

# Lisa Eurich - Press & Media Kit

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## About Lisa Eurich

Lisa Eurich is an **Executive Mind-Body Behavioral Health Practitioner & Educator, Clinical Hypnotherapist, and Trauma-Informed Mind Coach**, with over **three decades of experience**, guiding individuals through recovery, emotional healing, and whole-person transformation.

She is also a **Yoga, Pilates, Breathwork and Meditation Therapist, Solutions-Focused Recovery Coach, Anxiety & Trauma Specialist, Functional Aging Specialist, and Wellness Director** offering a holistic approach grounded in both science and lived experience.

Her signature, integrative methods empower clients to **reconnect with their purpose, regulate their nervous system, and embody presence** in everyday life.

Lisa is the **Founder and CEO of Yoga2LA** and **RecoveryCoach 247 LLC**, as well as the **Producer and Co-On-Air Talent of Recover-ish: The Podcast**, based in **Los Angeles, CA**.

## About Yoga2LA

Yoga2LA is a **trauma-informed, adaptive yoga and mindfulness practice** founded by Lisa Eurich, delivering **premium wellness experiences to events, workplaces, and therapeutic rehabilitation facilities**. It serves **individuals of all ages and healing journeys** through **movement, breath, and presence**. Sessions include **Zen Yoga & Breathwork, Mindful Movement, Pilates + Stretch, Y12SR (Yoga of 12-Step Recovery)**, and **Nervous System Reset**.

## About RecoveryCoach 247 LLC

RecoveryCoach 247 LLC (also known as RC-247) is a **concierge behavioral wellness and recovery company** specializing in integrative, evidence-informed care, using a blend of **Behavioral Wellness 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, accountability, and continuous support.

## Signature Programs

- Yoga of 12-Step Recovery (Y12SR): Embodied Healing for Sustainable Recovery
- Rewired: The Mindset Reset Method



- Core Training: Pilates for Deep Healing & Strength
- Reset & Restore: Zen Yoga & Nervous System Regulation
- Understanding The Conscious and Subconscious Mind Connection
- Somatic Healing: Breathwork for Resilience & Balance
- Presence Over Patterns: Group Coaching, Hypnotherapy and Guided Imagery
- Living The Four Agreements: A Path to Psychological Freedom
- The Power of Now: Applied Mindfulness for Cognitive & Emotional Recovery
- The Wellness Lifestyle: Practical Tools for Sustainable Health
- 24/7 Move: Fitness You Can Do Anywhere
- Private 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 Lifestyle 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.

"Rewired" - A nervous system regulation program that helps professionals reduce stress, improve emotional resilience, and enhance performance through evidence-informed breathwork, relaxation techniques, and tools to incorporate into everyday living.

### **Contact & Booking**

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