



Hey I'm Monica B.  
Ayurvedic coach, author and speaker.

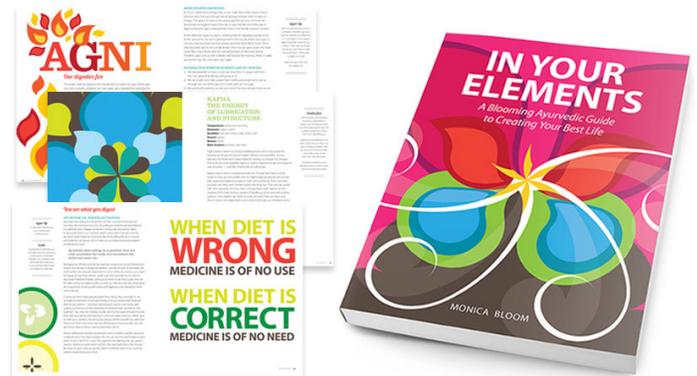
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### Contact

I love hearing from potential partners on bringing Ayurveda to life through workshops, events and workplace wellness trainings.

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[heymonicab.com](http://heymonicab.com)

@HeyMonicaB | [YouTube](#) | [Facebook](#) | [Instagram](#) | [Podcast](#)

# Bio

**Monica Bloom** is an enthusiastic Ayurvedic coach, author and speaker.

After living at the intersection of a stressful corporate job, a 3-hour daily commute, motherhood, and a side hustle, Monica became the expert at tucking Ayurveda neatly into a busy modern life. During that craziness, she used her Ayurvedic know-how to renew her health, clear her mind and exude joy each day.

Because of that, her sweet spot is teaching busy, go-getters how to enrich their mind, body and spirit so they can enjoy achieving their goals and love their life!

Monica is the author of *In Your Elements* and a contributor to **Thrive Global**, **Baynan Botanicals**, **PrAna**, **Wander Mag**, **Spirituality & Health Mag**, and **Everyday Ayurveda**. She also brings Ayurveda into the workplace with wellness talks for companies like **Airbnb**, **Pandora**, **Vionic** and **POPSUGAR**.

Monica's purist delivery of Ayurveda's ancient wisdom fused with practicality and humor makes Ayurveda accessible and fun. She has a knack for making a very complex topic, simple, so that anyone can benefit.

She lives in a happy cottage among the trees in the San Francisco Bay Area with her husband, daughter and four-legged work buddy, Rio.

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## Ayurveda in the Workplace

Eighteen years experience in the corporate world combined with Ayurvedic expertise, Monica B. is an expert on how to optimize productivity, boost immunity, improve mental focus, eat the right foods for vitality and sustained energy, while improving team dynamics through understanding and compassion. Monica brings Ayurveda to companies in the San Francisco Bay area and Los Angeles.

Interested in bringing Ayurvedic employee wellness to your company?

Contact Monica B. for more information on her high-energy, life-changing events.



# Podcast

Bringing Ayurveda to Life with Monica B.

[iTunes](#) | [Stitcher](#) | [Google Play Music](#) | [Spotify](#)

## Contributions and Partnerships

### Guest Podcasts

Entrepreneurial Voice with Jan McCarthy

East West Medicine's with Eric Grasser

Nothing Off Limits with Ladyfox

The Big Movement with Byron Ingraham

### Guest Articles

An Ayurvedic Pizza Party, **Banyan Botanicals**

Inspire Your Life with the Help of Ayurveda, **Banyan Botanicals**

Taking Meditation to the Workplace. Really., **Banyan Botanicals**

How to Bring More Life to your Work, **Banyan Botanicals**

The 10 Minute Practice that Changed My Life, **Thrive Global**

5 Ayurvedic Lifestyle Tips for Spring, **Thrive Global**

The Main Reason You're Low on Energy, **Thrive Global**

What Kind of Oil Do You Need for Pulling?, **Well + Good**

6 Ayurvedic Ways to do Hybernation Right, **Wander Mag**

Balancing Pitta in Summer, **Wander Mag**

### Partnerships

Banyan Botanicals Ambassador

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