

O P E N   S P A C E

# Leadership Embodiment for the Church

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Drawing upon her experience in the secular Mindfulness world and studies in Yoga & Contemplation, Kirsten Melone will present on what it means to be a leader who is in tune with their mind, body and spirit.



Kirsten Melone is the Program Coordinator & Partner Lead at Mindful Leader, Inc. She spends her free time teaching yoga & meditation and is currently working through a two-year certification program in Spiritual Direction at the Shalem Institute of Washington, DC. Kirsten's mission is to be a holder of sacred space. As a lover of stories, art, and nature she also seeks to embody the wisdom of ancient contemplative practices in an over-stimulated world.