



Roberta Meilleur

Presenter Speaker Author Coach

Natural Movement for Health, Growth and Joy

Roberta Meilleur moves people in all senses of the word. She delivers valuable life-lengthening information on movement, health and change with down-to-earth practicality, unique expertise, participatory learning and contagious delight. Her style sparkles with passion, humor, and encouragement, inspiring people to better inhabit and respect their bodies. She has a knack for leaving every group uplifted and a lot looser.

For over 25 years, Roberta has been sharing the wonders of natural movement and body awareness with thousands of people in presentations, workshops, classes, private sessions, a book and videos. She has presented at such venues as the Hollyhock Retreat Centre, Harrison Festival of the Arts, the Filberg Arts Festival, Strathcona Park Lodge and conferences in Canada and beyond.

"I'm passionate about assisting bodies to free themselves from unnecessary tension, aches, pains, patterns, injuries and aging by offering practical body awareness information in an inspiring, playful, experiential way. It is my highest intent and fulfillment to see bodies awoken to their inherent nobility and fullest function – and to do so simply, safely, effectively and joyfully."

3-in-1 Package

Add movement to your conference *and* economize with 3 presentations from 1 presenter:

- As workshop presenter, Roberta informs, inspires and motivates.
- As body-break leader, she revives, uplifts and energizes.
- As event entertainer, she unites everyone in celebration and joy.

Roberta's movement presentations are beneficial as:

- Educational enhancement
- Antidote to mental overload
- Ice Breaker
- Stress-dissolver
- Team Building
- Self-esteem Building
- Conference Closer
- Energy Building
- Body Breaks
- Brain Stimulator

"Roberta not only knows how to help you move for joy and health, she moves you from within with inspirational stories and genuine acceptance. Her star quality makes it possible for anyone in her presence to shine. Plus her capacity to make movement fun and ignite curiosity instead of judgment makes it fun for even the klutziest among us."

Gail Larsen, Founder Real Speaking

Past Executive Vice President, National Speakers Association

"Roberta has a great and delicious knack for providing a safe environment in which she magically normalizes movement and teases the whole room into the possibility of it...She is a true confidence builder."

Sam Sommers, B.S.W., M.S.W. Registered Clinical Counselor, Adult Addiction Services Coordinator, Conference Coordinator

A Sampling of Presentation Topics

All presentations can be modified for time, space, group or conference requirements

Moving Through Change

The principles of natural movement, applied as metaphor, become instructions for stress-less change at all levels: personal, professional, global.

The Better Business Body

Whether you're making a presentation, applying for a position, uncramping from meetings and computer work, or dealing with too much stress, these invaluable on-the-job awareness tips and stretches make better business sense.

The Power in Posture

Are you limiting your brain power, vitality, personal empowerment and life span through habits and lack of awareness? Learn how the body was originally designed to provide each of us with more of the above gifts.

"(Roberta's presentation)...is a phenomenal stress-buster and great way to enhance flexibility and fitness. The upbeat atmosphere encourages self-expression and physical release...and it's FUN!"

Laura McIntosh, B.Sc. M.D.

To book Roberta for your next conference:

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