

# Beth Reese, PhD

**Bringing 20+ years of experiences and practical tools to parents, families, and teachers on and off the yoga mat.**



Beth Reese, PhD, E-RYT, RCYT, an educator and single mom, has spent the last 20 years exploring how to manage the day to day rollercoasters with her own 3 kids, including coaching her first daughter who was diagnosed at age 6 with sensory processing disorder. Beth realized that what she was learning on her yoga mat could help her daughter "off the mat." In fact, Beth left her job as an art professor/galleries director to follow her passion to build a program that could give kids, teachers, parents, and families critical tools to manage those daily rollercoasters. In 2008 she founded Yogiños: Yoga for Youth® and led her first Teacher Training soon after. She is now the host of The OHMazing® Way podcast.

Her daughter is now an award-winning filmmaker studying film and television at UCLA. She encourages her "Mindful Mā" to expand Yogiños: Yoga for Youth® and The OHMazing® Way Podcast. Because Beth and her kids know that when the home and classroom are calm and peaceful, success and love can grow to great heights, creating powerful futures for all.

*"Too many children spend their days motionless, transfixed by glowing screens. Beth Reese's instructional yoga DVDs provide a safe, fun way for kids to get off the couch and engage in gentle exercise, develop physical confidence, and learn about other cultures – highly recommended!"*

~ Andrew Weil, M.D.



## Suggested Introduction

Dr. Beth Reese is an educator and single mom of 3 kids, including one who has sensory processing disorder. Realizing that what Beth was learning on her yoga mat could help her daughter "off the mat", she founded Yogiños: Yoga for Youth® in 2008. Since then she has authored award-winning, bilingual resources for kids, teachers, parents, and families. She leads trainings and professional development workshops for individuals, teachers, schools, and museums.

## Talking topics

**Compassion-in-action parenting:** revealing and discussing emotional intelligence as a way of role-modeling vulnerability and loving kindness as a way of being!

**Trainings for individuals:** evidence-based, dynamic, and engaging courses for individuals, teachers, whole-school faculties and school districts, therapists, counselors, and almost anyone who works with kids!

**Professional Development for schools:** research-informed in-services, programs and bilingual resources for schools preK-12!

**Business Development:** coaching and support, including a licensing agreement option, for launching and growing your own kids yoga business!

**Resources:** educational, bilingual, and award-winning products including books, music, activity cards, DVDs, posters and more.

## Connect with Beth

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