

BIJA BENNETT

Media Kit



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bija^B

"I have seen how transformative Bija's teachings can be. She has a profound gift for making the spirit of yoga accessible"

— Deepak Chopra



In a career spanning more than 30 years, Bija has championed the wellness industry and promoted wellness in everything she does—from mind-body innovation to social projects and mental health awareness.

Bija Bennett is an internationally respected author, speaker and wellness industry pioneer whose practice focuses on the tenets of mind-body health, a discipline she teaches through the use of accessible and engaging strategies. An innovator and thought leader in the global wellness world, she has developed pioneering programs for Fortune 500 companies and major medical institutions, and written four influential books and numerous articles on health, healing and personal growth.

Bija's innovative teachings are derived from ancient yoga traditions used as a form of complementary and integrative medicine that fosters healing. As the National Institutes of Health notes, yoga has been long overlooked as a powerful strategy for wellness in the modern world.

Yoga has been an important part of the healing traditions Bija uses in her practice as an internationally renowned yoga therapist and workshop leader. She has worked closely with medical doctors and Ayurvedic physicians to treat thousands of patients of every age, and counts Deepak Chopra among her colleagues. She has trained Laura Dern, George Harrison, Joni Mitchell, Barbra Streisand, Donna Karan, Elizabeth Taylor and more.

"Bija's work is highly accessible and incorporates an up-to-the-minute synthesis of ancient wisdom and modern science" — Candace B. Pert

Under her own holistic wellness brand, YogaAway, LLC, Bija provided programs, products and consulting services to over 3000 hotels worldwide ranging from Hyatt Hotels Corporation to the American Express Fine Hotels Group. Most recently, she has joined the Global Wellness Institute as the founder and Chair of the GWI Yoga Therapy Initiative, whose mission is to redefine the ancient, multidimensional science of yoga as a legitimate wellness modality for the 21st century.

Among Bija's most acclaimed publications is *Emotional Yoga: How the Body Can Heal the Mind* (Simon & Schuster, 2002), an eight-part system of mind-body health published in 11 languages, and her first book, *Breathing into Life: Recovering Wholeness through Body, Mind and Breath* (Harper Collins, 1993), a poetic manual on using breathing to enhance energy, intelligence and overall health. Additional published works include *The Breathing Breakthrough: Everything You Need to Know to Sharpen Your Focus, Worry Less and Live Longer* and *Meditations for the Five Senses*.

Her work with Millennials and corporations prompted her most recent book, *It Takes a Culture: Building a Wellness Strategy for the Modern, Distracted, Uber-Individualized Workforce*. This timely and informative read targets the ever-expanding need for creating a culture of wellness in the workplace and is geared toward reducing stress, improving engagement and optimizing emotional and spiritual health.

Bija's underlying goal and the focus of her consulting work is to develop programs that help today's workforce—including Millennials and students compromised by anxiety and stress—embrace a healthier, happier, more productive life. Her unique approach to promoting wellness stems from a diverse educational background and professional journey that speaks strongly to a new generation that is interested in holistic health but wants to hear it expressed in new ways. She is truly a dynamic representative of the next step in mind-body health.

“Bija is a natural; she’s an honest, impressive teacher. Great energy and knowledge: personally valuable to me”

— A.K, Seminar participant, Los Angeles



A motivational speaker for your mind-body health, Bija brings powerful wellness strategies and real-time restoration to all audiences.

Grounded in real-time wellness experiences, her seminars are

- Wellness-driven and educational
- Fun, energizing, experiential
- Based in the science of mind-body health
- Filled with practical advice
- Opportunities to transform and grow

Her interactive and results-oriented sessions give you the tools you need to regenerate, renew and restore your body’s own healing ability, and re-establish your essential balance.

Learn to

- Build a personal vision for staying well
- Make lifestyle choices for good health and work-life balance
- Identify your stress to manage it, avoid it or put it to use
- Improve mental performance and success
- Slow down without losing step
- Practice effective silence and rest
- Deepen your spiritual purpose
- Achieve personal transformation and growth

An Inspiring Keynote Speaker and Action-Oriented Presenter for Every Group

Bija is available to speak at

- Corporate retreats
- Company events
- Conferences
- Universities and Schools
- Organizations
- Professional Associations

Understanding Holistic Wellness: Ancient Science, Modern Results

Bija promotes an integrated approach to learning, using the technologies of ancient healing models and modern science. Ancient teachings and modern science concur: your body, mind and emotions are part of one integrated system, and when you influence one aspect of your system, you affect all of it. The Mind-Body connection is key to learning how to be an advocate for your health. This wellness approach is particularly relevant in light of the growing mental health epidemic among students, millennials and workers.

Bija’s teachings directly address, heal and integrate both the body and mind. It’s life-coaching that treats the whole.

The New York Times

Chicago Tribune



CBS



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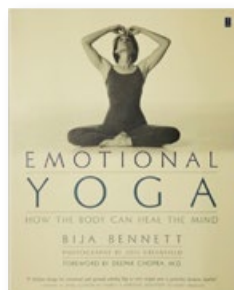


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Emotional Yoga:
How the Body Can Heal the Mind
 (Simon & Schuster, 2002)

Bija Bennett has created a groundbreaking yoga program that takes full advantage of the mind-body connection. *Emotional Yoga* offers a broad range of evidence-based techniques that positively affect our emotional well-being, including the dynamic interplay of movements, breathing exercises, meditations, lifestyle skills, rituals, gestures and healing sounds, inspiring instructors and practitioners alike to rediscover the emotional and spiritual benefits that yoga can bring.

Emotional Yoga is also published in the following countries and languages:

UK/Australia
 Transworld Publishers
 61-63 Uxbridge Road
 London W5 5SA
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 Telephone: +44 020 8579 2652
 Email: info@transworld-publishers.co.uk
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It Takes a Culture: Building a Wellness Strategy for the Modern, Distracted, Uber-Individualized Work
(e-Book)

Bija Bennett advocates an urgent call to action for companies to shed a traditional, top-down approach to corporate wellness, and instead build a workplace culture that nurtures the individual and drives personal performance, engagement and success. *It Takes a Culture* teaches leaders how to create a human-centric strategy for work, life and play.



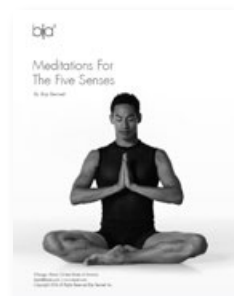
Breathing into Life: Recovering Wholeness Through Body, Mind & Breath
(Balboa Press, 2015)

Research into the respiratory process confirms that the quality of your breathing has dramatic physical effects on both your body and mind. With a fascinating blend of Western artistry and Eastern science, Bija Bennett explains how our breathing, like our emotions, bridges the gulf between mind and body. A useful, poetic manual for enhancing health.



The Breathing Breakthrough: Everything You Need to Know to Sharpen Your Focus, Worry Less, and Live Longer
(Balboa Press, 2017)

The Breathing Breakthrough offers compelling facts, practical examples, and cutting-edge science based on ancient insights, revealing how the power of your breath can change how you think and feel. A primer for creating physical strength and immunity, mental focus and emotional clarity.



Meditation for the Five Senses
(e-book)

Meditations for the Five Senses restores dignity and enthusiasm to your senses, helping you to balance your emotional and mental states. Each meditation brings greater awareness and a deep sensory experience. Inspiring and healing.



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