

Lisa Eurich - Press & Media Kit

About Lisa Eurich

Lisa Eurich is an Executive Integrative Therapies Practitioner, Clinical Hypnotherapist, MBCT Practitioner, Trauma-Informed Yoga Therapist, and the founder of both RecoveryCoach247 and Yoga2LA - based in Los Angeles, CA. With three decades of experience guiding individuals through addiction recovery, emotional healing, and mind-body transformation, Lisa blends clinical depth with holistic wisdom. Her integrative methods empower clients to reconnect with their purpose, regulate their nervous systems, and live with embodied presence.

About Yoga2LA

Yoga2LA is a trauma-informed, adaptive yoga and mindfulness practice created by Lisa Eurich. It serves individuals of all ages and healing journeys through movement, breath, and presence. Classes include Zen Yoga & Breathwork, Mindful Movement + Trauma-Informed Pilates, Y12SR, and Somatic Nervous System Reset.

About RecoveryCoach247

RecoveryCoach 247, LLC (also known as RC-247), is a concierge behavioral wellness and recovery company dedicated to whole-person healing. Programs blend Evidence-Based Coaching, Clinical Hypnotherapy, Yoga and Somatic Therapies, and Mindfulness-Based Cognitive Therapy Practices. Offering virtual, in-person, and on-demand care, RC-247 provides 24/7 access to expert treatment and guidance, tools, and accountability.

Core Offerings

- Yoga of 12-Step Recovery (Y12SR - Certified Facilitator)
- Breathwork & Progressive Body Relaxation
- Mindful Movement & Trauma-Informed Pilates
- Restorative Zen Yoga
- The Conscious/Subconscious Mind Connection
- Somatic Nervous System Reset
- Group Hypnotherapy and Guided Imagery for Recovery & Healing
- Living The Four Agreements
- Everyday Mindset & Motivation
- Cognitive Recovery Tools
- Concierge Recovery Lifestyle Group
- One-on-One Wellness Coaching and Clinical Hypnotherapy

Speaking & Media Topics

- The Role of Hypnotherapy in Addiction and Identity Healing
- Yoga as a Somatic Tool in Healing
- Nervous System Reset through Breath, Movement, and Meditation
- Healing Shame and Rebuilding Self-Trust After Crisis
- Whole-Person Wellness: A 24/7 Approach to Recovery
- The Inner Child in Recovery: Compassion-Based Practice
- Four Agreements as Recovery Anchors
- Daily Practices That Rewire the Brain for Calm and Focus

Sample Media Pitches

"From Yoga to Hypnotherapy: How Lisa Eurich Is Transforming Recovery Spaces" — A profile piece exploring how Lisa integrates ancient healing practices with clinical tools to meet clients in recovery, stress, anxiety, or transformation.

"What's Your Nervous System Telling You?" — Invite Lisa Eurich to discuss somatic-based anxiety solutions and trauma-informed yoga in a way listeners can apply today.

"Mind-Body Recovery Is 24/7: Why Support Can't End at Discharge" — A deep dive into RecoveryCoach247's approach to relapse prevention, inner child work, and holistic healing.



Contact & Booking

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