



RECONNECTION TO WELLNESS

Elevate Your Workplace Wellbeing



My Teacher

Daizan Skinner Roshi



Me - Zen Dawn

Zen Meditation & Yoga Teacher



My Course

Workplace & Community

Why Choose Me?

I offer a **unique and holistic well-being solution** that combines **Zen Meditation, Mindfulness, Yoga, and Sound Healing** — a rare integration of ancient practices and neuroscience, tailored specifically for the workplace

My Services

- 8 week Zen Meditation and Mindfulness Course & Workshops
- Zen Yoga
- Sound Healing