



Angel Grant is Co-founder of Drugs Over Dinner and Death Over Dinner. She is on the teaching faculty at Where Is My Guru and part of the Convivium Collective. She's been traveling the globe for over a decade teaching yoga and meditation practices and sharing talks on how to reduce the many ways we suffer.

Angel served as Co-founder of Yoga in Common and Yoga in the Forest in coastal South Carolina, and has been leading teacher trainings since 2010 that interweave non-duality with the physical reality work of deepening somatic and emotional intelligence. She facilitates workshops, retreats and works one-on-one with people to rewire mental patterns that limit their lives and relationships.

Much of her time is spent sharing meditations focused on waking up from conditioned mind, healing addictions, and death and dying. Recent meditations have been held at Grace Cathedral, The NY Academy of Medicine, Peak Mind's celebration with the Dalai Lama for his 80th birthday, The Conscious Dying Summit, Newport Academy, Summit Series and One Taste.

Angel has engaged extensively with at-risk youth, from starting a yoga program in a socioeconomically challenged school to teaching meditation while living in Pisgah National Forest as part of a wilderness therapy program.

She founded a project called The Yoga Bus, a project partially funded by community, and traveled the country with her two dogs, living in a tiny RV that she helped build from the ground up. The project's focus was somatic and meditation-based workshops for healing traumas of populations who would likely never make it into an emotionally healing setting. She furthered this work in South Africa through TRIAD Trust, an organization centered around HIV education and prevention, in a region believed to have a 40% infection rate.

"Meditation consistently teaches me that the ways we distract ourselves from pain inevitably ripen into deeper pain. The practices I live and share create awareness, and awareness is freedom. I've learned from teachers across the U.S. and in northern India, all of whom I deeply honor. The teacher who blew my heart open, though, taught to love people, serve people and remember God. To me, this is yoga."