

STATS FOR YOGAHEALER SHOW

2.2 M Downloads
30 K downloads/month
2k episode/month
470 Episodes
Since 2012

AVATARS

**MODERN AND
PROFESSIONAL WOMEN**
WITH A STRONG DESIRE TO
THRIVE IN BODY, SOUL,
AND RELATIONSHIPS.
WOMEN WHO WANT TO
NOURISH THEMSELVES
AND THEIR PEOPLE, WHILE
FULFILLING THEIR
PERSONAL AMBITIONS.

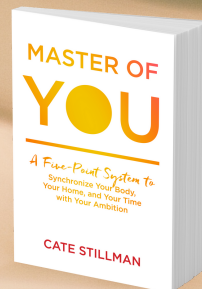
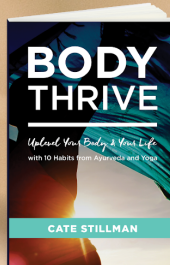
WOMEN WHO WANT TO
HAVE IT ALL - THE BODY,
THE FREEDOM, THE
INVESTMENTS, AND TIME
ON THEIR HANDS. CATE
AWAKENS AMBITION AND
DHARMA (LIFE PURPOSE) IN
HER LISTENERS.

CONTACT DETAILS

Email: cate@yogahealer.com
Website: www.yogahealer.com

Speaker Podcast Guest

WITH CATE STILLMAN



ABOUT CATE

**LEADER. INNOVATOR. SPEAKER.
MOTHER. AYURVEDIC ENTREPRENEUR.**

www.yogahealer.com since 2002
www.yogahealthcoaching.com since 2012
HEALER CON ...coming April 2021

Cate Stillman has been an innovative teacher and wisdom leader of Ayurveda establishing Yogahealer.com in 2001, and Yoga Health Coaching in 2012 for wellness professionals. Her books include Body Thrive, released by Sounds True (March 2019), and, Master of YOU (March 2020). Cate is a leader and author in the field of Ayurveda, Peak Performance, Habit Evolution and Dharma.

Cate is a global online community leader at Yogahealer with her podcast - The Yogahealer Show has 2M+ downloads, and newsletter that reaches 40k+ people. She leads Yogahealer with her remote team and is an avid recreational athlete with skiing, mountain biking, whitewater paddleboarding, and surfing with her family in the mountains of Wyoming, USA and Punta Mita, Mexico. She is in the top 2-3% of revenue from women entrepreneurs in the United States.

CONVERSATION TOPICS

- Ayurveda
- Habit Evolution
- Women's Empowerment
- Enlightened Parenting
- Freedom-based lucrative lifestyle
- Remote Teams
- How to Orient towards Thrive in Modern Life
- Women and Entrepreneurship
- Design Thinking + Liminal Thinking + Liberating Structures