



**Beth Shaw**

YogaFit International, USA

### Biography

Beth Shaw is an author, visionary, entrepreneur and founder as well as CEO of YogaFit® Inc., the largest yoga fitness school in the world with over 250,000 students on seven continents. A trained Yoga Therapist since 1994 and EYRT, Beth holds numerous certificates in health and fitness disciplines as well as a bachelor's degree in Business Administration & Nutrition. As an industry pioneer and a leading expert in mind, body, and fitness, Beth has authored three books and has been featured in numerous fitness, business, and consumer publications including: New York Times, Huffington Post, TIME, USA Today, Entrepreneur, SELF, Mind Body Green, and Yoga Journal. Beth Shaw is a frequent speaker at Universities, Hospitals, and Fortune 500 Corporations, educating others on Health & 'Mindfulness' in the workplace, fitness, and conscious business. She sits on the CanFitPro Advisory Panel, the National Museum of Animals and the Long Island University Board of Advisors.

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## OPTIMIZING YOUR NUTRITION + LIFESTYLE WITH YOGALEAN™

YogaLea<sup>TM</sup>n is a weight management program designed to work from the inside out, considering every student's unique story, size, and shape, and customizing a program that fits their lifestyle, as opposed to the latest fad diet. In addition to the latest findings on nutrition, exercise, and adherence, YogaLea utilizes the Lean Consciousness and draws heavily from the yogic practices of breathing, meditation, and mindfulness to deliver a transformative experience. Lean Consciousness is a mind/body set, a way of being and living where all of the decisions and choices we make move us to a state of greater health and ideal weight. Often times the body and the mind are at odds with each other. The mind wants something that is not necessarily good for the body. Our bodies do not naturally and organically crave processed and manmade food unless we have had enough of it to get us hooked or addicted. Lean Consciousness enables the body and mind to work together to achieve health goals. Once in a state of Lean Consciousness, we will approach our life in a whole new way. Food choices become based on body need – not want. We begin to eat for energy, immunity and health and not for pleasure, stress or boredom. In YogaLea I teach you how to access Lean Consciousness through meditation and yoga, which calm, center and focus the mind. Meditation gives us coping skills and creates better functioning of our prefrontal cortex, the executive functioning center of the brain. This leads to healthier choices and less reactivity!



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