

Dean Sluyter

MEDITATION TEACHER
AWARD-WINNING AUTHOR
SPEAKER & WORKSHOP LEADER

DEAN SLUYTER (pronounced “*slighter*”) is one of America’s most deeply experienced teachers of meditation and awakening. He has led workshops and retreats since 1970, from maximum security prisons to the Guatemalan rainforest. His specialty is showing how anyone can settle naturally into the silence at the core of their own being, dissolve anxiety and stress, and unfold a life of joyful engagement.

Dean is known for his easy-going sense of humor and exceptional clarity in conveying the simplicity of *just being* — the key to meditation. He has been featured in national media from The New York Times to National Public Radio and is a popular presenter with professional groups, colleges, yoga studios, and mindfulness centers. His free livestreamed meditation sessions have an enthusiastic international following.

Dean’s books include *Natural Meditation*, an Amazon #1 stress-management bestseller and winner of the Nautilus Award for best mind-body-spirit book. His latest is *The Dharma Bum’s Guide to Western Literature*. Publishers Weekly calls his work “extremely well-written and joyously entertaining.”



SOME PREVIOUS VENUES

- Chautauqua Institution
- Garmin International
- Garrison Institute
- Jacob Burns Film Festival
- New York Open Center
- Omega Institute
- The Nature Conservancy
- Tibet House
- West Coast Writers' Conference
- Young Presidents' Organization

POPULAR TOPICS

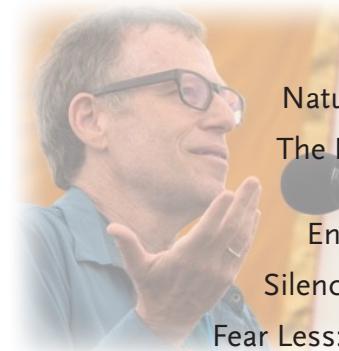
Natural Meditation: The Way of Non-Effort

The Dharma of Western Literature: Finding Nirvana in the Classics

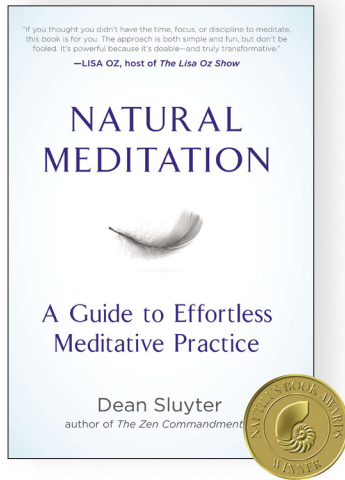
Enlightenment Lessons from the Movies

Silence in Action: Meditation for Leadership

Fear Less: Beyond Anxiety, Anger, and Addiction



BOOKS

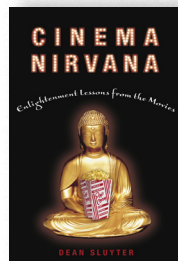
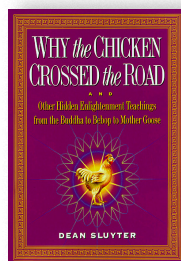
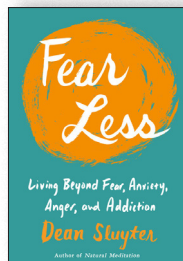
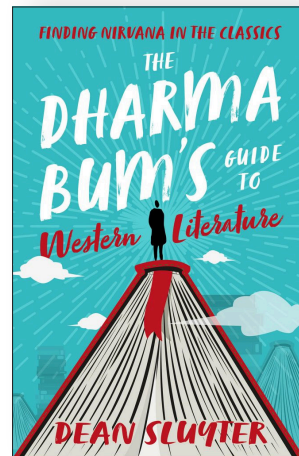


"Sluyter dispels many myths about meditation with clarity, eloquence, and insight. Without recourse to spiritual cliché or jargon, he shows that meditation is natural and effortless, and can be practiced by anyone who simply wishes to avail themselves of the peace that lies in the depths of their being."

— RUPERT SPIRA

"What a wise and wonderful book, an exploration of some of our greatest writers through the seemingly simplest and most noble questions: Who am I? What am I doing here? What is the nature of consciousness? What energies and forces supersede my transient ones? Bravo!"

— KEN BURNS



WHAT EVENT ORGANIZERS SAY

"Dean's workshop was a hit in our regional event. It was wonderful to experience the benefits of meditation — we left wanting to continue making it part of our daily lives."

— MAUREEN RIOJAS, YOUNG PRESIDENTS' ORGANIZATION

"We loved having you, and we're most grateful for what you offered. The guests soaked it up and loved your natural, genuine style."

— TOM JACOBS, DIRECTOR, TIMBER CREEK RETREAT HOUSE

"With his clarity, enthusiasm, and relaxed humor, Dean connected with everyone in the room. He inspired physicians and staff alike."

— THOMAS MCGINN, M.D., MIDWEST GASTROINTESTINAL ASSOCIATES

"Dean's presentation to our engineers was of tremendous value. His laid-back, down-to-earth approach made meditation appealing and easy, even for complete novices."

— HALEY AKIN, SENIOR WELLNESS SPECIALIST, GARMIN INTERNATIONAL

The New York Times

COAST
COAST

Prevention

n p r

InStyle

FamilyCircle

THE OPRAH
MAGAZINE

USA
TODAY

DR. OZ
THE GOOD LIFE

OPRAH
RADIO

LAYOGA
YOGA AND HEALTH

NEW YORK
MAGAZINE

DeanSluyter.com | DeanOnYoutube.com | Dean@DeanSluyter.com