



Jean C. (Jacy) Sundlie, BS, RYT, CCA
970-948-5154
trepromotions@gmail.com

Jacy Sundlie has dedicated her adult life to assisting others in becoming all they can be. Her extensive education, life experiences, and work history has focused on empowering the individual's growth in all aspects of life: physical, spiritual, emotional, and mental.

With two degrees in psychology, Jacy has been counseling, teaching, and using alternative healing modalities for more than 25 years. Her professional life has included being a licensed Social Worker, a Certified Transformational Life Coach, Registered Yoga Instructor, Group Facilitator, Reike Master, TRE Level III Trainer, and TRE Promotional Manager. Her passion encompasses the integration of the whole human using the TRE exercises and promoting TRE, Dr. Berceci and certifying TRE practitioners.

As the Author of "Yoga for 'Every' Body" Jacy created a handbook which focuses on anatomy, physiology and doing postures correctly to protect the body from injury. She studied Integral Yoga® directly from world renowned Integral Hatha Yoga Master Swami Satchidananda, which she had the privilege of studying with for eighteen years.

Jacy also spent over twenty years developing and facilitating women's workshops and mother/daughter retreats, and has utilized her Behavioral Psychology degrees working in the fields of psychiatric social work.

She is currently living in the heart of the Rocky Mountains near Aspen, Colorado.