

SOLEIL HEPNER, C-IAYT

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SUMMARY

An Internationally recognized Mindbody Leader specializing in, wellness training, workshop facilitation, curriculum design, program development, community building, business coaching, strategic thinking, and Mindbody therapy. Over three decades of dynamic experience combining ancient Eastern therapies, contemporary Western corporate industry, and community social development, fosters the capacity to excel on all levels of the Bio-Psycho-Social life continuum. These 3 pillars as Therapist/Trainer, Corporate Geek/Program Manager, and Community Activist / DEI Advocate inform the skills, practice, and commitment to promote consciousness, health, and joy for active change agents and their organizations.

EXPERIENCE

Conferences & Retreats: Speaker / Key Note / Educator

U.S., 2007 - Present

- Topics: Wellness, Stress Management, Work-Life Balance, Embodied Mindfulness, Trauma, Recovery
- Designed, promoted, and stocked vital “Wellness Rooms” with materials, resources and teachers. Participants inspired to *talk less* (about stress) and *embody more* (stress release) to heighten focus and enliven purpose.
- Created and led highly rated breakout sessions with an energetic mix of experiential and didactic psychoeducation aligned on room dynamics built from a broad variety of participants and industries.

International Trainer & Program Director for the Accredited Phoenix Rising School of Yoga Therapy

U.S. and Canada, 2006 – 2021

- Senior Faculty Trainer 2005 – 2021
 - Trained thousands of therapists in the Phoenix Rising Method™, a therapeutic Mindbody technique used by thousands of licensed and non-licensed professionals around the world.
- Program Director 2014 - 2021
 - Designed curriculum, developed materials, selected resources, and built system processes for every Level of training - Level 1 (4 days), Level 2 (5 days), Level 3 (9 months, Practicum Certification)
 - Developed and implemented an industry-leading Mentor Team Track and Business Planning Course
 - Co-created a Continuing Education program, “*Bring the Body to Therapy*”, for licensed therapists in CA
- Demonstrated strategic visioning, project management, social diversity (DEI) and comprehensive programming skills in an entrepreneurial environment.
- Provided 1:1 supervision and coaching to over 400 licensed/certified mental health professionals and students.

Group Facilitator – Confidential Recovery, Helix Treatment Centers, Akua Recovery

Seattle and San Diego, 2004 - Present

- Facilitated 8 week Stress Management / Trauma Informed / Inclusive transformational programs
- Runs Mindbody programs at Recovery and Mental Health facilities with an emphasis on underlying trauma

Body Mind Therapy - Private Practice

Seattle and San Diego, 2002 - Present

- Facilitate trauma effective somatic therapy specializing in Stress, Trauma, Pain, Recovery, Depression, Anxiety.
- Effectively aiding a wide range of clients (individual and couples) in all stages of life.

Founder, CEO of YogaBlaze, The Online Resource for all Yoga Marketing, Events, and Community Engagement

Seattle, 2006 – 2012

- Built the only online community of over 80,000 Subscribers with 125+ paid memberships. Still remembered...

SPEAKER TOPICS AND ENGAGEMENTS (CV)

2021: *Trauma Effective Embodied Dialog for Touch*, Private Therapist Groups, San Diego
2018 & 2019: *Healing Trauma through the Body*, Alliant University, Masters MFT Program, San Diego
2015 & 2017 & 2019: *The Business of Yoga Therapy*. International Association of Yoga Therapists. Annual conferences
2017: *Reactivity to Reconnection: Navigating your Inner Experience*. Aurora Behavioral. San Diego
2017: *Embodied Mindfulness Practices*. Partners in Treatment Family Systems Conference. San Diego
2016: *Self-Care for Compassion Fatigue*. CAMFT. San Diego
2015: *Creating a Successful Private Practice*. Alliant University – CFT Professional Panel. San Diego
2015: *Embodied Mindfulness in Treatment*. Aurora Behavioral. San Diego
2015: *Embodied Mindfulness in Treatment*. Women’s Assoc of Alcohol Treatment (WAAT). Palm Desert
2014: *Yoga (Therapy) & Emotions*. CAMFT. San Diego
2014: *Touch in Treatment*. Sex Therapy & Education Medicine (STEM). San Diego
2013: *The Art of Integrating Unconscious Conflict*. Aurora Behavioral and WAAT. San Diego
2012: *Self-Care & Work-Life Balance*. Washington Health Care Association (WHCA). Online.
2011: *The Me Factor: Self Care for those who Take Care of Others*. **Key Note** NW Doula Conference. Seattle.
2009 – 2011: *Phoenix Rising Yoga Therapy*. Presenter and Moderator. Virtual World Yoga Conference. Online.
2009 – 2011: *Work-Life Balance + Wellness Rooms*. American Health Care Association Annual Conferences. Long Beach.
2008: *Building your Ideal Private Practice: Marketing & Technology*. Phoenix Rising Annual Conference. Chicago.

EDUCATION, CERTIFICATIONS, PROFESSIONAL DEVELOPMENT SINCE 2002

INTERNATIONAL ASSOCIATION of YOGA THERAPISTS, C-IAYT

Highest Certification for a Yoga Therapist, 2016

PHOENIX RISING SCHOOL of YOGA THERAPY, PRYT, Great Barrington, MA

Advance Certified, Yoga Therapist (2002), Group Facilitator (2004), Couples Therapy (2008), Coach (2009)

LEADERSHIP INSTITUTE of SEATTLE (LIOS), Corporate Program

Organizational Systems Corporate Leader, 1995

TRAININGS 2002 – 2019

Polyvagal Theory, Trauma-Sensitive therapy, Social Justice & Inclusivity, Internal Family Systems, Anatomy & Physiology, Yoga Philosophy, Transformational Philosophy, Mindfulness, Yoga for Recovery and many more...

ADDITIONAL CORPORATE TECHNOLOGY INDUSTRY EXPERIENCE AND EDUCATION 1983 - 2001

Titles: Project Manager, Program Manager, Business Systems Analyst, Information Consultant, Manager of Data Administration, Corporate Facilitator, Programmer

COMPUTER LEARNING CENTER, San Francisco, Certified Programmer, 1984

LEADERSHIP INSTITUTE OF SEATTLE (LIOS), 1 year Masters Corporate program for Organizational Development, 1995

UCLA and WAYNE STATE UNIVERSITY, Detroit, BA, 1983

COMPUTER SKILLS

Microsoft Office Suite, Filemaker, Google docs, Power School Learning, Wix, Zoom