

Bio:

David Gandelman is founder of Grounded Mind & host of the [Energy Matters Podcast](#). When David was 16 he began meditating deeply and studying a variety of meditative traditions. You don't have to be in the Himalayas to find peace of mind, but it doesn't hurt to learn from someone who has. With over 10 years of teaching experience, David has cultivated a program where he connects energy awareness, ancient wisdom traditions, and humor, to create a safe atmosphere for learning meditation.

His desire to bring these guided meditations and tools to people all over the world has led to the creation of Grounded Mind. David currently travels, teaching workshops, retreats, and giving talks across North America.

If you'd like to have David come give a talk or teach a meditation for your class or department, please email him at [David@Groundedmind.com](mailto:David@Groundedmind.com).