



Inner Strength Foundation

## Instructor Bios

### **Amy Edelstein**

Amy Edelstein is the founder and executive director of the Inner Strength Foundation. She is an educator, author, and public speaker is a powerful communicator of ideas and beliefs that can help us transform ourselves and the culture we live in. Amy has 35-years experience working with contemplative tools and developmental philosophy, and has taught in half a dozen countries around the world. She is also the cofounder of Emergence Education Press, a publishing house which produces transformational books and programs for adults. Amy is a Cornell University College Scholar, recipient of a 2019 Philadelphia Social Innovation Award, and author of five books, including the award-winning bestseller *The Conscious Classroom*.

### **Lina Blanchet**

Lina Blanchet brings with her a deep understanding of mindfulness practices and how to apply these to both life and educational contexts. She holds a Masters in Mindfulness for Educators from Antioch University, and is currently working as an Adjunct Faculty member in the same Mindfulness for Educators Master's and Certification programs. She is a certified teacher in both New Jersey and Pennsylvania, and has over seventeen years of teaching experience in both the US and abroad.

### **Julie Coopersmith**

Julie Coopersmith has over 15 years experience in Mindfulness and Yoga practices. She has developed programs with Occupational, Physical, and Speech therapists and has partnered with them for children and adolescents in school settings as well as privately. Julie holds an MBA in Healthcare Administration from Temple University. In addition to her training with Inner Strength, she has also completed teen mindfulness training with Patricia Broderick, PhD and Jenny Mills, and is a graduate of the Mindfulness Based Stress Reduction program.



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### **Holly Henry**

Holly Henry is a communications specialist with core strengths in public relations, strategic marketing communications and advancement with extensive experience working for nonprofit organizations, educational institutions and foundations. Her special interests are education and healthcare /wellness. Holly has a B.A. in Economics from Bucknell University and an M.S. in Public Relations from American University.

### **Jody Long**

Jody Smith Long has been working with people using mindfulness and other contemplative and healing modalities for 15 years. She has been practicing various forms of meditation for close to thirty years. She holds a BFA from the University of Michigan Stamps School of Art, and an MAT in Teaching of Visual Arts grades K-12 from University of the Arts.

### **Debbie Wigrizer**

Debbie Wigrizer has been practicing meditation and yoga for over 20 years. She has a BS and MS in Education and has taught at Community College of Philadelphia for more than 20 years. In addition to her training with Inner Strength, she is a Certified Yoga Teacher with Yoga Alliance and a graduate of the Mindfulness Curriculum Training with Mindful Schools.