



Meadow is an internationally recognized yoga teacher, master life coach, and writer. She's the founder of Yoga Church and publishes a popular inspirational blog and podcast on her website. She's the author of *Money Love, A Guide to Changing the Way You Think About Money* and has been published in *Woman's Day Magazine*, *Rebelle Society*, *Elephant Journal*, *teach.yoga*, *Enemy of Debt*, and has had the pleasure of being a guest on the *Oprah Winfrey Show*. She speaks, writes and coaches extensively on the topics of money, sobriety, trauma, yoga and healing. She is a Yoga-beach-and-sunshine-loving mom who lives with her daughter in the quiet countryside on the Central Coast of California.

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