

# SOLEIL HEPNER

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## SUMMARY

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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, and Community Activist inform the skills, practice, and commitment to promote health, consciousness, and joy for active change agents and their organizations.

## EXPERIENCE

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### 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 – Present

- Senior Faculty Trainer of the Phoenix Rising Method™, a therapeutic Mindbody technique used by hundreds of licensed and non-licensed professionals around the world.
- Program Director since 2014
  - 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 and comprehensive programming skills in an entrepreneurial environment.
- Provided 1:1 Mentoring 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

- Lead 8 week Stress Management / Trauma Informed / Inclusive transformational programs
- Run 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) - men and women in all stages of life.

### Founder, CEO of YogaBlaze, One Resource for all Yoga Marketing, Events, and Community Engagement

#### Seattle, 2006 – 2012

- Built a community of over 80,000 Subscribers with 125+ paid memberships, still warmly remembered

## **SPEAKER TOPICS AND ENGAGEMENTS**

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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**

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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, Anatomy & Physiology, Yoga Philosophy, Transformational Philosophy, Mindfulness, Yoga for Recovery and many more...

## **ADDITIONAL CORPORATE TECHNOLOGY INDUSTRY EXPERIENCE AND EDUCATION 1983 - 2001**

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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

UCLA and WAYNE STATE UNIVERSITY, Detroit, BA, 1983

## **COMPUTER SKILLS**

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