



From the basement to the stage to  
leading a movement...

# MONK COLEMAN

Life coach - Author - Meditation Instructor  
3X Natural Pro Physique Bodybuilder



A powerful show guest who has made it his life's work to change the face of what it means to live a life of love, compassion, and spiritual awakening. Monk Coleman inspires audiences from all walks of life.

## Most Popular Topics

- The Power of Meditation
- Awaken Your Spiritual Giant
- The Truth, Ethics & Compassion of Veganism



*Professional Spreader of Love*



*Miracle in Motion* only begins to scratch the surface of who Monk Coleman is.

Healing from alcoholism, poverty and dysfunctional relationships, Monk Coleman turned his life around with one simple decision. He was sick and tired of being sick and tired. Releasing the grip drugs and alcohol had on his mind, body and soul, Monk has been clean and **sober for over 13 years.**

Channeling his energy into a spiritual awakening including becoming an **ethical vegan**, Monk Coleman in his 50's is a **3X Natural Pro Physique Bodybuilder** who continues to compete at a pro level with men half his age.

Discovering the power of love, compassion, and transformation, through deep meditative practices, Monk is a highly sought after speaker for health and wellness events, festivals, high schools, and rehabilitation centers.

He has been **featured in top vegan publications** including Veg Planet Magazine (spring 2018), Vegan Health & Fitness Magazine (special addition Vegans of Color), and Vegan Health & Fitness Magazine (vol 5 issue 5).

Monk is the author of the newly released book, **Love Over Fear- A Guide to Peace and Purpose.**

Monk Coleman's message is clear... ***It's Never Too Late to Rewrite Your Life Story.***

