

# **Julie Carmen Hoffman**

**Extension Instructor at Loyola Marymount  
University**

Los Angeles, CA, US

Center for Religion and Spirituality

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## **Description**

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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