

Biography

Your Keep Calm Mentor

Miriam Belov, MAT/RMT, is a pioneering expert in the wellness field, spanning stress management to spirit work: self-care, past-life readings, and channeling.

As a #1 best-selling author, certified Reiki master teacher, healing intuitive, and speaker, Miriam has 50 years of global experience.

With a dual Master's from Brown University, she has taught in UNESCO's Auroville, India, on TV, radio, social media, and notably at The Metropolitan Museum of Art, Estee Lauder, Inc, and the United Nations in NYC.

Miriam has long served the Nakashima Foundation for Peace. She is currently a Board Director.



Miriam Belov

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"Miriam is a dedicated health professional with a wealth of experience . . . she is gifted." Dr. Lorraine Maita, MD

"Thank you for the informative and extremely helpful hours of wellness training!" Mary C. Murphree, US Dept. of Labor.

"Miriam Is quite a remarkable person." George Nakashima, US Master Woodworker/Japanese Sacred Treasure

Suggested Topics

- Ecotherapy and Forest Bathing
- Healing Your Chakras
- Intentional Meditation



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Core Questions for the Audience

- **ECOTHERAPY:** What are the proven physiological and psychological benefits of spending more quality time immersed in nature?
- **HEALING YOUR CHAKRAS:** How can understanding and aligning your 7 key energy centers empower you to take charge of your physical, emotional, and spiritual well-being?
- **INTENTIONAL MEDITATION:** How can the intentional practice of physical stillness and breathwork serve as a bridge to mental empowerment and intuitive transformation?

