

# Jennifer KREATSOULAS

certified yoga therapist | educator | speaker | author | television personality

*I transformed my experience with an eating disorder into a calling and I now support others on their healing journeys. - Jennifer*

Jennifer KREATSOULAS, Ph.D., E-RYT 500, C-IAYT, is a certified yoga therapist specializing in eating disorders and body image. A passionate mental health advocate, Jennifer is the creator and host of *Real Body Talk*, a thought-provoking production available on YouTube delivering insights and dynamic discussions, the author of *Body Mindful Yoga*, a workbook style book honing in on the 4 L's of one's relationship with their bodies: Listen, Learn, Love, and Live. A dynamic storyteller, focusing on self-acceptance, empowerment, and confidence for mental health, Jennifer empowers her audiences to transcend their "perceived" limitations and take ownership of their unique strengths.

As the founder of *Yoga for Eating Disorders*, a holistic healing modality that restores physical, mental, emotional, and spiritual health, Jennifer provides one on one yoga therapy online, as well as in-person sessions. She also teaches workshops, retreats, and specialized yoga and eating disorder recovery training for professionals. Jennifer was recently named one of the top 80 Female Eating Disorder Experts and Advocates by the Balance Eating Disorder Treatment Center of New York.

Jennifer has more than 1,000 hours of yoga therapy training, certified by the International Association of Yoga Therapists, and has been teaching yoga since 2002. After completing a 3-year yoga therapy training at YogaLife Institute in Wayne, PA, she was invited to join the Institute as a teacher and mentor in the program. Jennifer also leads advanced teacher training and delivers dynamic seminars on yoga therapy and mental health topics, including eating disorders, body image, anxiety, and trauma.

Prior to founding *Yoga for Eating Disorders*, Jennifer completed her PhD studies in Literature from Lehigh University, taught writing to college freshmen, and was a medical writer at Bryn Mawr Communications. Jennifer is currently working on her next book, *On the Other Side of Hunger: Reflections on Living Fully After an Eating Disorder*, to be published by Llewellyn Worldwide in 2021.

Jennifer lives in Colleagueville, PA, a suburb of Philadelphia, with her husband and two daughters.

Body Mindful Yoga  
[Available Now](#)

Real Body Talk Show  
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Yoga for Eating Disorders  
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