

# **Darrin Zeer**

"America's Relaxation Expert"-CNN at

Denver, CO, US

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

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## **Description**

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](http://www.DarrinZeer.com)

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## **Availability**

Keynote, Workshop

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## **Industry Expertise**

Health and Wellness, Professional Training and Coaching, Fitness

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## **Affiliations**

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