



*Wellness programs for the enlightened business.*

## **Biography: Kristin Deyle**

### **Entrepreneur, Marketing Executive, Wellness Educator and Yoga Teacher**

Kristin Deyle is founder and program director of Unity Wellness Group®, LLC; innovative mind-body wellness company dedicated to helping businesses optimize the health of their employees through customized and measureable wellness programs.

Kristin worked in various marketing management roles for over 18 years before founding her own wellness company in May 2008. She led the launch of many high profile, award-winning marketing and product campaigns for Fortune 500 clients and at one point was named most valuable employee for her successful efforts at the global advertising agency where she worked. Moreover, in addition to this, she often looked for additional responsibility in staff development and training and even explored adjunct professor teaching roles for a brief period of time.

Her personal experience working in fast-paced marketing roles coupled with her passion for personal wellness motivated her to found Unity Wellness Group®, LLC. She was inspired to bring the health-transforming benefits of mind-body practices to people where they work. Kristin also teaches out of her studio, Unity Yoga. Her classes aim to provide individuals therapeutic relief to common health



*Wellness programs for the enlightened business.*

issues like stress, arthritis, back and neck pain, sleep disorders, fertility challenges and more.

Kristin earned a bachelor of science degree with a minor in business administration in 1991. After working in marketing and advertising several years she went on to earn a masters degree in integrated marketing communications.

She received her yoga teacher's certification in May 2008 from Santosha School of Yoga in Providence, R.I. She is a registered teacher with the Yoga Alliance. Her teacher was Santosha School of Yoga founder, senior Kripalu teacher and author [Maya Breuer](#). Kristin is now a dedicated life student of mind-body modalities. She has a personal life practice that includes yoga, meditation, pranayama, hypnosis, Reiki and acupuncture. In fact, Kristin credits mind-body practice and namely yoga for changing her outlook, her health – even her vocation. “Yoga and other mind-body modalities, have given me a system to calm my mind and be present and aware,” she said. “These skills are absolutely necessary for a joyful life but didn’t come naturally to me before a dedicated practice.”

To learn more about Kristin and Unity Wellness Group®, LLC visit:  
<http://www.unitywellnessgroup.com/about/founder.html>