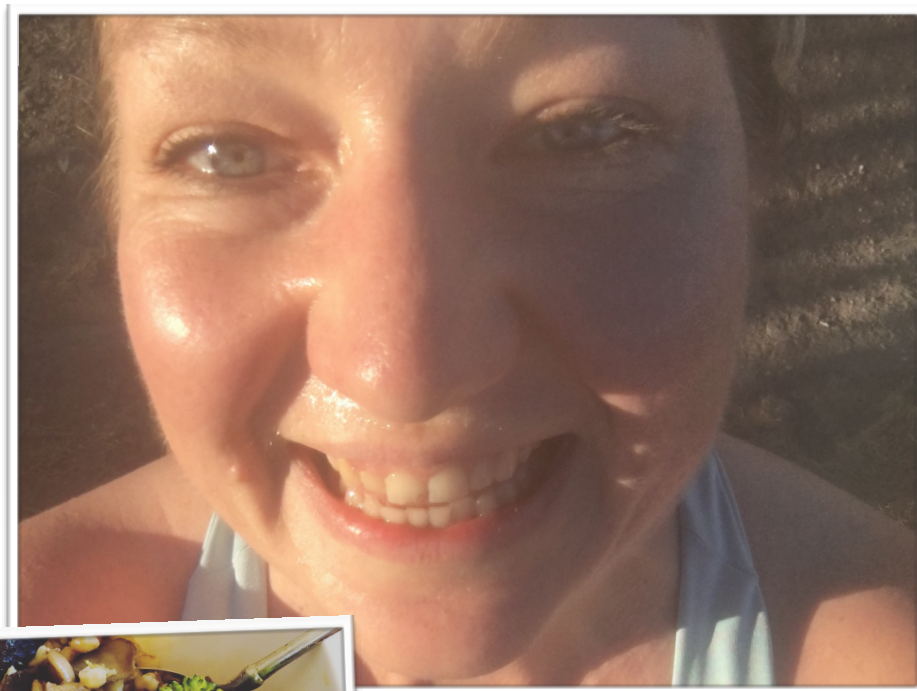


October 31, 2018

Discover a Yippie Life



I am a mid-level to senior associate (depending if you count my clerkships or not) at a small firm. While you are reading this, I am probably working, getting ready to work, thinking about work, or feeling nervous about work. If I am not doing those things, I am “stealing time.”

Or I was.

Until I started seeking balance in my life between my mind, my body, and my spirit. I began my journey almost ten years ago, and along the way, I’ve coached and mentored students, young lawyers, friends. I’ve had the privilege of multiple career and life coaches.

I found that the more I sought external validation, approval, and acceptance as an attorney, the crazier I became. The unhealthier I became. The more drained and exhausted my days left me.

But I LOVE being an attorney. Helping people gets me out of bed. Learning about the lives and challenges of clients and solving problems excites my brain. Research and writing lights up my inner nerd.

I LOVE clothes, and jewelry and have a billion hobbies. Some of them can be kind of #basic or #shityogissay, but then I make most of my skincare and household products and dramatically changed my makeup use to keep the toxins in my home to a minimum.

At the same time, I am connected to the oneness in the world. I feel that in what I cook, what I eat, how I move, garden, create solutions to my body's problems, practice yoga, and keep myself fit - mind body and soul.

I cultivate my community of friends and brave companions of the road - my Sangha - Sanskrit for group of like-minded people working as a collective to hold each other up. Here are a few of the ways I do it:

- **Obsessed with Mindful Food Prep** — a free nutrition and meal prep group I run on facebook. Open to ALL! Come and play!
- **Destination Health and Happiness** — an exclusive health and wellness group I run on facebook, where I empower other women to focus on nutrition, supplements, workouts, and self care.
- **Small Group Coaching** — a deeper dive into WHOLE fitness, with yoga, workouts, nutrition, self-care, green living, self care, and spiritual discussions to support fitness mind, body and soul.
- **30 Day Jump Start Groups** — a back to basics approach to integrating wellness and alignment into your life over thirty days,

supported by movement, food choice, life-style hacks, supplementation, and planning for implementing small, sustainable changes.

- **One on One Essential Oil Consultations** — looking for a solution or a way to support your physical or mental health? We can talk for thirty minutes and have a conversation about what you want to support.
- **Essential Oil Classes** — seeking to learn about the science behind oils, the importance of sourcing, and ways you can integrate oils into your life. Let's hang, I'll bring healthy snacks!

I spend a lot of time cooking, creating recipes, studying holistic nutrition, yoga, and fitness, writing and sharing about my life. Right now, I'm sitting on my bed, writing this, listening to a podcast, surrounded by two cats, and texting with my wife and friends about movies and books, drinking chai tea with coconut milk and turmeric oil. This is living my Yippie Life. I'm so psyched for you to join me in open-hearted living!