

KAREN BRODY

*AUTHOR, DARING TO REST: RECLAIM YOUR POWER WITH
YOGA NIDRA REST MEDITATION(SOUNDS TRUE, 2017)*

SHORT BIO

Karen Brody, a women's well-being and leadership expert, is the founder of Daring to Rest, a yoga nidra-based self-empowerment program for women. A certified yoga nidra instructor, she is also a contributor to *HuffPost*, and her critically acclaimed play, *Birth*, has been produced on six continents and translated into three languages. For more, visit DaringtoRest.com.

LONG BIO

Karen Brody is a women's well-being and leadership expert who helps women journey from worn out to well rested and then dream big in their work and lives. A certified yoga nidra instructor, she is the founder of Daring to Rest, a yoga nidra-based self-empowerment program for women. She has an M.A. in Women and International Development from the Institute of Social Studies in the Netherlands, and a B.A. in sociology from Vassar. Karen is also a playwright, and *Birth*, her theater-for-social-change play has been seen in over seventy-five cities around the world. She is the mother of two boys and met her husband in the Peace Corps. She resides in Washington, DC, but considers the world home.