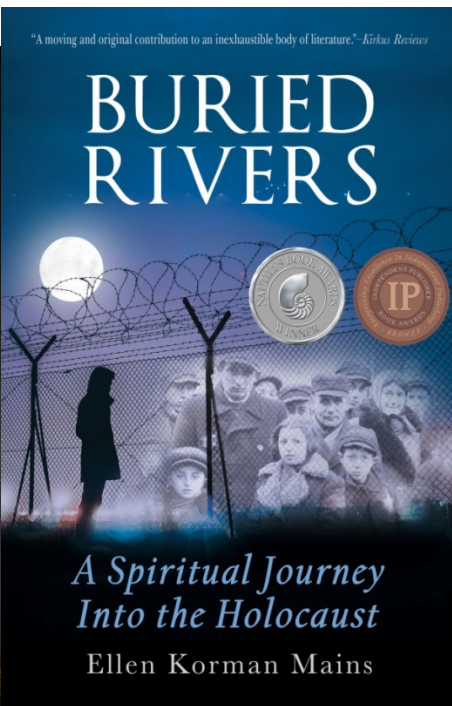# Ellen Korman Mains - Speaking & Workshop Topics

A captivating and sought-after author and speaker; teacher in the Tibetan Buddhist and Shambhala traditions; and certified Focusing Trainer, Ellen Korman Mains has led workshops internationally and inspires audiences to connect deeply with their innate heart wisdom. Bringing fresh experiential tools to old mindsets, she helps people explore new ways of being, offering hope, healing, and transformational awareness. Ellen speaks on the below themes, as well as others, and can tailor a presentation or collaborate to meet your group's needs.

Ellen's presentation was such a gift! I appreciated not only her clarity and depth of understanding, but her kindness as she interacted with the participants.

L.V. Castor, Professor, UiT, Norway

1. **Author Events:** Talk, 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 through the practices of mindfulness, awareness, and felt sensing.
    Opening to Ancestral Connection (can follow *Embodied Mindfulness* for an all-day program): Using embodied awareness and heart-based practices to connect with our ancestral karma and lineage gifts.

3. **The Role of Holocaust Remembrance in Social Transformation:** A holistic and spiritual approach to Holocaust remembrance. Transforming sadness as sacred work. Resilience and basic goodness: how do we move from trauma to finding our own best way of healing and repairing the world?

4. **Tolerance and Interfaith:** Speaker, panel participant, or dialog host on topics such as 'How Can We Help Prevent the Roots of Genocide? Are Group Identity and Inclusivity Mutually Exclusive? How do Buddhism and Judaism Speak to Each Other?'

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