



simple serenity

*"The healing journey brings discovery and opportunity ... an invitation to live a life of greater beauty, dignity, wisdom and love ... to respond to our world from a place of stillness and serenity and to live our lives from our highest purpose and potential." ~Lorrie Jones*

**Meet Lorrie Jones:** a knowledgeable and experienced resource, bringing a unique and innovative approach to wellness. An author in print and on audio and a pioneering facilitator for over 20 years, I am available for media interviews and quotes via email, phone or in person in the Western Washington region. I am also available to speak on podcasts, tele-classes, webinars and live by arrangement.



LORRIE JONES, SIMPLE SERENITY

**Mindfulness based programs and practices** are my signature work, my professional joy. As the only person in Washington State certified to teach Mindfulness Based Stress Reduction (MBSR), I offer a conscious, creative and compassionate approach to personal renewal and mindful practices for health and well-being with a special emphasis in the area of healing from disordered eating.

From a foundation of traditional Western medicine, I weave Eastern wisdom, life experience, opportunity and learning and growth into a unique and innovative approach to living a life of wellness, balance and serenity. Rather than focus on what is ineffective, my offerings embrace what is thriving, what is possible and what enhances the health and well-being of the individual or group.

Through Simple Serenity, I provide education, consulting and coaching in the most effective principles and practices of the mind-body approach to health and wholeness. Designed to educate, inspire and motivate, my state-of-the-art professional programs and mindfulness based, integrative wellness programs and education foster mindfulness, self-discovery and personal transformation. I have served individuals, groups, and hospitals with my expertise in health issues, stress reduction and mind-body healing.

CREDENTIALS & EXPERTISE INCLUDE: BS NURSING; CERTIFICATION IN MINDFULNESS BASED STRESS REDUCTION CREATED BY DR. JON KABAT-ZINN, UMASS MEDICAL SCHOOL-CENTER FOR MINDFULNESS; WA STATE CERTIFIED COUNSELOR; BEGINNING/ADVANCED/SENIOR YOGA & MAT PILATES.

Author of the following publications:

- [21 Days of Eating Mindfully](#) ~ *Your Guide to A Healthy Relationship with Yourself and Food*© also available on [Amazon for Kindle](#)
- *Simple Serenity: A Woman's Guide to Living Mindfully*©
- *Fit From Within: The Art & Science of Weight Loss*©
- *Mindful Recovery: Healing from an Eating Disorder*©

Program Offerings:

- [Eating Mindfully 21-Day Challenge](#)©
- Simple Serenity: 12-Week Personal Healing Program©
- Simple Serenity: 8-Week Healthy Living Starts Today Program©

Professional Speaking Topics:

- Are You an Emotional Eater or a Mindful Eater?
- Incorporating the Principles of Mindfulness into Daily Practice
- Is Your Life Out of Balance? Stress Reduction for the Busy Woman
- The Heart and Soul of Why You Eat ~ It's Not What You Think
- Using Mindfulness in Recovery from Disordered Eating
- Gratitude ~ Finding the Gift in Any Situation
- Being Grateful in the Face of Disappointment, Despair and Discouragement
- Mindful Leadership Practices for Conscious Business
- Is Your Teen Showing Signs or Symptoms Possibly Indicating an Eating Disorder?

Membership in the following associations:

- IDEA: Health and Fitness Association
- PEO: National Organization of Philanthropy and Education for Women
- NSA: National Speaker's Association
- NEDA: National Eating Disorders Association
- IONS: Institute of Noetic Sciences

*When I first reached out to Lorrie, I was lost, hopeless, and a desperate slave to my food addictions and emotions. Through her amazing generosity of spirit, the deep compassion and acceptance that she instills, and her breadth of knowledge and understanding, I have been able to develop a sense of peace and progress in the darkness by which I was once surrounded. She has a remarkable gift to empower, encourage, and support the development of skills to face the horror of emotional eating and shame. Lorrie creates a safe environment for my growth and facilitates the path of change with such belief and hope. This I know: my life is forever changed having walked this journey through pain, transformation, and blissful moments of serenity with Lorrie by my side.*

~Mandy S, Tacoma WA



simple serenity™

## Letter of Reference

*To Whom It May Concern,*

*Lorrie Jones has asked me to write a letter of recommendation for her. It is my pleasure to do so.*

*Lorrie works from a place of vision, drive, curiosity, and intelligence. She commits to a project that engages her and ensures that it comes to fruition. She develops course work that is knowing, intuitive, solid, sensitive, and moving in its interpretation. She is a dedicated, intuitive artist able to conceive and implement a creative vision of where mindfulness, meditation, and yoga techniques are going next.*

*Lorrie continues to undertake many intensive, immersive programs in these disciplines for her personal growth and remains up to date with advances in the field. She fiercely believes in the ongoing pursuit of a mindfulness/meditation/yoga education. She seeks to continue to develop her technical reference, artistic skills, and expand her knowledge base even after receiving certification from the highly selective Mindfulness Program at UMass.*

*Hallmarks of her work include intelligence, sensitivity, empathy, passion, deep commitment to discipline, keen preparation, courage, unique interpretations, honesty, consistency, subtle humor, clear communication skills, and uncompromising creativity.*

*Everyone in contact with Lorrie considers her a remarkable human being. She is also skilled in cultural situations encouraging a sense of community connection, as well as individual growth. Her work with many diverse populations and age groups brings much maturity, good listening skills, and compassion to her interactions. These experiences will certainly benefit anyone who undertakes a course of study with her. They discover that her knowledge, experience, world view, and understanding of the human condition resonate in all her seminars and presentations.*

*It is Lorrie's shining humanity that sparkles all through her seminars, presentations and work projects. This makes her a valuable member of the mindfulness, meditation, and yoga professions.*

*I give Lorrie Jones my highest recommendation.*

*If you have any other questions regarding this exceptional professional, please contact me.*

*Katherine Billings, Adjunct Professor:*

- Eastern Washington University at Pierce
- Evergreen College, Olympia, WA
- South Puget Sound College, Olympia, WA
- Edmonds Community College, Edmonds, WA

*253-722-7773 | katherinebillings1@yahoo.com*



simple serenity™

## Happy clients say it best!

*“When I met Lorrie Jones in 2003, I was a shattered and scared young woman. I was going through a series of circumstances in life that had left me feeling defeated and broken. My self esteem and confidence were non-existent. I was stuck in a downward spiral of self-destruction, which left me feeling completely lost and alone. I had started the search for someone to work with on a one-on-one basis in the hope of being able to save my life and put the pieces back together.*

*Lorrie’s personal professionalism made me feel so safe. Upon our first meeting together, I left with something I hadn’t arrived with – hope! Hope that I would someday be living a life full of happiness and self-confidence. We worked together diligently; all the while my physical and emotional healing began to take place.*

*Lorrie was unlike anyone I had ever worked with before. With her, I felt no shame or judgment – I knew I was good enough. With Lorrie’s help, I knew no mountain was too high to climb. And together she and I worked, climbing each mountain until I reached my summit.*

*Today, I am proud to say that I am a happy, well-adjusted woman. I work full-time and am in school pursuing a degree in nursing. I am finally able to look in the mirror and be proud of the woman looking back at me. When I walk, I walk with confidence, holding my head up high, which is something I wasn’t able to do before I began working with Lorrie. I have my life back today, which is the best gift I could ever ask for! And it is Lorrie Jones who gave me that gift.”*

*~Britt I, Chandler, Arizona*