

Dr. Tanya Pergola, Phd

Peace builder, Wellness Guide, Interpreter
of Ancient Wisdom



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Tanya is an accomplished speaker who has been inspiring and educating audiences for more than 20 years. She delivers keynotes, leads panels and break-out sessions, and facilitates multi-day workshops. Holding a doctorate in Sociology and Social Psychology, a decade-long apprenticeship with traditional Maasai healers in Tanzania, and a certified Vedic Master Educator with Dr. Deepak Chopra, Dr. Tanya is trained in cross-cultural learning principles, non-violent communication, instruction in meditation, yoga therapy, and holistic wellness techniques.

Tanya has shared the “stage” with such notables as Wangari Maathai, Jane Goodall, and Dr. Edith Eva Eger. Clients and their audiences praise Tanya for her down-to-earth stage presence and her ability to connect with her audience in a provocative way, with warmth and passion. Tanya has been a featured guest on numerous radio shows in South Africa, Kenya and the United States.

“I would like to thank you for speaking at the International Baccalaureate luncheon. It is always such a positive moment when someone gains insights into the lives of others from the retrospective views of those who have lived and obtained first hand knowledge of such. To be able to share this knowledge and encourage others by your outstanding example shows you to be a person of exemplary character and monumental desire to change the world for the betterment of all humankind.” - **Hank Langston, Dean of Faculty at Gulliver Schools, Miami, Florida**

“Tanya is such an inspiring, engaging speaker! I love her intelligence and global outlook on life. Her deep warm Italian-African soul merges with her profound wisdom of the American psyche and shines through the provocative information she shares. Her insightful stories are always memorable and she makes them useful to her audience by giving us simple exercises we can apply in our own daily lives. I highly recommend Dr. Tanya!” - **Anne Biging, Founder and CEO of the Healing Hotels of the World and The Healing Summit**

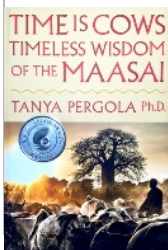
Tanya has facilitated experiences around healing, mindfulness, self-discovery, wellness, leadership and more.

Most Requested Topics:

- ~ Ancient African Wisdom to Cure Modern Ills
- ~ Peace through Global Education
- ~ Global Identity: Who is the New ‘Us’?
- ~ Practical, Do-able, Wellness Regimes

Past Clients Include:

- ~ University of Washington
- ~ Healing Hotels of the World
- ~ Canyon Ranch
- ~ University of Miami
- ~ Google
- ~ Washington & Lee University
- ~ U.S. Department of State, Ralph Bunche Library
- ~ Mt. Sinai Hospital Miami Beach
- ~ Genentech



“Thanks for your wonderful book ‘Time is Cows’. I found it an intriguing blend of anthropology, healing, wellness and self-discovery. I hope it finds a wide audience!” ~ Mark J. Plotkin, Ph.D., Author of the best-selling book *Tales of a Shaman's Apprentice* and co-founder of the Amazon Conservation Team.