



Emily Basford

Sound Healer, Public Speaker

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Emily's passion for wellness began at a young age. She has been practicing yoga and clean eating for more than ten years. Trained in Economics and Business, Emily spent four years in the corporate environment working in data analytics before transitioning full-time into the wellness industry in 2017. As a private yoga instructor and wellness speaker, her current vision is to provide empowerment and life balance skills to business leaders who experience excess stress in their daily lives.

Emily has served two years as a professional health coach and fitness instructor for professionals seeking weight loss, improved energy, or stress reduction. She brings wellness in the workplace for large international companies as well as local small businesses to boost team member productivity. Employees return to work feeling refreshed, focused, and more confident about channeling stress into results.

Emily studied at the University of Florida and received a Bachelor's degree in Economics with a minor in French studies. She also completed a Master's program in International Business. She is certified in Holistic Health Coaching from the Institute of Integrative Nutrition, Yoga & Ayurveda from the Association of Yoga & Meditation, and NASM Personal Trainer from the National Academy of Sports Medicine.

SolFreshLife was developed with you in mind to provide quality instruction, guidance and tools to unlock the key to your full potential. Founder and lead facilitator, Emily Basford, has designed a true blend of lifestyle wellness to help you transition between work, home and personal achievement. The SolFreshLife concept was energized under the vibrant skies of Miami, FL to shape a diverse culture of health and well-being. We are a growing company with a clear vision to leave a healthy hand-print in three important areas of living: health, fitness, and balance.

Session Topics:

Wellness & Stress Management: The session touches on the impact stress has on our health and the ways in which we can effectively manage stress to feel more balance, health, and vibrant. This introduces attendees to the topics of mindfulness, meditation, and movement. Attendees will walk away with tools to use in the future for stress management.

Yoga: Learn the brief history of yoga, styles of practice, and philosophy. Interactive experience for yoga stretches to relieve tension appropriate to do at home, at your desk, or on the go.

Meditation: Learn the brief history of meditation, various styles of practice, and ways you can easily adapt meditation into your life. Interactive experience of sample meditation styles to relax the mind and body.

Sound Bath: Learn about the history, instruments, and benefits of sound healing. Experience a sound bath to relax the body and restore the mind. Meditate to the live vibrations and music of Tibetan Singing Bowls and accompany sound healing instruments.

Mindfulness: Learn what mindfulness really is, how mindful living impacts your health, and tools to adapt mindfulness into your life. Fun interactive activity with mindful eating.

Happiness: Learn about the keys to happiness and the ways you can adapt these practices into your life. Interactive exercises to accompany the topic exploring the five senses.

