

Daniel Stillman



Founder of YoMenGa®



Speaker & Coach

Dan empowers men who feel unfulfilled and dissatisfied to flourish in all areas of life by exploring the truth about masculinity and unlocking their true authentic selves.

Signature Topics

- What is modern masculinity?
- Your life - is this it? Why do I feel so unhappy and disconnected?
- Calming the stressed, anxious mind.
- The brain science of neuroplasticity, triggers, emotional scars, and rewiring your brain.
- The challenges of communicating openly and honestly, along with techniques to connect with loved ones.
- Positive Psychology - why it is so important.
- The importance of being present and emotionally free.

Dan's course – Get Real, Deal & Heal – teaches:

- How men can achieve their full potential emotionally, spiritually, and physically.
- How to rewire your brain to erase emotional scars and triggers to establish healthy patterns.
- How men can communicate openly with vulnerability and empathy, while still feeling masculine.
- How to eliminate anxiety, worry, and mental turbulence with yoga, meditation, and mindfulness.
- How men can be loving and present in the moment – without worrying about the past or being anxious about the future.
- How Positive Psychology empowers men to flourish.

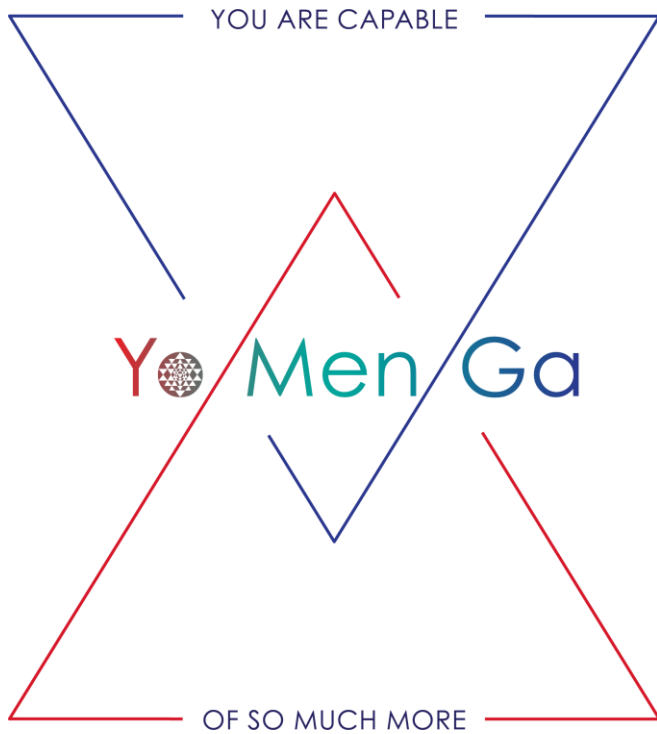


Dan shares his honest journey of navigating modern masculinity to connect with loved ones, calm the mind, and live life as his true self. He speaks with openness and vulnerability as he shares his story of becoming emotionally free, happy, and living a life north of neutral.




Like many men, Dan struggled with worries about the past, anxiety about the future, and feeling frustrated, unsatisfied, and disconnected. Emotional scars from his past triggered negative patterns and he felt stuck. This was further compounded by society's take on what being a "man" is – and keeping all his feelings bottled up tightly inside.

Through studying, reflection, and personal growth, Dan learned what masculinity is and isn't, enabling him to live authentically and truly connect with loved ones with presence, honesty, and vulnerability. Yoga, meditation, and breathwork furthered his spiritual practice, and Positive Psychology empowered him to not just live but flourish.

Dan is a Certified Positive Psychology Coach who is passionate about teaching men how to live authentically and inspiring them to achieve their full potential.



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*I will teach you how to “Live in the Solution; Not the Problem”
because you are capable of so much more!
- Dan Stillman*

BOOK DAN

For interviews and speaking engagements

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