



# Media Kit 2018

Cory Sterling



**A UNIQUE, FRESH AND MINDFUL APPROACH  
TO LEGAL ADVISING, BUSINESS DEVELOPMENT,  
AND MAXIMIZING YOUR POTENTIAL THROUGH  
PASSIONATE LIVING.**



## Cory + Conscious Counsel

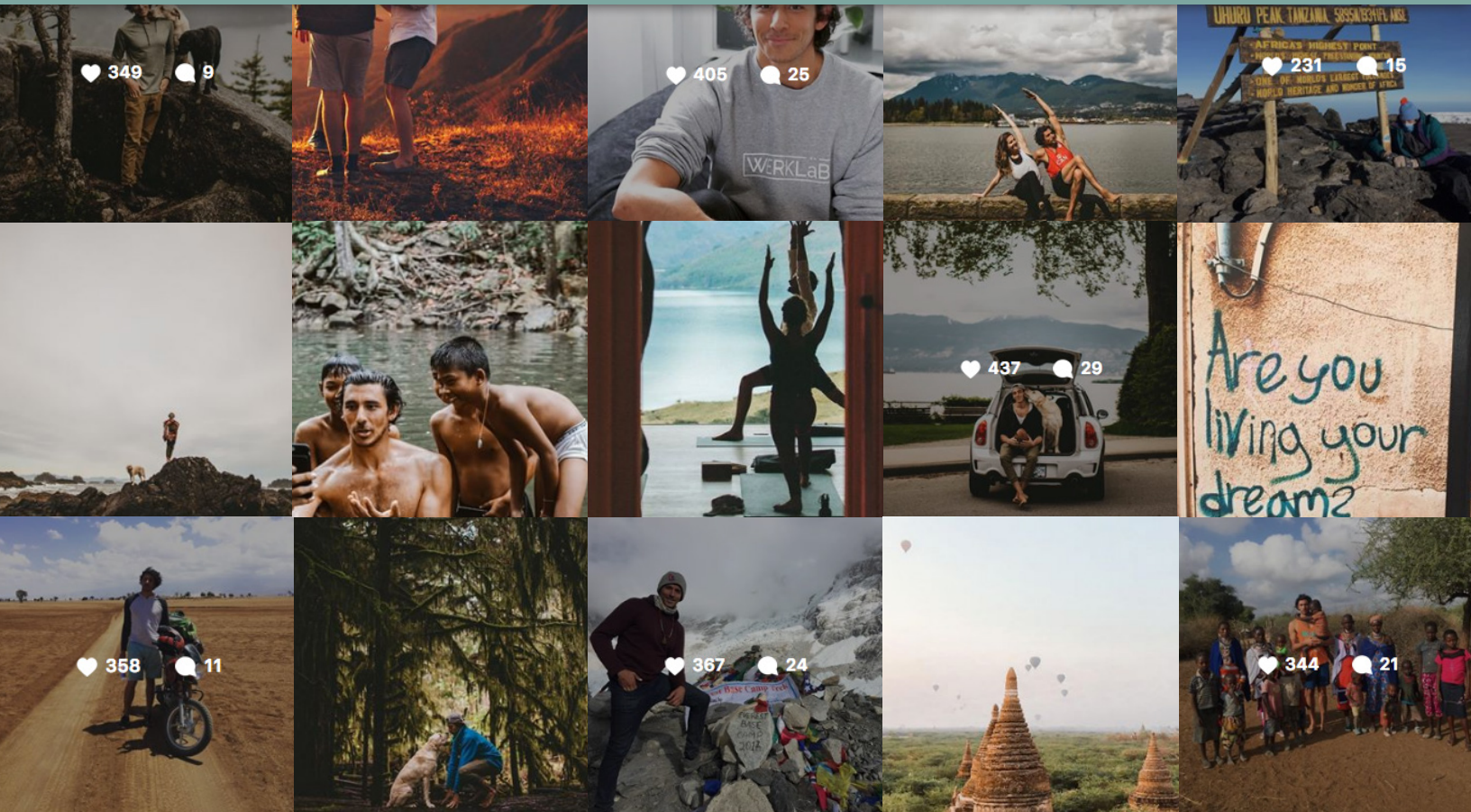
**Cory started Conscious Counsel in 2016, which is the world's first Heart-Leading Law Firm. A disrupter since birth, Cory and his law firm are on a quest to transform the way legal services are offered from being intimidating, uncomfortable and archaic to modern, educational and fun.**

Through Conscious Counsel, Cory has launched both Yoga Law and Fitness Law, which are legal services specifically catered towards yoga and fitness professionals.

Cory has given legal lectures and workshops in eight countries across three continents and has visited over 82 countries in his

global travels, with hikes of Mt. Kilimanjaro and Everest Base Camp as two special highlights.

In 2017, he Co-Founded the Muskoka Yoga Festival. He can speak four languages fluently, is a certified yoga and group fitness instructor and loves chilling outdoor barefoot.



# Social Media

Community is our jam. That is why connecting online with the legal, health and wellness communities is so important to us.

By using different avenues online to engage with our tribe, we find ways to share important information, inspiring content and highlights from the cool things we are up to.

We're super proud of our perfect Google rating and seeing how much clients love using our services and what we are doing in the community.

 **5.0 Star Rating**  
26 Perfect Reviews on Google

 **Cory Sterling**  
945 Connections on LinkedIn

 **@ConsciousCounsel**  
4.8k Followers on Instagram



# Podcasts

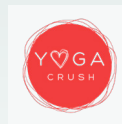
Some of the most fun we've had is in discussion with fellow community leaders and influencers, chatting and sharing stories about our experiences in law, travel and entrepreneurial enterprise. Have a listen to catch our vibes.



**The Lucky Few**  
Ep. 31: Cory Sterling - A Lawyer on the Yoga Path.



**The Kelly Trach Show**  
Ep. 38: Cory Sterling on Developing Faith, Spirituality & Living in An Ashram.



**Yoga Crush**  
Ep. 38: Understanding Yoga Law with Cory Sterling.



**SoundMindBody**  
Ep. 30: Heart-Leading Lawyer Cory.



**Dirty Love Podcast**  
Ep. 5: Cory Sterling - The Journey.



**Kent Brun Podcast**  
The 'Conscious Council' of Cory Sterling Feat. Diego.



**Conscious Conversations**  
Four episodes available.



## The Yoga Law Book

### Legal Tips for Yoga Professionals

The book was written with the objective of educating and empowering yoga professionals by sharing the important legal issues which affect their businesses, brands and careers in an relaxed, informative and fun way. Yes, learning about the law is finally fun!

Print copies of the book and downloads of the audiobook will be available in July, 2018. Visit our website at [www.yogalegal.com](http://www.yogalegal.com) for more information on book deals and to join our online community. We are always sending out tons of free and helpful information regarding how yoga businesses interact with the law.

# Books & Publications

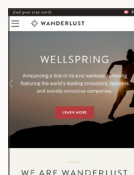
Sharing our energy through written words is one of our favourite things to do. We love being featured in different publications where we get to share unique ideas or provide helpful legal tips to readers all over the world. We even started our own blog where we share lessons learned from building a legal practice online while travelling the world.



## Conscious Contributions

*Lessons learned from life, legal practice, and traveling the world. As rad stuff happens, we'll share it here.*

[Read more.](#)



## Wanderlust Journal

*Wunderlust hike leader Cory Sterling shares how "earthing," or the art of walking barefoot, changed his life.*

[Read more.](#)



## Toronto Yoga Conference

*Cory Sterling speaks about "Growing and Protecting Your Practice: Legal Implications for Yoga Professionals."*

[Read more.](#)



## BC Yoga Magazine

*It was a yoga class that would change my life. I was just starting out as a lawyer and was excited to attend my favourite teacher's class.*

[Read more.](#)



# Speaking Engagements & Legal Workshops

Have an event where you want to provide value to your attendees by giving them fun, understandable and really helpful information? Cory has performed Conscious Counsel, Yoga Law and Fitness Law workshops at different venues across the globe. Attendees LOVE hearing about the law in an approachable, practical and fun way. With the hourly cost of consulting a lawyer being unmanageable for many people these days, crowds have appreciated the unlimited access in getting all their questions answered by a heart-leading lawyer without having to take out their chequebook.

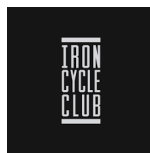
- [Wanderlust Speakeasy](#)
- [Vancouver Business Network](#)
- [Toronto Yoga Conference](#)
- [Victoria Yoga Conference](#)
- [Entrepreneurs in Health and Fitness](#)
- [DisruptHR YVR](#)
- [Africa Yoga Project](#)
- [Institute of Holistic Nutrition](#)
- [Bambu Hot Yoga](#)
- [Yoga Santosha](#)
- [One Yoga](#)
- [Yoga Point](#)
- [XYZ Studio Hong Kong](#)
- [Infofit Vancouver](#)



MELISSA JONES  
holistic nutrition



NICOLE  
LONGSTAFF  
ACUPUNCTURE



# Clients

We are so grateful to share energy with these amazing clients who help create our conscious community.

- Toronto Yoga Show
- Muskoka Yoga Festival
- Grow Your Roots Training
- Veda Yoga Studio
- Dai Manuel
- The Practice Studio
- MISFIT STUDIO
- The Nest Hot Yoga
- Iron Cycle Club Inc.
- Melissa Jones Holistic Nutrition
- Sole Girls Inc.
- Woodfield Enterprise
- Nicole Longstaff Acupuncture
- Kelly Trach International
- Rebalance Movement Solutions
- Awakened Woman Conference
- Werklab Inc.
- The Well on Bowen

**The right lawyer can help in ways you never knew you needed help. Let's connect!**



# Testimonials

"When they say 'heart-led law' they really mean it!"

*Kelly Trach*



"**Cory is a unicorn in the legal industry.** Finding someone who had the legal chops, combined with the care and humanity that are core to our values, has been a magical experience. And very, very, effective."

*Danielle LaPorte, creator of The Desire Map and author of White Hot Truth*

"I never thought law could be approachable, easy and dare-I-say, fun!"

*Megan Llorente, RISE Coaching*

"Cory's expertise on all things yoga is only matched by his sense of **good humor and abundant energy** for inspiring people. His workshops at Africa Yoga Project were educational, energizing and empowering. We are so grateful to Cory for his time, energy and love of service."

*Paige Elenson, Founder of Africa Yoga Project*



"Working with Conscious Counsel has been everything you could wish for with legal representation. They have enabled me, as a business owner, to trust in my process knowing that my team has my back. **The diligence they've shown is evidence of how much they truly care.** Always thoughtful, truly supportive and incredibly present."

*Shea Emry, CFL's 2x Nastiest Player, 2x Grey Cup Champion Men's Health Advocate, Founder of Wellmen + The Men's Adventure Club*

"Cory is one of those humans that you meet and you can just feel his authenticity."

*Kylie Sutton*



Cory Sterling  
[www.consciouscounsel.ca](http://www.consciouscounsel.ca)

