



Carrie Lehtonen, E-RYT 500

**Holistic Health Practitioner, Founder and
Chief Executive Officer
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After surviving a heart attack at 31 years old, Carrie Lehtonen decided to pursue a second career in health and wellness. Her mission is to reduce the impact of heart disease by helping people find their path to happier and healthier lives. After 20 years of working in human resources, Lehtonen shifted to operating her own business full-time in January of 2018. She is a registered yoga teacher and holistic health practitioner known for teaching yoga classes to all levels of practitioners, with a strong focus on alignment, coaching individuals to help them meet their health goals, and leading transformational yoga retreats around the world. Lehtonen holds a Yoga Alliance E-RYT 500 credential (earned through 200 hours of training from CorePower Yoga in Boulder, Colorado and 300 hours from Nosara Yoga Institute in Costa Rica). She has received additional training in anatomy, yin yoga, yoga therapeutics, yoga philosophy, and stand-up paddleboard yoga. Lehtonen is a certified holistic health practitioner by the American Association of Drugless Practitioners. She holds a bachelor of science degree in business administration with a minor in human resources as well as a master of science degree in organizational leadership from Southern New Hampshire University. Lehtonen published her first book, *Pawsitive Perspectives*, in 2024.