# 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**

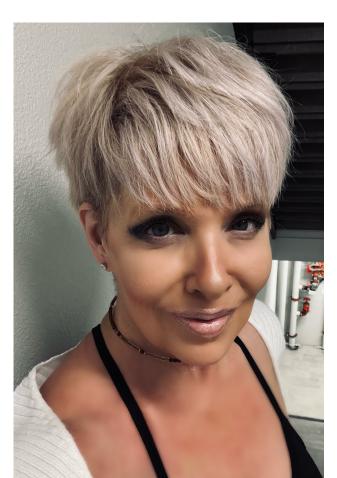
- The Role of Hypnotherapy in Addiction and Identity Healing
- Yoga as a Somatic Tool in Healing
- Nervous System Reset through Breath, Movement, and Meditation
- Healing Shame and Rebuilding Self-Trust After Crisis
- Whole-Person Wellness: A 24/7 Approach to Recovery
- The Inner Child in Recovery: Compassion-Based 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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