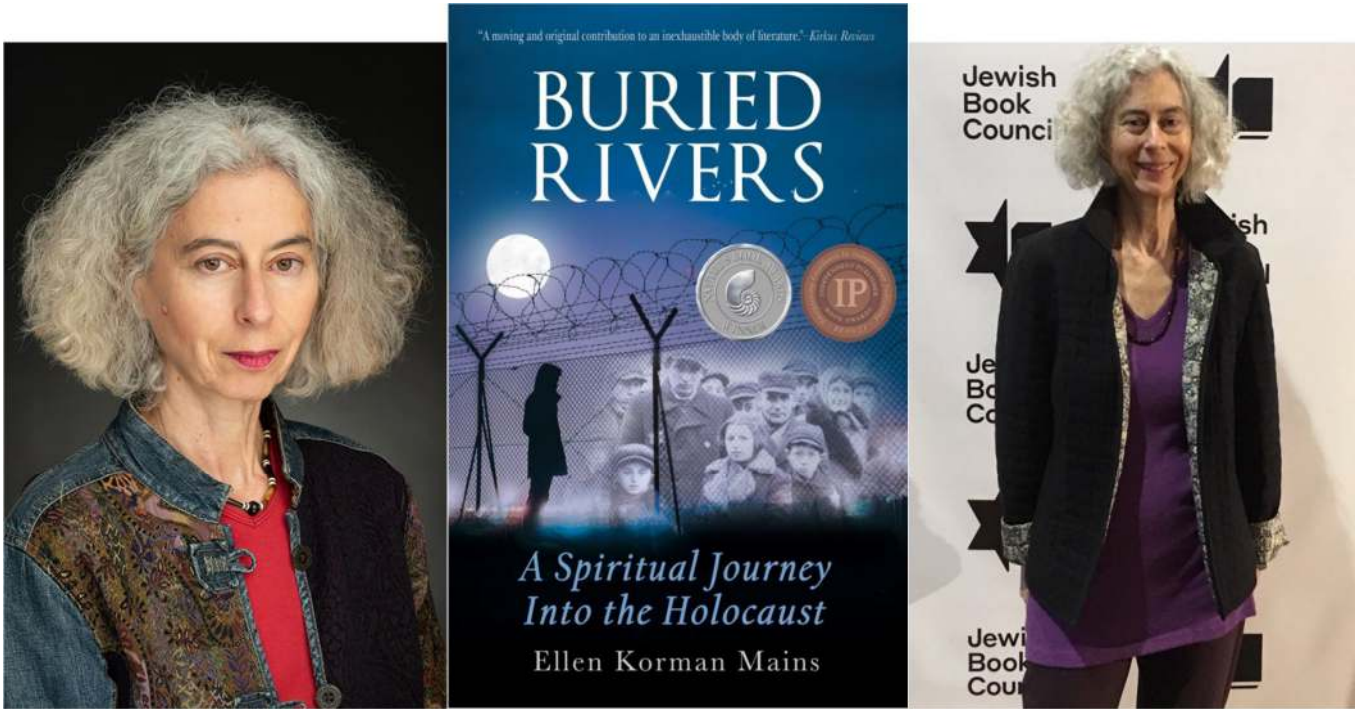


## Ellen Korman Mains Speaker & Workshop Topics

An inspiring and sought-after speaker, author, meditation teacher in the Tibetan Buddhist and Shambhala traditions, and certified Focusing Trainer, Ellen Korman Mains has led workshops and meditation retreats internationally. Ellen is available to speak on the following themes and will be glad to tailor a presentation or collaborate according to your situation and needs:



1. **Author Event:** Traditional Reading and Book Signing with Q & A or Book Club Meeting to discuss Ellen's award-winning memoir, *Buried Rivers: A Spiritual Journey into the Holocaust*.
2. **Experiential Workshops:** *Embodied Mindfulness* (2-3 hours): Deepening the body-mind connection using mindfulness, awareness, and the felt sense.  
*Opening to Ancestral Connection* (can follow *Embodied Mindfulness* for an all-day program): Using embodied awareness, gentleness, and fearlessness to connect with our ancestral karma and lineage gifts.
3. **Holocaust Remembrance and Tikkun Olam:** Holding the memory of the Holocaust: a spiritual approach. Transforming sadness as sacred work. Resilience and basic goodness: how do we move from trauma to finding our own unique way of healing and repairing the world?
4. **Tolerance and Interfaith:** Speaker, panel participant, or dialog facilitator on one or more of the following topics: How Can We Help Prevent the Roots of Genocide? Can Identity and Inclusivity Co-exist in our Global Society? How do Buddhism and Judaism (or other spiritual traditions) Speak to Each Other?

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