

Whitney R. Simpson

author, creator, retreat facilitator, speaker, spiritual director, yoga instructor

Whitney's Bio:

A stroke at age 31 forced Whitney to slow down and listen more deeply to her body. With a young child at home, she found herself re-learning the basic skills of life (like walking) too. In the process of her healing and recovery, she discovered how to listen more deeply to God and began exploring ancient practices to re-connect her body and spirit.

One of those practices was yoga. Whitney was hesitant yoga could ease her chronic pain. Needless to say, she was wrong. Embracing the practice of yoga has been foundational for her path to recovery. Upon realizing what a transformation her life began to take (both on and off the mat), she felt nudged to share that gift with others. Whitney is now a 500-hour certified yoga instructor, trained with Holy Yoga Ministries. Additionally, she has certifications in Trauma-Sensitive Yoga, Chair and Senior Yoga, Curvy Yoga, YogaFit, and is an experienced kids yoga teacher. Whitney is passionate about sharing the physical and spiritual benefits of movement, meditation, and breath with a variety of populations and skill levels.



Prior to her yoga teacher trainings, Whitney completed professional certification in spiritual formation through the United Methodist Church at Garrett-Evangelical Theological Seminary. Through her work as a spiritual director and retreat facilitator, she incorporates yoga and other ancient tools, encouraging the sacred connection of breath, body, and spirit.

Whitney is the author of *Holy Listening with Breath, Body, and the Spirit* published by Upper Room Books. Her background in journalism and communications fuels a passion for spiritual formation story-telling.

Whitney is the founder of Exploring Peace Ministries and lives with her family in Tennessee. You can connect with her on-line at www.ExploringPeace.com where she offers soul care resources for exploring the gift of God's peace with the whole self. Find Whitney on most social media platforms at @WhitRSimpson.

Shortened Bio:

Whitney is the author of *Holy Listening with Breath, Body, and the Spirit* published by Upper Room Books. Through her work as a spiritual director and retreat facilitator, she incorporates yoga and other ancient tools, encouraging the sacred connection of breath, body, and spirit. Whitney completed certification in spiritual formation at Garrett-Evangelical Theological Seminary and is a 500-hour certified yoga instructor. She is the founder of Exploring Peace Ministries, offering soul care resources for exploring the gift of God's peace with the whole self. Whitney lives with her family in Tennessee and can be found online at www.ExploringPeace.com and on social media at @WhitRSimpson. Good books, the great outdoors, hot tea, dark chocolate, and the Trinity are good for her soul.