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Vidyamala Burch OBE

**Inspirational Speaker, Coach,
Author, Mindfulness Teacher**

Vidyamala Burch OBE is a mindfulness and compassion teacher, speaker, coach, award-winning author and co-founder of the leading mindfulness organisation 'Breathworks'.

Her Mindfulness-based Pain & Illness Management (MBPM) has reached over 100k people and is recognised by health boards globally.

Known for her honest and authentic approach, Vidyamala's talks draw on her own personal journey of living with a spinal injury and her 25+ years of meditation experience, inspiring confidence and transformation in those living with pain or difficulty and helping organisations improve team wellbeing and workplace happiness.



SIGNATURE TALK:

- ✓ From Fighting to Flourishing: Lessons from Mind-Training with a Spinal Injury

OTHER TOPICS INCLUDE:

- ✓ Overcoming Adversity
- ✓ Wellbeing in the Workplace: Avoiding Burnout and Increasing Happiness
- ✓ Mindful Leadership

AWARD-WINNING AUTHOR

*first prize in the British Medical
Association Book Awards*

OBE

*for services to wellbeing and pain
management*

LEADER

*co-founder of the international
organisation The Breathworks Foundation*

25+ YEARS

meditation experience

AS SEEN IN:

**BBC
NEWS**

**THRIVE
GLOBAL**

THE HUFFPOST

ABC



PREVIOUS CLIENTS

Vidyamala has taught at London's prestigious UCL as part of their specialist MSc in Pain Management and has delivered keynotes, seminars and workshops for a range of organisations and events internationally.



CLIENT FEEDBACK

"That was by far the best mindfulness lecture I have experienced. Very informative. A brilliant session - a really engaging speaker."

Lecture on Mindfulness for Health Conditions at the Mental Health Conference 2021, Charity for Civil Servants

"Vidyamala speaks with enormous humility, and often humour, of the journey that led her to develop Breathworks; if you have an opportunity to hear her speak... take it!"

Paula Baker

"Vidyamala is one of our most in-demand guest lecturers at El Rincón de Mindfulness, in Spain... Her ability to transmit her experience in practice and her personality has always left a wonderful impact on all our participants."

Rafael Senén, Founder El Rincon de Mindfulness, Madrid, Spain

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CONTACT DETAILS

To enquire about booking Vidyamala at your next event, contact us or connect with us on social media.

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