

# **Suzanne Toro**

**Owner at OmToro, LLC**

Los Angeles, CA, US

Inner Wellness Teacher, Advocate for Global Change, Visionary & Strategist

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## **Description**

SUZANNE TORO,

Inner Wellness Teacher, Advocate for Global Change and Visionary & Strategist

Author of Bare Naked Bliss, Suzanne Toro, is a creative, global visionary with a strong commitment to the human spirit, global transformation and healing our relationship with the planet. Her life purpose melds broadcasting, writing, food alchemy, teaching and facilitates inner peace and healing. Her 12 years of experience as a business owner of a Marketing and Branding Company, extensive sound and energy healing studies and intuitive nature are all capabilities she utilizes in her daily endeavors. Â

Leader and Creative Entrepreneur

Author of Bare Naked Bliss, an introspective guidebook that provides men and women with the tools to finding deeper connections and discover their inner authentic selves through the power of food, meditation, laughter and forgiveness.

Creator of BeSimply Radio, a program dedicated to the exploration of the issues that affect our local and global communities with the intent to inspire, raise awareness and cultivate 'self' love.

Creator of revolutionary Bare Naked Dinners, a tantalizing culinary experience designed to inspire conversation and laughter, during which guests can lower their walls and open up to one another in a positive and enriching manner while dining on a sumptuous cuisine.

Developed course content and lead International Yoga, Meditation and Travel Retreats.  
Studied under Deepak Chopra.

Leader of the creative production for Apl.de.Ap of the Black Eyed Peas, and in that time has produced four hit music videos.

Integral component of Jeepney Music, a global music label created by Apl.de.Ap with the mission of giving back to the global community while providing emerging artists with opportunities. Former COO-Creative Director.

Founding Director of the Apl Foundation, collaboration with Give2Asia and Ayala Foundation.  
<http://www.facebook.com/suzannetoro7>

## Education

Bachelor of Science in Interior Architecture and Environmental Design from Arizona State University- College of Architecture integrated with additional studies in Business and Marketing, Graphic and Industrial Design.

Language Studies in Italian, Eastern Healing, Philosophy and Ayurvedic Health Principles, Yoga Instructor and Certified Meditation Instructor with Chopra Center and Deepak Chopra

Seva Work: Apl Foundation, Helpothers.org, Alliance for New Humanity, Burma Project, OurFutureNow, Peace for Kids, Conscious Alliance, Be the Cause, Seva Cafe

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## Availability

Keynote, Moderator, Panelist, Workshop, Host/MC, Author Appearance

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## Industry Expertise

Women, Design, Corporate Training, Graphic Design, Architecture and Planning, Media - Online, Media - Broadcast, Non-Profit/Charitable, Health and Wellness, Entertainment

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## Topics

Female Empowerment, Inner Wellnes & Meditation, Self Awareness, Food Alchemy, Creative Visionary, Training and Team Building, Support Group Facilitation, Self Empowerment

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## Affiliations

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## Sample Talks

### Female empowerment

As an entrepreneur, former manager of Apl.de.Ap of the Black Eyed Peas, former COO of Jeepney Music and single mother of two, Suzanne Toro is a concrete example of a woman compelled by action. Her ability to survive the perils of the music industry and the unfair expectations the industry places on women is a true inspiration, all the while balancing a busy home life and flourishing creative endeavors. As author of guidebook Bare Naked Bliss, Suzanne empowers women to take charge of their own lives by taking past pains and morphing them into extraordinary life changes.

### Global Transformation- The Power of Service

Suzanne Toro stands as a leading figure in the global giving community. Facilitating change and connectivity for many NGO's and non-profit organizations. She established and managed, The Apl Foundation, a philanthropic organization founded by Apl.de.Ap of the Black Eyed Peas that is committed to giving back to communities within the Philippines and throughout Asia with a focus on education, environment, culture and immediate relief. Each year, the team evaluates select project-in-need throughout the world and provide financial aid and awareness generated within local and global communities.

In addition, to her work with the Apl Foundation, Suzanne assists in creating connectivity and awareness for the Free Burma Project, a project designed to ensure the Burmese are set free and that their needs do not go overlooked from the public to the state department. Connections include Amnesty International and Burmese refugees. UnifyEarth.org, Gift Economy-HelpOthers.org, and works with Indigenous Communities.

## **Creative Entrepreneurship-Mirroring Mother Nature**

Suzanne is Author of Bare Naked Bliss, an introspective guidebook that provides men and women with the tools to finding deeper connections and discovering their authentic selves through the power of food, meditation, laughter and forgiveness.

Suzanne Toro, former COO and Creative Visionary behind the global music label Jeepney Music, is the leading force behind the label's creative production and has produced three hit music videos with Jeepney's founder, Apl.de.Ap of the Black Eyed Peas. She lead the team in their dedication to providing emerging artists and DJs with opportunities they might not have otherwise had due to lack of funding or resources.

Creator of revolutionary Bare Naked Dinners, Suzanne provides guests with a tantalizing culinary experience designed to inspire conversation and laughter while encouraging inner awareness, during which guests can lower their walls and open up to one another in a positive and enriching manner while dining on a sumptuous cuisine.

Suzanne is the founder of BeSimply Radio, a program dedicated to the exploration of the issues that affect our local and global communities with the intent to inspire, raise awareness and create essential life changes.

## **Inner Wellness- Meditation and Food Alchemy**

As a spiritual coach, visionary and strategist, Suzanne Toro possesses an extensive portfolio of experience in inner wellness. She guides individuals back into balance from the inner to the outer self. She melds breath work, meditation, creative expression, laughter, food and sound to deliver her wisdom and helpful everyday tools for living in balance.

She is a Certified Meditation Instructor with the Chopra Center and studied Ayurveda Health with Deepak Chopra and Saul David Raye. She is also trained in Theta Healing and has taught healing practices both remotely and in-person. She currently is melding sound, visual arts and energy in her wellness talks.

Talks can be focused on but not limited to: Stress Management, Bringing Life into Balance, Healing the Feminine and Masculine with Creative Expression, How to Meditate, The Alchemy of Food Reconnecting to our Roots.

## **Social Issues - Moving Through Transitions**

In her uniquely intuitive way, Suzanne Toro utilizes her firsthand experiences with personal tragedy to offer her audience a powerful storytelling experience. By sharing her own accounts, Suzanne inspires others to find hope and inspiration in their darkest and finest hours, offering the understanding that though we will suffer many pains, it is from within those pains where we gather strength, inspiration and deep knowledge about ourselves.

She has direct experience in these areas to speak to audiences and conduct workshops with content to help provide inspiration and transformation for the following areas: rape, death (including suicide and murder), eating disorders, self-esteem, abuse, cancer (disease), fertility, divorce and depression.

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## **Past Talks**

### **How Can We Serve?**

Association For Global New Thought- Michael Beckwith

### **Primordial Sound Meditation Instruction**

Seduction of Spirit- Chopra Center Meditation Workshop

### **Reconnecting and Inspiring Teens from Center**

Teen Now

### **Merging Worlds...Emerging Artists & Giving**

Jeepney Music Label Launch

### **Bare Naked Bliss**

Bare Naked Bliss

### **Reducing Stress and Cultivating Creativity with Team Work.**

Taco Bell Corporate- Stress Management Workshop

### **Primordial Sound Meditation Workshop**

Primordial Sound Meditation Workshop

### **The Alchemy of Food: Reconnecting to the medicine of community and food**

Food Alchemy Workshop

### **Guided Community Meditation**

Drum For Love- Guided Meditation and Mandala Dedication

### **Adventures with the Feminine Women's Retreat**

Adventures with the Feminine Women's Retreat

### **Master of Ceremonies: Mayan Invocation**

MC- Mayan Invocation with Avesa Event

### **FoxNews: BareNakedDining**

Interview on the alchemy of eating

### **Educator & Host: Adventures of Feminine Retreat**

Divine Play: Adventures of the Feminine

### **Red Tent Circle Facilitator**

Movie Premier: The Things We Do Not Talk About

### **Moving Thru Transitions**

Moving Thru Transitions: Ready for FLIGHT!

**Ayurveda Cooking Class**  
Finding Balance with Food

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## **Education**

**Arizona State University- College of Architecture**  
Bachelor of Science in Interior Architecture and Environmental Design Interior Architecture and Environmental Design

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## **Accomplishments**

**Former COO of Jeepney Music Label**  
Company of Apl.de.AP of the Black Eyed Peas

### **Author of Bare Naked Bliss**

Author. She is currently working her next book a teaching parable.

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