



Michael Lee, M.A.

Author, Speaker and Wellness Expert
Founder of Phoenix Rising Yoga Therapy

Michael works with Sophia Associates, Inc. delivering customized wellness seminars to corporate clients and organizations. Additionally he works in private consultations facilitating the four month wellness program *Dynamic Living™* for individuals who wish to tap into personal purpose, build resiliency and increase vitality through Mind, Body, Heart and Spirit connection. His clients include corporate executives, busy professionals and individuals who value wellness.

A deep quest for quality of life has long been an area of interest for Michael Lee. The author of *Turn Stress Into Bliss* and the Founder of *Phoenix Rising Yoga Therapy*, Michael Lee has a background in education, psychology and holistic health. Michael holds a Masters degree in Holistic Health Education from Norwich University in Vermont with an emphasis on stress management. Michael now focuses his time on writing. He is the author of *Turn Stress Into Bliss: The Proven 8-Week Yoga Program for Health, Relaxation and Stress Relief*, a best-selling book for managing stress and building health through yoga.

Michael first became interested in the transformative power of yoga when he moved to the United States from Australia to live and teach at the Kripalu Center for Yoga and Health in Lenox, Massachusetts. He developed *Phoenix Rising Yoga Therapy* in 1986. He directed several of Kripalu's professional training programs in the mid to late 1980s including Yoga Teacher Training and Holistic Health Educator Training. Among other things this program was one of the first to actively teach both yoga and stress management techniques. At Kripalu he became fascinated by the prospect of using Hatha yoga to facilitate a wider range of benefits: the deep relaxation and sense of wellbeing provided by body-work; the catharsis of therapy; the mindfulness of meditation; and the integration of body, mind and spirit available through yoga. Michael's commitment to returning to clients the responsibility for their own healing, and ultimately, their own transformation, led him to originate an approach to yoga therapy that empowers clients. He named his system Phoenix Rising, after the mythical bird of beauty and immortality. Today *Phoenix Rising Yoga Therapy* is a global force in the healing arts profession, widely recognized as a powerfully effective, leading edge body-mind healing modality.

Michael is also a pilot, a widely traveled adventurer, a hiker, and a father of five. He lives with his family in the Berkshires in Western Massachusetts and commutes to his writers' retreat in the North Woods of Maine in the shadows of Katahdin.