

ABOUT SHANTI DOUGLAS



Shanti Douglas is a Mindfulness and Lovestyle Coach, corporate trainer, and the owner of *8 limbs Holistic Health, LLC*. Her mission is to empower others to have greater confidence and ease as they navigate their way through stressful times, to help them recognize their strengths with joy, and to create a life fulfilled. Shanti is passionate about supporting others to gain better physical, mental, and emotional wellness and shares practical, integrative techniques that inspire confidence for lasting change. She has facilitated over 500 workshops and trainings on a variety of well-being topics including positivity and stress management, emotional and intuitive eating, change and resiliency, emotional regulation, and self-love and compassion. She has supported thousands in integrating personal peace practices into daily moments.

Shanti blends her unique and diverse experience and education to bring a fresh perspective to life's challenges. Her educational background includes degrees in Psychology and Human Services, Masters work in Consciousness Studies, as well as 20+ years of credit and finance management in both private and regulated business industries. Shanti is a Certified Wellcoaches Health & Wellness Coach, a multi-certified yoga and energy-healing teacher, an Eden Energy Medicine Certified Practitioner and Authorized EEM 101/102 Teacher, and a Universal Life Church Minister. She is also an active member of Buddhist Zen Master Thich Nhat Hanh's Order of Interbeing with a life-centered practice of mindfulness. For the past 10 years she has organized mindfulness retreats and conferences throughout New England and is Harvard Pilgrim Health Care's Mind the Moment instructor for the New Hampshire region.

Please reach out for any questions or more information.
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