

TJ Halliday

Wellness Educator | Yoga & Mindfulness Coach | Trauma-Informed Consultant

Website: www.tjhalliday.com

Email: tj@tjhalliday.com

New Orleans, LA | Available for in-person & virtual offerings

About TJ Halliday

TJ Halliday (she/her) is a trauma-informed educator, group facilitator, and wellness entrepreneur with over 15 years of experience in the fields of mental health, mindfulness, and movement. She is the Founder and CEO of *Embodied Resilience Solutions*, a company dedicated to helping individuals and communities recover from stress and build lasting emotional resilience through body-based, neuroscience-informed practices.

With a Master's Degree in Clinical Psychology from Columbia University and certifications in yoga, mindfulness, and trauma-sensitive care, TJ specializes in making nervous system regulation and emotional well-being accessible and practical. She has taught in studios, clinical settings, nonprofit organizations, and corporate environments, offering both weekly classes and immersive workshops that integrate evidence-based tools for healing and sustainable well-being.

Areas of Expertise

- Nervous System-Informed Practices
 - Trauma-Informed Yoga & Mindfulness
 - Emotional Resilience & Stress Recovery
 - Perinatal & Postnatal Support
 - Workplace Wellness & Professional Trainings
 - Group Facilitation & Retreat Design
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Signature Offerings

Workshops & Trainings

Customizable, experiential sessions designed for yoga studios, wellness centers, corporations, and clinical organizations.

- **The Science of Stress Recovery**
- **Mindfulness & Emotional Regulation**
- **Yoga for Anxiety, Depression & Fatigue**
- **Creating Trauma-Informed Spaces**
- **Restorative Practices for Burnout & Recovery**

Weekly Classes

Available locally in New Orleans or by request at studios, wellness centers, and workplaces.

- *Movement & Meditation (45 min)*: Breath-led movement and grounding practices for mental and physical fitness.
- *Mindfulness Meditation (30 min)*: Practices rooted in emotional intelligence, self-compassion, and resilience.
- *Restorative Yoga (60 min)*: A deeply nourishing class designed to downshift the nervous system and invite rest.
- *Natal Yoga for New & Expecting Moms (75 min)*: Blends connection, movement, and restorative support in a community-centered space.

Retreats & Immersive Experiences

Designed for small groups seeking deeper nervous system support, lifestyle shifts, or emotional recovery. Includes a blend of movement, mindfulness, education, and rest.

Professional Webinars

Tailored for corporate, healthcare, and nonprofit audiences seeking nervous system-informed workplace wellness tools.

Audiences Served

Yoga Studios | Corporate Teams | Entrepreneurs | Educators | Healthcare Workers | Therapists & Clinicians | Women & Mothers | Veterans

Education & Training Highlights

- M.A., Clinical Psychology, Columbia University
 - Certified Yoga & Meditation Teacher (200+ hours)
 - Trauma-Informed Training (multiple modalities)
 - Change Psychology Specialist
 - Restorative & Prenatal Yoga Training
 - Somatic Resilience & Recovery Training
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Select Experience

- **COO & Director of Body Therapies**, Arabella Wellness Center
 - **Expressive Therapies Group Facilitator**, The Motherhood Center (NYC)
 - **Mindfulness Coach**, Warner Media (HBO/CNN) & NYC Transit Authority
 - **Health Science Specialist**, U.S. Department of Veterans Affairs
 - **Yoga Teacher Training Faculty**, Trauma & Restorative Modules
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Booking & Inquiries

For speaking, teaching, consulting, or custom collaborations, contact:

tj@tjhalliday.com

www.tjhalliday.com

Or use the QR code to fill out the bookings form:

