

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 Kreatsoulas

Jennifer Kreatsoulas, PhD, C-IAYT, is a certified yoga therapist specializing in eating disorders and body image. She is a sought-after international speaker whose passion is educating about eating disorders and guiding those affected to identify the strength in their story. Jennifer is the former host of *Real Body Talk*, a thought-provoking production available on YouTube delivering insights and dynamic discussion.

Jennifer is the author of *Body Mindful Yoga* (Llewellyn Worldwide, 2018), a workbook style book focused on body image. In her newest book, *The Courageous Path to Healing* (Llewellyn Worldwide, 2022), Jennifer provides stories of poignant moments from her struggle with an eating disorder and transforms her experiences into thematic lessons. She shares yoga-inspired practices, journaling prompts, and deep, empowering wisdom that others can use to overcome challenges in their lives. Jennifer's writing has been featured widely in print, broadcast, and online media.

As the founder of Yoga for Eating Disorders, a virtual school offering yoga therapy, body image and book discussion groups, yoga and meditation classes, and continuing education and mentoring for professionals, Jennifer's mission is to fill gaps in treatment opportunities for those affected by eating disorders and to provide offerings that support healing, enrich recovery, and create a supportive virtual community.

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 lives in Collegeville, PA, a suburb of Philadelphia, with her husband, two daughters and their dog BoJack.



The Courageous Path to Healing
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Body Mindful Yoga
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Yoga for Eating Disorders
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