

## BIO

Michael is a charismatic, engaging teacher and practitioner with a wealth of knowledge and expertise. His lifelong passion has been to translate the esoteric wisdom of the Ancients to a common language of today. The Universal Principles ring true and what ailed people then affects us today. More importantly the age-old remedies and corrective practices of centuries ago are as contemporary as ever!

Michael has studied, practiced and taught Eastern Philosophy, Traditional Medicine and Martial Arts for more than 50 years. Driven by his passion to find balance in life, he traveled the world dedicating considerable time in mountain and cave, forest and jungle retreats. Throughout these years, he had the great fortune to meet, study and work with a number of remarkable masters and teachers. This ultimately led him to travel to fourteen countries presenting workshops, seminars, lectures, personal training and healing sessions sharing many of the Eastern pearls of wisdom, for health, wellness and longevity.

Initially his studies mainly focused on the esoteric practices and training of these traditions. His teachings reflected that. Michael largely attracted students in search of personal development, spiritual transformation and self realization. For the past 20 years his focus has shifted. Today he passionately addresses mainstream audiences who don't have time nor the inclination to go to the mountain, cave or temple, but nevertheless are concerned about the ramifications of stress in their present-day lives.

Michael has a special gift to convey these often veiled concepts and principles, while giving them practical meaning and applicability to our stress filled lives. He has developed a series of simple, yet profound practices that fit seamlessly in our daily life leading to remarkable improvements in health, vitality and wellness.