

Darrin Zeer

"America's Relaxation Expert"-CNN at

Denver, CO, US

Darrin Zeer, best selling author of Office Yoga & "America's Relaxation Expert"-
CNN

Biography

Darrin Zeer, best selling author of Office Yoga has helped over half a million people manage their stress on-the-job. Darrin travels across America teaching relaxation, laughter, yoga & meditation at companies like Del Monte Foods, 3M, General Motors & Maidenform. He has appeared in Time Magazine, the Wall Street Journal and the New York Times. Darrin's entertaining relaxation breaks have been a hit at hundreds of conferences and meetings worldwide. Watch Darrin in action at www.DarrinZeer.com

Availability

Keynote, Workshop

Industry Expertise

Fitness, Health and Wellness, Professional Training and Coaching

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