



Geeta Pendaer - Founder/CEO

"Health is Wealth"

A Holistic Transformational Coach trained in Mindfulness, Mindfulness in Motion, Mindful Self Compassion and NLP Practitioner, Iridologist, Hypnotherapist, Behavioural Manager, Reiki Master, Artist, Artist in Education, Trainer, Author, FGC Co-Ordinator & Mediator and Radio Presenter.

Geeta is a seasoned professional who has developed and continues to develop herself and her practice, to provide the best and be of service to her clients.

Geeta presents the following weekly shows (Please see the Radio Schedule):

- Tossed Salads & Scrambled Eggs – Bringing a plethora of topics around mental health and wellbeing.
- I Speak Bloke – Chat show with a guest/client talking about mental health issues, advice and support.
- Mindfulness in Motion – Meditation and Mindfulness Movement using a somatic process to help shift and release the stresses of the week
- The Lovely Jabli Jelebi Show – Fun, Giggles, Bollywood and Bhangra Chat Show

Tune in and listen to a wide range of topics, music and meditation by Geeta.

Why not drop Geeta a line if you have a question about anything Mental Health and Wellbeing, or if you would like a shout out or request a song or two, email Geeta on:

geeta@radiobloke.com