



ELENA BROWER

MEDIA KIT

LAST UPDATED: January 2024



ABOUT ELENA BROWER

Mother, mentor, poet, artist, volunteer, bestselling author and host of the Practice You Podcast, Elena Brower has taught yoga and meditation since 1999. After graduating Cornell University in 1992, she designed textiles and apparel for almost a decade shifting her focus to yoga, meditation, art and writing. Her first book, *Art of Attention*, has been translated into seven languages; her second, *Practice You*, is a bestseller. Elena's first collection of poetry, *Softening Time*, was released in May 2023.

Her virtual Engaged Mentorship is renowned for inviting analog creativity into online coursework and her Perceptive Parenting audio course is a key resource for parents. Elena's yoga classes and meditations are featured on Glo. She works to elevate bright futures for girls, women and children through her support for Girls on Fire Leaders, On The Inside and Free Food Kitchen. She received the Buddhist Precepts from Roshi Joan Halifax in 2023 and is now a candidate for Chaplaincy. Her spoken word poetry can be heard on Above & Beyond's Flow State albums.



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THE PRACTICE YOU PODCAST

Content and conversations for times of transition and change. Join me in discussion with renowned luminaries and dear friends to explore life's myriad transitions, our understandings and our responses. What does it mean to be present, to shift our perceptions, to engage with the world meaningfully, with dignity and care? With respect for the ancient practices and the modern wisdom that continue to inform and elevate our exchanges, each episode is an invitation to Practice You.

elenabrower.com/podcast



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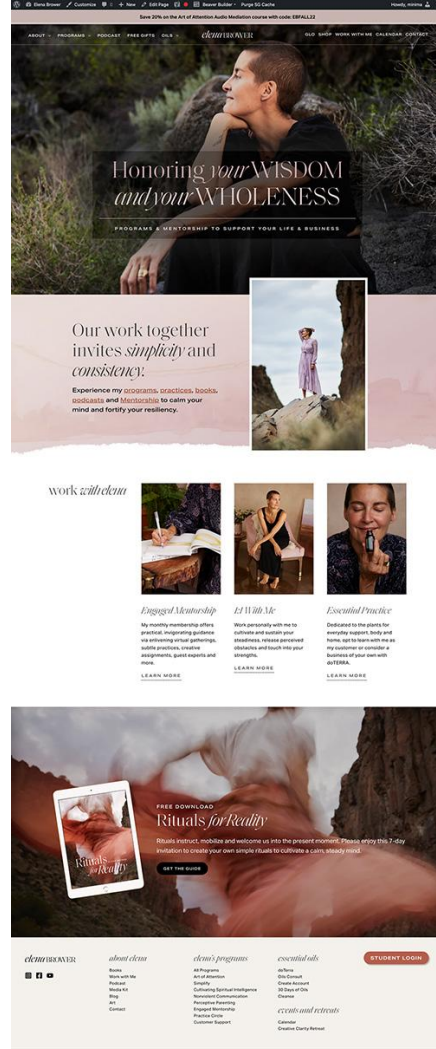
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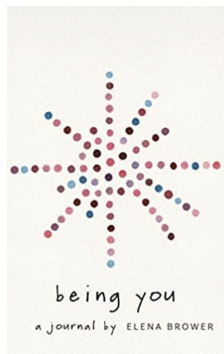


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BOOKS BY ELENA BROWER



Being You: A Journal

An interactive ritual to expand your creative expression and empowerment, BEING YOU is filled with thoughtful prompts, fields of color and moving passages to energize you, help you embrace your emotional life, write through challenges and shape your attitudes.

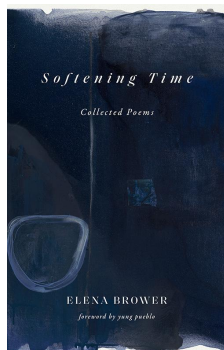
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Practice You

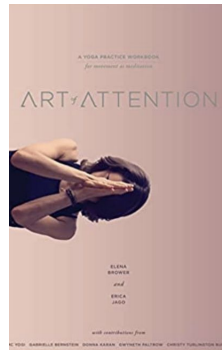
A map to your highest self, PRACTICE YOU is a field guide of your own creation. The potent inquiries and inviting spaces await your contemplations, inviting you to know yourself and what nourishes you best.

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Softening Time

Poetry has a way of transcending time and space, erasing years and bringing us to our own experiences: of childhood, of joy, of integration, of healing. Elena first collection of poetry, Softening Time, is a broad stroke of heart, reality, intimacy and depth. Helping us relate to ourselves and to each other, her work speaks volumes in few words, and her reflections on our sometimes incomprehensible journey are genuine, meaningful and timeless.



Art of Attention

Art of Attention has been ranked number one for book design in the States, Germany and France, and has now been translated into seven languages. The accompanying Art of Attention Yoga Healing Cards, designed by Erica Jago, now in their second printing, are being used in more than fifty countries for divination and daily inspiration..

Over 12,000 Sold

PRODUCTS BY ELENA BROWER



Practice You Daily Awakening Deck

Sometimes it takes just one simple question, contemplation, or movement of the body to unlock the wisdom, strength, and creativity within us. The *Practice You Daily Awakening Deck* invites you inward to reconnect with short practices and contemplations to awaken the intelligence of your best self. *Includes 54 practice cards, 4 blank personal practice cards, a small stand for your daily card, and box.*

Over 30,000 Sold



Daily Ceremony Deck

With a curated selection of words to guide your day, the Daily Ceremony deck invites you to select a card to receive the teaching of your chosen word in your own way. Connect to your intuitive clarity with a swift, simple dose of ceremony. *Includes 55 gold-edged cards and satin carrying pouch.*

Over 1500 Sold



Art of Attention Deck

With positive affirmations and postures that remind you to refine your thinking and ways of being, each card will inspire your inner work of listening, respecting, trusting and healing. The atmospheric beauty in these cards is a daily invitation to pause and experience the grace in the smallest moments. *Includes 52 cards, guidebook and box.*

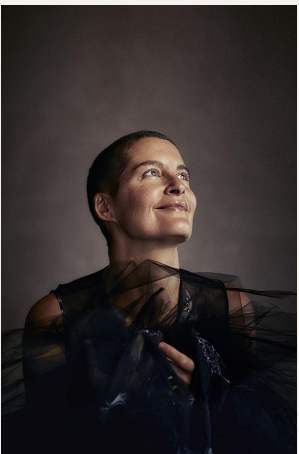
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