



Meet Dalien, Yoga Jedi Knight
Presented by Dalien of 13 HANDS/NOMADYOGA
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Saturday, May 31, 2008 5:00 PM–6:00 PM

This is a presentation that shares the comeback story of Dalien (Daniel McBride) after severe endocrine imbalance. The situation started at age 14 with head trauma from sleigh-riding, followed by his father's death in a plane crash when he was 15. The structural and emotional catalysts put him on a 20-year quest for health as he dealt with various issues from Crohn's disease to jaundice to chronic fatigue to other severe digestive and gastrointestinal problems.

With the help of 27 health professionals ranging from acupuncturists, shamans, nutritionists, Ayurvedic and yoga practitioners, inner child specialists, an Amish intuitive healer, reflexologists and chiropractors, as well as raw food lifestyle training and his faithful sidekicks (a juice man juicer and Vita Mix blender) he was able to rebuild his life. This meant he rebuilt his health and embraced a new way to pace, appreciate and respect the wisdom he had learned.

Today he is a successful speaker, health consultant, sound healer, Grammy-nominated musician and a professor of yoga at Montclair State University in New Jersey.

The themes of focus, perseverance, cultivating patience, never taking no for an answer and having faith will also be integrated to inspire and demonstrate the power we all have inside of us to overcome obstacles and various adversities life throws our way. These essentially are some of the characteristics of a Jedi knight, but wielding a carrot around instead of a light saber.

He might end with a song, he might not ...
He might juggle avocados, he might not ...

The rest is a surprise.

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