



MARK PELTER

SPIRITUAL CONSULTANT - SPEAKER - AUTHOR



Mark has skillfully taught intimate and large groups meditation, cross-cultural spiritual growth, men's workshops, anger management, parenting education, foster youth advocacy, silent retreats, loving-kindness, the middle way teachings of Buddhism, dreamwork, inner child, spiritual companionship with the homeless, hospice bereavement, Bay Area Bereavement Caregivers Network, Memorial Services, Celebration of Life,

Mark has helped hundreds of people through their personal transformation with One-to-One counseling. He has mentored individuals through the awakening of their heart.

He has authored a workbook for the cultivation and integration of Loving - Kindness called: Choosing What's Chosen You

He leads a free Monday Meditation, "The Joy of Sitting" meditation meeting is open to the public. In this meeting, he teaches four different forms of mediation. Go to mark-pelter.com to learn more on how to join.

WHAT PEOPLE ARE SAYING:

"Mark Pelter was my first spiritual teacher. His open heart, loving energy and commitment to the spiritual journey helped me to tap into my own. Mark's caring and concern for his students sets him apart. I am grateful for it all today as it is a light that continues to shine for me." - **Jacky**

"I found Mark's methods to be helpful to bring me more peace, move loving-kindness, and be more compassionate toward those external events and people. Overall, I recognized that I contributed to repetitive conflicting situations by my own behaviors and learned to confidently move through the world with more peace." - **Bobby**

"These classes gave me, brick by brick, the inner foundation, a true inner sanctuary for me to come from, and to return to. The feeling of returning home over and over again is spacious and warmly embracing." - **Anne**

"The things I learned from you took awhile to percolate thru the layers of learned behavior and iron clad defenses that always kept me in my safe little box. Well a lot of that has changed now and I'm aware of what a large role you played in that transformation. I am a better man now and I want you to know how very much I appreciate who you are and what you did for me." - **David**

Schedule Mark for a FREE personal or business breakthrough call here: calendly.com/markpelter/30min

ONE-ON-ONE COUNSELLING

- The Awakening of the Heart
- Meditation
- Silent Retreats
- Inner Peace
- Freedom from Needless Suffering
- The Courage to Feel: The Courage to Heal

GROUP WORKSHOPS

- Team Building
- Stress Management
- Pain Management
- Time Management
- Grief and Bereavement
- Art of Connection
- Happiness
- Meditation

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