



Jennie Lee

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Jennie@JennieLeeCoaching.com

www.jennieleecoaching.com

Author • Yoga Therapist • Creativity Coach • Director

Award winning nonfiction author, creativity coach, yoga therapist, and director of the Essere Artist Residency, Jennie brings the highest level of service to her clients & colleagues. With 26 years of dedicated experience, Jennie is a trusted expert in the field of personal, creative development.

PROFESSIONAL EXPERIENCE

Award Winning Author

1989 - Present

Books

SPARK CHANGE: 108 Provocative Questions for Spiritual Evolution (2020 Sounds True)

- Nautilus Book Award Winner – Silver Gift & Specialty
- Best Book Award Winner: Spirituality & Inspirational - American Book Fest
- Book of the Year Finalist: Spiritual & Inspirational - International Author's Network
- Mind & Spirit Book Award First Place Spirituality & Enlightenment - CIBA
- Top 10 Inspiring Books - Aspire Magazine

BREATHING LOVE: Meditation in Action (2018 Llewellyn Worldwide)

- Best Book Award Winner: Self Help/Motivational - American Book Fest
- Book of the Year Finalist: Spirituality/ Inspirational - International Author's Network
- Instructional & Insightful Nonfiction Semi-Finalist - Chanticleer International Book Awards
- Top 10 Inspiring Books - Aspire Magazine
- Hawaii Book Festival Featured Author

TRUE YOGA: Practicing with the Yoga Sutras for Happiness and Spiritual Fulfillment (2016 Llewellyn Worldwide)

- Best Book Award Finalist Spirituality & Inspirational - USA Best Books
- Stanford University YogaX Program -Dept of Psychiatry Required Reading
- Hawaii Book Festival Featured Author

Founder, Curator, Director

2023 - present

Essere Writer & Artist Residency

International, multi-disciplinary residency program in Italy facilitating the personal and professional development of 26 artists biannually.

Yoga Therapist & Spiritual Coach

Jennie Lee Yoga Therapy

1999 - present

- **Private Coaching Clients**— Over 60,000 clinical hours
- **Studio Owner (10 yrs)** – Stillness in Motion Yoga & Wellness
- **Workshop Facilitator** – Meditation, breathwork, mindfulness & spiritual self-development
- **Retreat Leader**— Organized and facilitated 17 international & domestic retreats with original themed curriculums
- **Curriculum Developer** – Yoga science, philosophy and practice, breathwork, meditation, spiritual and traditional psychology
- **Yoga Teacher Trainings** – Lead yoga philosophy instructor
- **Lead Teacher** – Vinyasa, Kriya, Kundalini, Kripalu, Yin, restorative, therapeutic, Integrative styles for all levels
- **Public relations** – Client services, marketing and business development

Freelance Writer & Speaker

2002 – Present

- **Presented workshops and seminars** in numerous corporate, non-profit, educational and private settings across the US and internationally.
- **Interviewed on over 100 wellness centered podcasts.**
- **Articles for magazines & online sites**

Light of Consciousness Magazine • Mantra Wellness Magazine • CO Yoga+Life • Awareness Magazine • Energy Magazine • Yoga Therapy Today Magazine • Spirituality Today • Huffington Post • MindBodyGreen • Gaia • Daily Om • Aspire Magazine • Urban Wellness Magazine • Yoga Hawaii Magazine • Common Ground Magazine • Llewellyn Journal • Yoga Digest • Yogapedia • Elephant Journal • Positively Positive • Om Times • Wellness Universe • BestEverYou • Conscious Moms • Yogi Times • My Yoga Online

- **Course curriculum for corporate & public offerings**

Heal Yourself with Yoga • Authenticity and Wellness • Transformative Yoga Therapy and the Chakras • Eight Limbs of Yoga as a Toolbox for Healing • Insight into Action: Creating Conscious Change • Conscious Trust • The Power of Imagination • How to Conquer Fear • Steps to Consciousness • Developing Intuition through Meditation • Developing a Sustainable Meditation Practice • Opening to More Joy • Meditation: What Every Yoga Teacher Needs to Know and Practice • The Eight Limbs of Yoga and the Chakras • Yoga of Gratitude • How to Cultivate Joy • CORE Centering • Heart Centered Parenting • Yoga for Soul Awareness • Yoga of Love & Devotion • Staying Centered at Work

- **Other writing includes screenplays, white papers, interviews, poetry, and greeting cards.**

Writer in Residence

- Nocefresca, Sardinia, Italy 2021
- Lemon Tree House, Italy 2019
- Lemon Tree House, Italy 2018

Actor/ Host

TV, Film, Theatre, Commercial

1992 - present

- **Triad Homes** (27 episodes) Host – ABC Affiliate (WGHP)
- **Hawaii Five-0** (2 episodes) Co-Star – CBS
- **Days of Our Lives** (recurring) Co-Star – NBC
- **East of Hope Street** Co-Star – Film
- **Mother of the River** Co-Star – Film

EDUCATION & PROFESSIONAL ASSOCIATIONS

Pepperdine University, Malibu, CA: BA in Communications/Journalism (Cum Laude)

University of Santa Monica, CA: Spiritual Psychology MA candidate

Shalom Institute: Certification in Body-Centered Process Therapy (aka Somatic Therapy)

Certified Yoga Therapist (C-IAYT) International Association of Yoga Therapists (since 2004)

Yoga Alliance – E-RYT- 500, YACEP

Sag-Aftra member

VOLUNTEER SERVICE

Islands Hospice, Oahu

Spiritual counsel and stress management for terminally ill patients and their caregivers using yoga therapy, meditation and breathwork.

LANGUAGES

Native English, Fluent Italian & Conversational Spanish.

REPRESENTATION

CSG Literary Steve Harris 201-681-6145

Kathy Muller Agency Joy Kam 808-737-7917

SOCIALS

https://www.instagram.com/jennielee_author/

<https://www.instagram.com/essereresidency/>