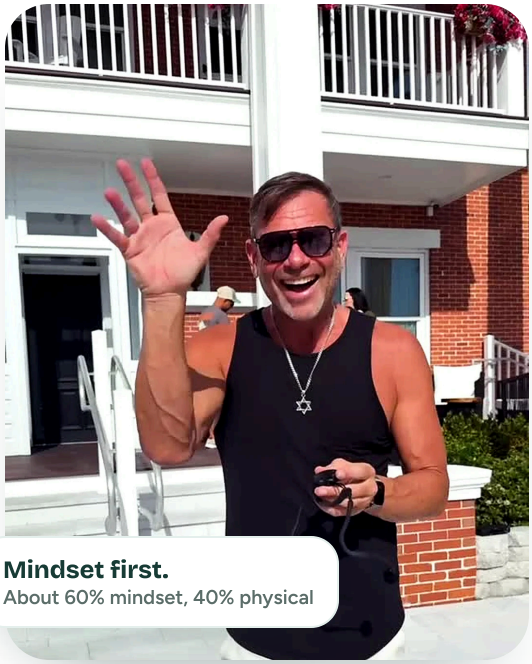
KEYNOTES · WORKSHOPS · WELLNESS DAYS

# Josh Nair

**Transformation & Performance Coach · DDP Yoga (DDPY) Master Trainer**

Josh Nair is a transformation and performance coach and one of DDP Yoga's (DDPY) Master Trainers, with more than 15 years of coaching. He knows change from the inside: in his early 50s, he lost 62 pounds with daily DDPY practice. Today he helps people of every age and ability get stronger, move better and make real comebacks, from first-timers and 55+ adults to former heavyweight boxer Eric "Butterbean" Esch, and he is part of the docuseries *Change or Die*. Josh coaches mindset first, with consistency and lots of movement variety.

- 15+ years coaching
- In person or virtual
- Palm Beach area, FL



**Mindset first.**
About 60% mindset, 40% physical

## Talks & workshops

1. **Mindset first: how real comebacks happen**
   His own 62-pound change and lessons from big comebacks.
2. **Strong at any age and any ability**
   Strength, balance and mobility, standing or chair-based.
3. **Move more at work**
   Desk-friendly movement breaks, standing or seated.
4. **Consistency beats intensity**
   Small daily habits and a plan people can actually keep.
5. **Recover and rebuild**
   Getting strong again at a safe pace, with a doctor's OK.
6. **Make your workouts matter with variety**
   Mixing up movement to keep progressing and keep it fun.

### FORMATS

- Keynote
- Hands-on workshop
- Wellness day
- Movement-break series
- Panel or podcast guest
- Virtual session

### GREAT FOR

- Businesses
- Nonprofits & community groups
- HOA, condo & 55+ communities
- Clubs & associations
- Schools & faith groups

### SEEN & HEARD ON

- *Change or Die*
  Docuseries on Tubi, YouTube & Roku
- SuperTalk Mississippi
- Relentless Hope podcast
- Pam Riley Rebuild
- DDPY app workouts

## Book Josh to speak

Pricing on request for businesses and nonprofits. Every session is custom-built for your audience.

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SCAN TO BOOK

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Josh is a coach, not a medical provider. Photo of Josh is real.