



# ALLI SIMON

WELLNESS EXPERT

## SPEAKER PROFILE

Alli is a pioneer in the South LA wellness space. She celebrates mindfulness, self love, and connection through the power of yoga and meditation. As a coach with a Master's degree in Business Management, she combines business practices with her background in holistic and spiritual practices to weave together strategic planning and management practices to support her clients.

## LOCATION

Los Angeles, CA  
*Available for bookings  
worldwide*

## ONLINE

allisimon.com  
Instagram: @omgirlalli

## KEY AUDIENCES

- Millennials
- Women
- LGBTQ Audiences
- Communities of Color
- Academic Institutions
- Nonprofit Organizations
- Corporate Organizations
- Wellness Groups

## CONTACT TO BOOK

Medley Inc.  
281-846-5976  
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## EXPERTISE

### YOGA & MEDITATION

Alli (She/Her) is a certified yoga and meditation facilitator from South LA. Outside of facilitating meditation + yoga, she's Co-founder/Executive Director of South LA Wellness and serves as Board Chair for ProjectQ. Alli regularly leads classes at The Underground Museum, Everybody Gym and The Yetunde Price Resource Center.

### HEALING, TRAUMA & LOSS

What began as just a personal journey and practice, led to her sharing with friends and family and eventually throughout communities. She is devoted to increasing access to self-care practices for people of color. She believes that tools, like meditation and yoga, can help foster a more compassionate, resilient and heart-centered community.

## PAST BRAND

## COLLABORATIONS

- Athleta
- Adidas
- The Broad Center
- Yoga International
- Social Venture Partners International
- Social Venture Partners LA