

# Jason Maraschiello



## Long Bio:

Jason grew up in the countryside and fell in love with nature and the world around him. He spent many hours sitting in the Canadian forests listening to the wind passing through the trees, or the sound the water makes as it trickles down the streams. After graduating for Architectural Engineering, he began working at an architectural firm, but being stuck behind a desk never fully felt right.

After working hard for years to live up to the expectations of others in pursuit of success, the stress and pressure built up and he knew he needed a drastic change in his life. He sold his possessions, quit his job, and left his old life behind. He set out to see the world and to discover what was truly important in life. He learned to appreciate the power of the ocean in Hawaii, and to play the didgeridoo from the Australian Aboriginals; he helped lead youth conferences in Sydney, and developed a new appreciation for wildlife in Thailand; he climbed mountains in New Zealand, and explored the depths of the sea in Indonesia; he studied yoga and meditation in India, and spent time with the mountain tribes in Nepal. Jason got to see how people on the other side of the world view and deal with stress, and what success meant to them. He learned how other cultures understood the importance of controlling stress and embracing the simpler joys in life, something Westerners seem to have lost.

Learning music at a young age, Jason remembered how when times were tough he always had his music to ground him and help him order his thoughts. He became a professional musician and started using his music and skills he learned along his journey to help others find a way to cultivate calm in this stressful world we live in.

## Short Bio:

After trying to live up to the expectations of others for many years, and finding himself surrounded by the stress of the western world, Jason Maraschiello decided it was time to leave his lifestyle behind in pursuit of finding out what is really important in life. He sold his possessions and decided to see the world. Along the way, he discussed with many people how they view and deal with stress. From Australian Aboriginals, to monks in Thailand, to Gurus in India, he saw how different cultures prioritize their lives. Now Jason uses what he learned along with different forms of world music to teach people how to alter their perceptions and find calm in this hectic world.