



# Abdiel Vivancos

Mindfulness Educator & Consultant

[www.AbdielVivancos.com/educator](http://www.AbdielVivancos.com/educator)

[SilentSoundMeditation@gmail.com](mailto:SilentSoundMeditation@gmail.com)

Abdiel Vivancos is the founder of Silent Sound Meditation, a mindfulness technique for all ages, and Yoga in Strawberry Fields, a community practice in the heart of New York City's Central Park. He has facilitated thousands through workshops, group practices, individual coaching, talks, intensives, retreats, and consultations. Vivancos has worked with the NYC Dept. of Education, Health, and Cultural Affairs providing guidance on a wide range of meditative practices, including the Silent Sound Meditation technique. Workshops are available for greater self-care, family-care, and community-care ~

## Experience & Training

Silent Sound Meditation  
Yoga in Strawberry Fields  
MeditaCentro  
MeditaMarket  
Girasol Café  
Carnegie Mellon University  
David Lynch Foundation  
Kids Creative  
PachaSoul Retreats

Naam Yoga  
Anthea Yoga  
Yoga to the People  
Yoga to the People  
Synergy Yoga  
Hero's Journey Foundation

Founder of Mindfulness Technique  
Founder of Community Yoga Practice  
Founder of Cultural & Wellness Center  
Founder of Community Wellness Market  
Founder of Plant-Based Restaurant  
Textual Analysis Teaching Associate  
Consultant for School Meditation Programs  
Peace and Culture Specialist  
Retreat Guide and Shaman's Translator

All Level Vinyasa Classes, NYC  
All Level Vinyasa Classes, NYC  
Hot Vinyasa & All Level Vinyasa Classes, NYC  
200hr Vinyasa Yoga Teacher Training, NYC  
Audit of 300hr Vinyasa Yoga Teacher Training, MIA  
Apprentice of Thomas W. Douglas, PGH

## Workshops & Classes

Carnegie Mellon University  
Marymount Manhattan College  
College of Mount Saint Vincent  
New World School of the Arts High School  
Bronx High School for Law and Community Service  
Brooklyn Urban Garden Charter School  
South Miami Middle School  
Archer Elementary, Bronx Little School, PS 536, PS102

Lulu Lemon  
Dranoff International 2 Piano Foundation  
Goodspeed Musicals  
Rebis Immersive Theatre Company  
Wayward Wellness  
Play Streets at Harvest Home Farmer's Market  
Welcome to the Attic's Attic at Night  
Fractaltribe's Fractalfest Music Festival

College of Fine Arts: School of Drama  
International Peer Mentorship Program  
Freshman Orientation  
Drama Magnet Program  
Quiet Time Program  
Quiet Time Program  
Drama Magnet Program  
Peace and Culture Program

HUB seventeen, Manhattan, NYC  
Adrienne Arsht Center, Miami, FL  
The Cast & Crew of *Fiddler on the Roof*  
Artist Lab – Silent Sound Meditation Workshop  
Silent Sound Meditation Workshop  
Vinyasa Yoga Workshop  
Mindfulness Talk  
Consciousness Talk

## Education

Carnegie Mellon University – BFA in Drama, Honors, Andrew Carnegie Scholar Pittsburgh, PA  
New World School of the Arts High School – Drama Magnet Program Miami, FL

## References

Thomas Douglas Carnegie Mellon University, Professor [thom@andrew.cmu.edu](mailto:thom@andrew.cmu.edu)  
Kelly Malloy David Lynch Foundation, Site Leader [kelly@davidlynchfoundation.org](mailto:kelly@davidlynchfoundation.org)  
German Bravo United Nations Yoga Club, Senior Teacher [gabravo123@aol.com](mailto:gabravo123@aol.com)