

Brie Mathers

- Founder, Love the Skin You're In™
- Book Author
- Songwriter, performer
- International seminar presenter
- Canadian Olympic Team candidate
- McGill University, BA with Distinction
- National press: Focus cover story; Coastal Living feature
- → 12-yr yoga practice, 200-hr Yoga Alliance certified teacher training
- Contracted with Government of Canada Youth and Family Services
- Crisis intervention training, Québec Public Interests Research Group
- Solicited by publishing house to write a rites of passage creativity workbook
- → 10 years Zen practice and study with residential training interval in monastery
- Contracted with acclaimed addiction recovery clinic; experience with celebrities

You were brilliant last night: such an impressive presenter with your dynamic interaction with students – they loved you!

 Professor, California State University Monterey Bay Now you rock!!! I now know to love myself for who I am and what I've got.

- Participant, Toronto, Canada

Love the Skin You're In.

LOVE THE SKIN YOU'RE IN™ U.S.A.

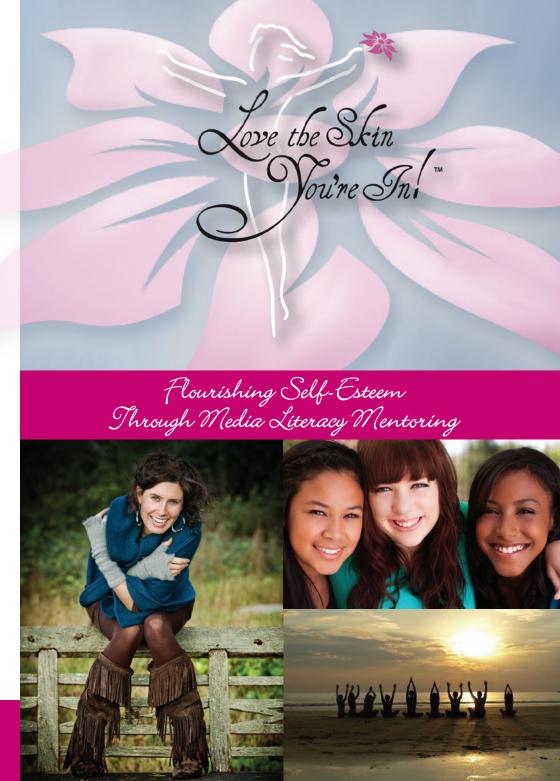
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LOVE THE SKIN YOU'RE IN™ CANADA

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Where Body Image Meets Embodiment

SEMINAR DESCRIPTION

Love the Skin You're In™ is a dynamic multimedia exposé that transforms passive media consumption into an active critical process of recognizing misrepresentation and manipulation.

ENGAGING AND INTERACTIVE ...

Brie shatters the smoke and mirrors of the dieting, fashion and reality-

TV industries to reveal the socioeconomic underpinnings of beauty norms while sparking stellar self-esteem and healthy body image.

WITH LOVE AND LAUGHTER ...

Brie inspires audiences to take a stand for

AUDIENCES:

- Parents
- Student Life

- Orientation Programs
- Assemblies and Lectures
- Athletic Teams and Clubs
- Housing and Residence Life
- Women and Diversity Affairs
- Health and Wellness Programs

OUR VISION

Biology

Gratitude

Intuitive Eating

Our team believes that the most important moment of your life is now. With mindfulness and conscious action we aspire to a place where body image meets embodiment, where presence and bodily awareness meet self-trust and intuitive eating, where we can come home to rest in our bodies and lead irrepressible, high-spirited lives. We bring you an empowering media literacy series designed to reignite an appetite for life. Through seminars, online programs, retreats and mentorship, we stand in celebration of our bodies in their true forms and inherent radiance, free of dieting or Self Love

censorship. That's what we're really hungry for.

young people who hear her wisdom. Service &

- Georgia Morissette, mother of celebrated vocalist Alanis

Brie's radiance is inspiring and uplifting. It has the power to transform blossoming freedom.

> - Dr. Rolf Sattler, Professor Emeritus, McGill University, Montreal

I wish there were more people in the world like you and the help you're is the best help girls like me can get.

Participant

Crucial for young women. – Participant

authenticity by overcoming social pressures, honoring their bodies and embracing gratitude.



Creativity

Community

Movement & Rest

Awareness

Jou changed my mind about my body and my whole life!

THE CONCERN

Anorexia is the biggest killer of teenage girls in America. Young girls are more afraid of becoming fat than they are of nuclear war, cancer or losing a parent. 80% of 11-year-old girls report dieting, the single leading cause of eating disorders, while 30% of adolescent males are are dissatisfied with their bodies and 33% resort to unhealthy weight control methods. Half the world is obsessed with being overweight, the other half is starving. We believe the situation needs respectful recognition and the insanity needs to stop.

