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Unbuckled, with Intimacy Architect Christi Anne Bela
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July 16th 2021: Giving Forward & UpRising: How Yoga Supports Youth Justice

Jill Weiss Ippolito & I met at a Marianne Williamson lecture in Los Angeles when I heard about the non-profit she had started "UpRising Yoga" & I had to be a part of it. I was there for the first fundraiser – "A Chance to Heal" in 2012. Since then Jill has seen UpRising, rise indeed, uplifting the lives of both incarcerated youth, as well as the connected branches of probation, justice systems, and homeless. We talk about how Yoga has made a wonderful impact on our lives. Jill shares insight into Yoga being incorporated into therapeutic strategies. It has been used to address depression, anxi

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Featured Guest

Guest Image

Jill Weiss

Jill Weiss Ippolito is the founder and CEO of Yoga For Healing Trauma Coaching & Consultations as well as the internationally known nonprofit UpRising Yoga. Jill is a trauma-informed yoga educator and coach and has experienced firsthand the healing power of yoga. Jill leads online Trauma-Informed Yoga Training and is a writer, consultant, and community program developer. As the executive director of UpRising Yoga, a non-profit organization that focuses on juvenile detention facilities and teaches yoga life skills to "system-involved youth" and communities, probation officers, mental health professionals and many marginalized individuals. UpRising Yoga established over 40 consistent yoga cl

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