



Cheryl Vigder Brause is the Co-Founder of www.2bpresent.com and **Pause to be Present** (www.pausetobepresent.com), Westchester's premier mindfulness meditation studio, now offering VIRTUAL meditation classes ONLINE everyday. As one of the leading experts in mindfulness in Westchester, Cheryl has created and led hundreds of programs and taught mindfulness to thousands of adults, teens and children in schools, businesses and privately to help people reduce stress and find more joy in every day. She speaks nationally on mindfulness, happiness, mindful parenting, corporate wellness, and finding balance in life. Cheryl is also a featured expert on the *Simple Habit* meditation app and a Founding Teacher for Journey LIVE, an exciting new live-streaming group meditation app.