



Criss A. Cuervo

*Founder of AlmaYEspiritu |
Mindfulness & Meditation
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I used to feel always anxious and overwhelmed with tasks, I felt exhausted all the time. Now everything has its time and place in my daily life and I have noticed that I have more energy.

-Pleased client



Website:
www.almayespiritu.com



LinkedIn
bit.ly/2VJzvkh

Speaking Topics

Belonging: Mindfulness for Latinx

Designed for the Latinx community. It includes culturally-attuned meditation and mindfulness practices that can be used as mental health hygiene tools. The practice are geared to help work through acculturative stress triggers and feelings of not belonging.

Being: Mindfulness at Work & Home

It has been scientifically proven that mindfulness and meditation can improve our ability to manage stress, concentrate, make decisions with greater clarity, and overall it nourished our wellbeing by allowing us to find work-life balance.

Mindful Culture & Leading from Within

It has been found that the most effective leadership, leads from within and with purpose. This workshop includes basic Mindfulness concepts and benefits plus culturally-adapted practices for Latinx leaders today.

Bio

Criss' mission is to guide people in the transformation process of loving, accepting, and caring for themselves through culturally-attuned and secular meditation and mindfulness practices. She is the author of *PERTENÆCER: Eight-Week Mindfulness and Meditation Training and Practices for Latinx Immigrants in the US*. Criss has a BA from University of Illinois, an MA in Mindfulness from Lesley University, and she is currently getting a certification to teach Google's mindfulness and emotional intelligence leadership training, *Search Inside Yourself*.

Recent Workshops:

- To Be or Not To Be: Practicing Mindfulness to find work-life balance (Chat and Learn – Online) – Host: Power to Fly – JUNE 19, 2019
- 1-hour Mindfulness Workshop – Private Company (Hotel & Tourism Leaders) – Hotel Spa Villa Nazules, Toledo, Spain – MAY 9, 2019
- Mindfulness Online Workshop with Program Directors in Ecuador – MANNAPROJECT.ORG – APRIL 12, 2019
- BEING Mindful (Work-Life Balance) – MANNAPROJECT.ORG – Baltimore, MD – APRIL 3, 2019

For offering details and rates email me criss@almayespiritu.com

1 hour workshop

Online or In person

2 hour workshop

Online or In person

Half day seminar

Only In person

Full day seminar

Only In person