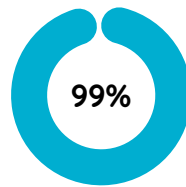


AILEEN AXTMAYER

Over the past 15+ years Aileen has helped thousands of people manage their stress and has presented to global groups of up to 500 people. Aileen earned her bachelor's degree in psychology from Villanova University and master's degree in counseling from Northeastern University. She complemented these studies with an Integrative Nutrition Health Coaching certification, and 200-hour yoga teacher, Meditation and Breath Coach trainings.



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