

Jennifer KREATSOULAS

certified yoga therapist | educator | speaker | author | television personality

I transformed my experience with an eating disorder into a calling and I now support others on their healing journeys. - Jennifer

Jennifer KREATSOULAS, Ph.D., E-RYT 500, C-IAYT, is a certified yoga therapist specializing in eating disorders and body image. A passionate mental health advocate, Jennifer is the creator and host of *Real Body Talk*, a thought-provoking production available on YouTube delivering insights and dynamic discussions, the author of *Body Mindful Yoga*, a workbook style book honing in on the 4 L's of one's relationship with their bodies: Listen, Learn, Love, and Live. A dynamic storyteller, focusing on self-acceptance, empowerment, and confidence for mental health, Jennifer empowers her audiences to transcend their "perceived" limitations and take ownership of their unique strengths.

As the founder of *Yoga for Eating Disorders*, a holistic healing modality that restores physical, mental, emotional, and spiritual health, Jennifer provides one on one yoga therapy online, as well as in-person sessions. She also teaches workshops, retreats, and specialized yoga and eating disorder recovery training for professionals. Jennifer was recently named one of the top 80 Female Eating Disorder Experts and Advocates by the Balance Eating Disorder Treatment Center of New York.

Jennifer has more than 1,000 hours of yoga therapy training, certified by the International Association of Yoga Therapists, and has been teaching yoga since 2002. After completing a 3-year yoga therapy training at YogaLife Institute in Wayne, PA, she was invited to join the Institute as a teacher and mentor in the program. Jennifer also leads advanced teacher training and delivers dynamic seminars on yoga therapy and mental health topics, including eating disorders, body image, anxiety, and trauma.

Prior to founding *Yoga for Eating Disorders*, Jennifer completed her PhD studies in Literature from Lehigh University, taught writing to college freshmen, and was a medical writer at Bryn Mawr Communications. Jennifer is currently working on her next book, *On the Other Side of Hunger: Reflections on Living Fully After an Eating Disorder*, to be published by Llewellyn Worldwide in 2021.

Jennifer lives in Collegeville, PA, a suburb of Philadelphia, with her husband and two daughters.

Body Mindful Yoga
[Available Now](#)

Real Body Talk Show
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Yoga for Eating Disorders
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Connect with Jennifer:

Jennifer KREATSOULAS

Media, Bookings and other Professional Inquiries



Jennifer Kreatzoulas

Speaking Topics

WE ALL HAVE DEMONS. MINE WAS AN EATING DISORDER: TRANSCENDING DIAGNOSES AND EMBRACING YOUR PERSONAL POWER

It's so easy to define ourselves in terms of diagnoses and neurosis. Our demons take shape and become our identity. "I have an eating disorder." "I have an anxiety disorder." "I am clinically depressed." When our demons take over our identities, we lose connection with the expansiveness of who we truly are. And they win.

In this illuminating talk, Jennifer invites attendees to reconnect with the fullness of their innate story and to embrace themselves through a new lens. By exploring popular representations of mental illness as demons and illustrating why this depiction is disempowering and demeaning, Jennifer uses her own story of eating disorder recovery to focus on how to reframe "demon" (and language like it) to "teacher". In identifying the gifts and strengths in your own story, she shows us how much is possible when we come from a place of self-acceptance.

FULL HOUSE, HUNGRY MOTHER: MOTHERHOOD AND EATING DISORDER RECOVERY

Motherhood is challenging. Add an eating disorder and the struggles intensify in some very specific ways. Jennifer highlights the enormous undertaking of women within eating disorder recovery in all phases of motherhood, including before and during pregnancy. From body image concerns and a (re)emergence of eating disorder symptoms to emotional overwhelm, depression and physical exhaustion, Jennifer, through her own motherhood journey, shares how she lived to tell the story of relapse and revival. By gathering women together to assure them that they are not alone in these difficulties Jennifer offers strategies for learning how to both connect to their strengths as women and mothers and reframe their struggles as progress and their challenges as teachers.

THE LANGUAGE OF RECOVERY AT HOME AND BEYOND: NURTURING HEALTHY CONVERSATIONS ABOUT FOOD, BODY IMAGE, AND EXERCISE

As the mother of two girls, and having gone through eating disorder recovery, Jennifer has first-hand experience with how social messages about food, body image, and exercise can leave a lasting impression and has dedicated her work to educate the masses on how certain messaging leads to eating disorders, body dysmorphia, depression, and anxiety.

Zooming in on the incredible power of our words to both undermine and support eating disorder recovery and mental health in general, Jennifer demonstrates what many popular slogans and buzz phrases *really* mean and offers new language to incorporate into your self-talk and conversations at home in the name of recovery, personal empowerment, and social change.

UNDERSTANDING ANXIETY AND TRAUMA: THE MIND BODY CONNECTION

The various manifestations of anxiety in response to trauma are complex, and often exacerbated by the social pressures of the digital age. In recent years, peer-reviewed studies have recognized the increasing significance of the mind-body connection in treating anxiety and trauma. Movement practices with an emphasis on mindfulness, such as yoga, and other mind-body techniques that downregulate the nervous system are helpful tools for those with anxiety, a history of trauma, or both.

In this timely and interactive talk, Jennifer handles these sensitive issues with care and grace, addressing the relationship between anxiety and trauma and educating about the scientifically-proven benefits of mind-body practices. Through experiential exercises, Jennifer demonstrates simple mind-body tools that tap directly into the nervous system's ability to restore calm and presence, making them valuable tools for individuals dealing with anxiety, a history of trauma, or both. Attendees will walk away with a deep understanding of the issue and can use these mind-body tools personally, in clinical settings with clients, or in the classroom with students.

CREATING SOLACE WITH JENNIFER: PRACTICES FOR EVERYDAY USE

With a passion for well-being, health and human performance speaker Jennifer Kreatsoulas is on a mission to help individuals create solace in their everyday lives. Her personal journey and professional endeavors give her the experience and expertise to relate, inspire and educate while her strength, energy, and charisma shine through on stage! We all know it's important to practice self-care for good mental health, but many of us simply don't prioritize ourselves because it feels selfish or less important than our "to do" lists? Jennifer will lead attendees towards the understanding of how when we develop everyday practices that create solace, all things are possible!

Because of Jennifer's diverse background as a noted author, certified yoga therapist, passionate mental health advocate and the host of the inspirational and informative television production, *Real Body Talk*- her compelling stories and techniques are relatable and applicable to an endless array of audiences. Whether you are looking for a speaker to inspire your employees or conference attendees, or to add an element of mindfulness training or self-care techniques to a roster, Jennifer is a great choice. This talk is perfect as an education-based training for your healthcare team or a compassionate and experienced message about healing *to any audience* looking for a bright light in times of challenge. For booking information, please contact: <https://www.jenniferkreatsoulas.com/contact>