

# **Julie Carmen Hoffman**

**Extension Instructor at Loyola Marymount  
University**

Los Angeles, CA, US

Center for Religion and Spirituality

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## **Biography**

Julie Carmen Hoffman is a licensed Marriage and Family Therapist, a certified Yoga Therapist and clinical instructor of Yoga Therapy for Mental Health in LMU Extension. She is on faculty with the Yoga Therapy Rx program and teaches 'Healthy Families in a Toxic World' for the Yoga, Mindfulness and Social Change certificate program as well.

Julie had rigorous training and experience as a drama therapist at Cell Block Theater with ex-convicts in New York City. Julie designed and implemented the yoga therapy and drama therapy departments at Passages dual diagnosis residential treatment center in Malibu 2001-2003 and she taught yoga at Monte Nido Eating Disorder Center for four years, contributing a chapter to the book, 'Yoga and Eating Disorders' (Routledge, 2016). Julie developed Suzanne Somers' Yoga for Hormones protocol and has been her private instructor since 2002. Julie taught at Exhale Center for Sacred Movement 2001-2013. She currently has private psychotherapy and yoga therapy practices and is Founder of Yoga Talks.

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## **Education**

**Antioch University, Los Angeles**

M.A.

**State University of New York**

B.A.

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