

Stephanie Bucklin Consulting



*"Healing the World,
One Human at a Time"*

Yoga for Peace ~ Toxin Free Living ~ Lifestyle Transformations

Motivational Speaker – Stephanie Bucklin



"The Self-Healing Specialist"

Holistic Lifestyle Coach, with 10 years of experience
Certified Yoga Instructor, 200+ Hour (2014)
Certified Deeksha Oneness Giver (2015)
Certified Reiki Practitioner, Level III Attunement (2016)

Speaker Bio

Stephanie teaches her clients to use introspective Self-Healing techniques. What makes her unique is being an inquisitive self-taught student of Philosophy (Human Thought), Nutritional Science & Kinesiology (Human Advancements). In addition to her intellectual pursuits, Stephanie is highly intuitive.

Stephanie graduated from Ventura College with honors in 2014, acquiring two associate's degrees in Holistic Health Studies & Natural Science with a minor in Kinesiology. She completed training as a 200-hour Yoga Teacher in 2014 and received certification in Reiki III Energy Healing in 2016. Stephanie is currently pursuing an undergrad program at Arizona State University, working towards a bachelor's degree in Nutrition, a minor in Health & Wellness Coaching, which will be complete in late 2021.

She began offering coaching services after completing the research for her book, *The Art of Balance (in a World of Chaos)*. After a decade of inquiry into the secret art of whole-person healing, she felt the need to share her knowledge with the world. She created her Holistic Lifestyle Coaching & Optimal Wellness Program based on her research and the teachings of Holistic Health at Ventura College. Since then, she has coached hundreds of individuals and inspired thousands of people with her motivational speaking & event creation. Stephanie calls herself "Love Warrior" – the deepest message she shares with her clients is her primary purpose in life.

"Self-love is the key to transformation in our healing journey." – *Stephanie*

Please check out Stephanie's website and YouTube Channel for an example of her speaking engagements. In addition to being a motivational speaker, Stephanie is a facilitator, intuitive guide, and coach. She is available to do in-person or online presentations in the Western Region of U.S.

Stephanie Bucklin Consulting

Motivational Speaking

Presentations, Workshops, Etc.

Stephanie's Canned Presentations

- Avoiding Toxins in Your Food & Environment
- Chakra Cleansing Techniques – Removing Your Blocks & Aligning to Truth
- Energies of Food According to Yoga Philosophy
- Finding the Leader Within – Holistic Leadership Program
- My Story – How Yoga, Veganism & Self-Love Changed My Life
- The Fine Art of Balance in a World of Chaos
- The Five Principles of Yoga
- The Gerson Therapy – A Cure for Cancer
- Top 10 Benefits of Holistic Wellness
- Top 10 Benefits of a Plant-Based Diet
- Top 10 Benefits of Superfoods
- Water is Life – Choosing the Right Water Filter May Save Your Life!

Stephanie's Workshops, Programs & Seminars

- 10 Easy Steps to Optimal Wellness – 6-week Program
- Plant-strong Nutrition for Optimal Wellness – 12-week Program
- Achieve a Deeper Understanding Through Ancient Yoga Philosophies – 12-week Program
- Finding Your Bliss Through Unconditional Love – 12-week Program
- Interpersonal Leadership Program – 12-week Program
- Sustainable Living Program – 12-week Program
- Plant-Strong Grocery Shopping Trips – 3 session Package
- Quick! Help Me Detox My Life! – 3 session Package
- 72-Hour Supported Juice Fast – 3-day Weekend Package
- Journey of Self-Discovery – 3-day Weekend Leadership Seminar
- Creating a Vision Board for Your Best Life – 3-hour Workshop