

# Anxiety, Trauma & Eating Disorders

Understanding Mental Health & the Mind-Body Connection

*What Yoga Professionals Need to Know*

**APRIL 4 - 5, 2020**

**10:30 - 5:30 Saturday**

**10:00 - 5:00 Sunday**

**\$220 (tx in)**



*About*

**Jennifer Kreatsoulas**

**PhD, E-RYT 500, C-IAYT**

**Author "Body Mindful Yoga"**

**Host "Real Body Talk"**

**Speaker on "Eating Disorder Recovery + Self-Empowerment"**

**Founder of "Yoga for Eating Disorders"**

Jennifer is a certified yoga therapist specializing in eating disorders and body image. She is the creator and host of Real Body Talk, author of Body Mindful Yoga, an international speaker, and mental health advocate.

Jennifer provides yoga therapy via online and in person at YogaLife Institute in Wayne, PA, and leads yoga therapy groups at Monte Nido Eating Disorder Center of Philadelphia. She also teaches workshops, retreats, and specialized yoga and eating disorder recovery trainings for professionals.

Her writing about her personal journey of eating disorder recovery and professional experience as a passionate yoga therapist has appeared in Yoga International, Yoga Journal, Recovery Warriors, and other influential blogs.

Jennifer has appeared on Fox29 news and has been featured in the Huffington Post, Real Woman Magazine, SJ Magazine, Medill Reports Chicago, Philly.com, YOGA Magazine, and on several podcasts.

**Connect with Jennifer:** [www.Yoga4EatingDisorders.com](http://www.Yoga4EatingDisorders.com) and [www.JenniferKreatsoulas.com](http://www.JenniferKreatsoulas.com)

**REGISTER NOW - SPACE IS LIMITED**

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