

**Lee Papa Bio:**

Lee Papa is an internationally recognized and leading Mindfulness & Meditation Speaker, Trainer and Coach. She owned and operated a 6,000 square foot Wellness Center supporting tens of thousands locally, as well as tourist in the great city of Las Vegas, prior to wellness being on the corporate and meeting's radar.

Lee brought Mindfulness Training to the meetings industry with her keynote: "How to Live & Lead Mindfully" and her signature MINDFULNESS LOUNGE™ that won her one of the prestigious spots on the 22 Luminaries & Trendsetters List in 2017 by MeetingsTODAY Magazine. Lee's messages include "Nourish Yourself Mindfully, Give from the Overflow." and "Stress is not a requirement to get the job done."

Learn more about Lee Papa: [lee@leepapa.com](mailto:lee@leepapa.com)

You can find a sampling of Lee's meditations on the world's largest and FREE meditation app InsightTimer: <http://insig.ht/leepapa>.

Download her FREE booklet "The Roadmap to Living Mindfully, Understanding Self-Love, Self-Care & Self-Mastery." At [www.livemindfullee.com](http://www.livemindfullee.com)