

# Veronica Moya

Trust Your Heart-Live Your Spirit

Meditation Teacher for Children

Mindfulness Expert | TV Personality

Available for In-Studio & Remote Appearances

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## About Veronica Moya

Veronica is on a mission to redefine how we teach children mindfulness. With over a decade of experience working with kids ages 5-12, Veronica's unique approach treats meditation not as a sedative, but as a powerful energizer and gateway to inner wisdom. Her engaging, soul-connected teaching style brings meditation to life for young learners—turning what's often seen as “quiet time” into a joyful and empowering experience. Veronica believes children naturally access higher consciousness and that teaching them how to focus inward is the greatest gift we can offer the next generation.

## Key Talking points

- How Meditation Energizes Kids & Boosts Focus
- Mindfulness as a Tool for Academic and Social Success
- \*Why Kids Are Better at Meditation Than Adults
- Simple 2-Minute Mindfulness Exercises for Classrooms
- The Soul Connection: Tapping into a Child's Inner Genius

## SERVICES & OFFERINGS

- **School Workshops (K-6)**
- **Parent & Teacher Training**
- **Media Appearances & Interviews**
- **Online Courses & YouTube Channel**
- **Children's Meditation Curriculum Consulting**

## Book Veronica For:

**TV Segments | Podcast Interviews | Guest Articles | School Talks | Educator Training**

Let's inspire the next generation to thrive from the inside out.

➔ Visit: [www.veronicamoya.com](http://www.veronicamoya.com)