



simple serenity



LORRIE JONES, SIMPLE SERENITY

**Lorrie Jones MBSR CHT BSN** and founder of Simple Serenity LLC, is a mindfulness based stress reduction expert and longtime health educator. Dedicated to fostering mindfulness, self-discovery and personal transformation in wellness and well-being she provides education, consultation and coaching in the most effective principles and practices of Mindfulness and Hakomi therapies, encompassing a “mind-body” approach to health and wholeness. Whether speaking, coaching or writing, Lorrie brings a unique and innovative approach to her work.

As a wellness practitioner, educator and coach, Lorrie has served individuals, groups, and hospitals with her expertise in eating behaviors, stress reduction and mind-body healing for over 30 years. Certified in both Mindfulness Based Stress Reduction (MBSR) and Hakomi Therapy (CHT), Lorrie offers a conscious, creative and compassionate approach to personal renewal and mindful practices for health and well-being. When a person works with Lorrie, her profound ability to “hear between the words” helps identify and understand their pain, the first step in healing, no matter the struggle.

From her ongoing self-work, Lorrie offers a rich soil from which mindful exploration of life issues and possibility can take root and flourish. In addition to professional expertise in the area of health and wellness, Lorrie offers personal life experience. In her lifetime, she has faced death twice, once from an eating disorder and once from a near-fatal car accident. From these experiences, Lorrie’s mindfulness practice enabled her to fully recover and view life from a place of learning and gratitude.

Lorrie’s other passions and interests include traveling (adventure), family gatherings (love), fun with friends (connection), gardening (peace), writing (creativity), cooking (nourishment), creating lovely spaces (beauty), and poetry (soul nurture).

In addition to her therapeutic work, Lorrie has written a series of guidebooks to support people with their healing. A lifelong learner, Lorrie’s credentials and expertise include but are not limited to:

CERTIFICATION IN MINDFULNESS BASED STRESS REDUCTION (MBSR); CERTIFICATION IN HAKOMI THERAPY (CHT); WA STATE CERTIFIED COUNSELOR, BS NURSING (BSN); NUERO-LINGUISTIC PROGRAMMING (NLP); HOSPICE CARE VOLUNTEER.

Author of the following books and publications:

- *21 Days of Eating Mindfully: Your Guide to A Healthy Relationship with Yourself and Food*
- *21 Days of Living Mindfully: Your Guide to Conscious Living*
- *21 Days of Parenting Mindfully: Your Guide to Raising a Mindful Child*
- *Hakomi: Your Key to Personal Exploration, Discovery and Possibility*
- *Eating Mindfully: Your Key to Healthy Living*
- *Fit From Within: The Art & Science of Weight Loss*

Program Offerings:

- Mindfulness-Based Coaching 1:1 / Mindfulness-Based Hakomi Coaching 1:1
- 3-Day Mindfulness Intensive in the Privacy of Your Home
- 12-Week Personal Healing Program: 1:1 Peer Counseling

Professional Speaking Topics:

- Cultivating Conscious Living Through the Lens of Mindful Awareness
- The Power of Mindfulness: Reshape Your Brain, Reshape Your Life
- Raising a Resilient, Resourceful, and Joyful Child Through Mindful Practices
- Conscious Parenting: Cultivating an Awakened Family
- Cultivating a Healthy Relationship With Yourself, Your Body, and Food
- The Heart and Soul of Why You Eat, It’s Not What You Think

Membership in the Following Associations:

- TCME: The Center for Mindful Eating
- IDEA: Health and Fitness Association
- PEO: National Organization of Philanthropy and Education for Women
- NEDA: National Eating Disorders Association
- IONS: Institute of Noetic Sciences
- NODA: No One Dies Alone

*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