

Crystal
SPRINGS
RESORT



13 HANDS
NOMADYOGA

PROFESSIONAL + PERSONAL DEVELOPMENT,
MIND + BODY WELLNESS,
STRESS REDUCTION +
EMPOWERMENT PRESENTATIONS

DALIEN aka 13HANDS {Daniel McBride} — A 30-year International
Wellness and Mind + Body Health Presenter, 2-time Grammy Nominee,
TEDx Talk Speaker, and Professor of Yoga + Meditation

all programs customizable



PROFESSIONAL + PERSONAL DEVELOPMENT

{Wellness, Stress Reduction + Sleep Support}

MASTERING YOUR STRESS RESPONSE

Explore the wonderful world of hormones, endocrine system, your para-sympathetic nervous system response and how to engage areas of your life with the calm + ease of the Buddha.

THE FOUR PILARS OF SELF-CARE

{PHYSICAL — EMOTIONAL — NUTRITIONAL — SPIRITUAL}

Learn more about these pillars for a life-long, self care practice. Build your foundation for a healthier, happier, positive and energetic you.

STRESS, SLEEP + SOUND™

The first half of the program is an overview on stress response, hormones and practices to support you followed by 1 hour of blissful, instrumental music with Native American flutes, Steel Pan Hand Pan, ambient strings, voice, gong and other instruments to bring you into one of the deepest relaxation experiences ever.

HOLISTIC WELLNESS PROGRAMS

INQUIRE FOR MORE INFO

- Ayurveda and the “at home” wellness spice rack
- The Four Agreements and you
- The 5 A’s to keeping yourself in balance
- Meditation, movement and mindfulness
- The 7 Chakras, your endocrine system and Carl Jung

EMPOWERMENT, INTERACTIVE + TRIBE BUILDING™ WORKSHOPS

INTERACTIVE 13HANDS CONCERT

Coming and duet with 2-time Grammy nominee 13HANDS. An incredibly fun event as retreat participants are invited {or randomly picked} to come up and sing with him. Builds community, great event for uniting teams and yeah, might get you a little out of your comfort zone.

EMPOWERMENT OPENING AND/OR FINALE “JAM”

For the Empowerment Jam, the entire group either sits in chairs or on the floor and Daniel {13HANDS} engages everyone to use their voice to sing, jam + improvise. A fun and communal way to kick off your retreat and end it as a finale event.

GIVE YOUR BRAIN A BREAK

13HANDS will be set up in the corner with Native American Flutes, Crystal Bowls, Tibetan Bowls, Gongs, Steel Pan, ambient strings and more. Come sit, lie down and relax as you recharge your mind and body in between your conference/retreat presentations.

Full Day — 4 to 5 Breakout Sound Sessions

PROGRAMMING STARTS AT \$7,000

Fully customizable multi-day package options
and frequency pricing discounts.



For well over 30 years, Daniel McBride has been educating, empowering and “experientially” stress reducing countless individuals and groups throughout the world across corporate and non-profit businesses, social service and underserved populations, military, fitness, entertainment, literary, science and more! The programs he offers will motivate, educate and inspire you to easily implement all the wellness and lifestyle strategies he shares! He’s Living Proof! Nicknamed “The Boy Who Lived” aka Harry Potter, he literally “humpty dumptied” himself back together again from serious, life threatening adversity! His 3 decade journey into wellness, yoga, martial arts, ayurvedic and living foods nutrition, the arts and a heaping dose of “never giving up” allow him to provide you well rounded and integrated presentations drawing from evidence-based knowledge, thousands of years of perspective from eastern based wellness practices and the direct experiences from his own inspiring life story! And lets not forget . . . his clinically proven expertise of using live, experiential sound and music for connecting you to your relaxation response . . . which is the key to managing stress + anxiety reduction and improving sleep regulation. Movement practices, breathwork and more included as well in various programs!

testimonials

“An inspirational speaker — so much useful information while being relatable, hilarious and real!”

ECA World Fitness Conference

“VERY engaging! Kept the attention of all the attendees throughout the 2 hour presentation”

NJ Financial Aid Conference

“I highly recommend his services to anyone, especially if looking for wide ranging solutions for stress, improving workplace culture and just improving your life!”

Lieutenant Colonial Lawrence Klein — New Jersey Air National Guard



CLICK FOR
EMPOWERMENT JAM



CLICK FOR
GUITAR MEDITATION



CLICK FOR
TEDx TALK

specialization + expertise

BA, NEW YORK UNIVERSITY
SEHNAP/STERN

Music Business/Audio Engineering, Performance

2006 1st ROUND GRAMMY NOMINATIONS:

Best Pop Male Vocal and Best Instrumental Recording
with Vocal Accompaniment

PROFESSOR OF YOGA + MEDITATION,
MSU SHRM AWARD FOR PROGRAM
EXCELLENCE

{Society of Human Resource Management}

TEDx TALK PRESENTER + SPEAKER

Eca World Fitness Presenter

Yoga Journal Live Presenter

E-RYT500 Yoga Alliance Certified

Ayurvedic Herbal Practitioner

Hippocrates Health Institute

Living Foods Nutrition Specialist

professional background

DALIEN AKA 13HANDS — {DANIEL MCBRIDE}

Brings 30 plus years of wellness, education, lifestyle presentation expertise across all areas of personal and professional development in corporate, education, social work, trauma + PTSD, addiction + recovery and various music + arts applications for wellness and general health. He is an E-RYT500 level yoga teacher of over 3 decades, 25 years study in the wellness applications of martial arts. And 24 years as Professor of Yoga and Meditation at Montclair State University. Additionally, he has an inspiring TEDx talk, 2 Grammy nominations and plays nearly 100 instruments from all over the world used in support of all the experiential programs and offerings he provides!

PRIOR CLIENTS:

United States Air Force/National Guard — Refueling Team at Fort Dix — NJ, HRS Financial Services, Lakeland Bank, Thor Labs, Yoga Journal, Price Waterhouse Coopers, Montclair State University, ECA World Fitness, numerous hospitals and related social work/PTSD/Recovery Addiction Programs.

PRESENTATIONS:

His Holiness The Dalai Lama, Oprah Winfrey, Deepak Chopra, the late Dr. Matsuri Emoto, Martin Luther King Jr. III, Julia Roberts, Tim and Maria Shriver, Peter Gabriel, Josh Groban, Michael Stipe {REM}, Paula Cole, Jay Shetty, COMMON, Charlamagne Tha God, Questlove, Arianna Huffington, Alanis Morissette, Avril Lavigne, Naomi Campbell, Trevor Hall, RUN DMC, Laurie Anderson

Renowned Health + Wellness Practitioners: Deepak Chopra, Eckhart Tolle, Dr. Joe Dispenza, Gary Null, Paul Chek

Celebrated Authors: NYTIMES Best Seller Susan Magsamen, Jack Kornfield, Marianne Williamson, Anne Lamott



30 Years of Clients Across Corporate, Industrial, Military, Fitness, Wellness, Social Service, Non-Profit, Hospitals, Addiction + Recovery, PTSD + War Veterans, Academic, Entertainment, Spirituality, Literary, Brain Trauma + More!

REQUEST A CLIENT TESTIMONIAL PACKAGE!

Please reach out to Daniel with any questions about programming