

# Bare Bones Yoga

Move Smarter



## MEET KAREN



Karen Fabian is the Founder of [Bare Bones Yoga](#). She is a health and wellness expert, Author, and Host/Producer of her TV show *Living Well* that is broadcast on the Boston Neighborhood Network and around the world via her You Tube Channel.

Her extensive background includes yoga teaching, anatomy and rehabilitative medicine through her initial clinical work as a Social Worker and Rehabilitation Counselor and then over 20 years in a variety of health care business settings. Karen has her B.S. in Rehabilitation Counseling from Boston University, her Master's in Health Care Administration from Simmons College, is an

Experienced Registered Yoga Teacher and was one of the first Certified Baptiste Yoga Teachers.

She has taught yoga since 2002, teaches anatomy to yoga teachers and her first book, [Stretched: Build Your Yoga Business, Grow Your Teaching Techniques](#), is a guide for teachers on both the business and teaching aspects of being a teacher. Her second book, an e book, [Key Aspects of Anatomy for Yoga Teachers](#), guides readers through essential principles of anatomy in the context of movement. She is currently working on her third book, *Structure and Spirit*, which is an exploration of key anatomical concepts as well as personal growth concepts.

Karen offers online courses on the anatomy of yoga and free instructional videos on her [You Tube channel](#).

Karen has also been featured in [Women's Health](#), [SHAPE](#) and [more](#).

Her classes, trainings, books, online courses and other content gives people useful, practical information about the structure and function of the body as it moves, not only in yoga practice and other movement and athletic activities, but in everyday life. Karen's focus is to provide anatomical information in an understandable way. Karen's motto is to help people move smarter and through moving smarter, guiding them to better health.

You can follow and find Karen/Bare Bones Yoga on [Facebook](#), [YouTube](#), [Twitter](#), [LinkedIn](#), and [Instagram](#). You can also learn more about her [here](#).

## BY THE NUMBERS

- 4,500 [Facebook](#) likes
- 900 [YouTube](#) subscribers
- 10,500 [Twitter](#) followers
- 500+ [LinkedIn](#) connections
- 900 [Instagram](#) followers



## SUITE OF SERVICES

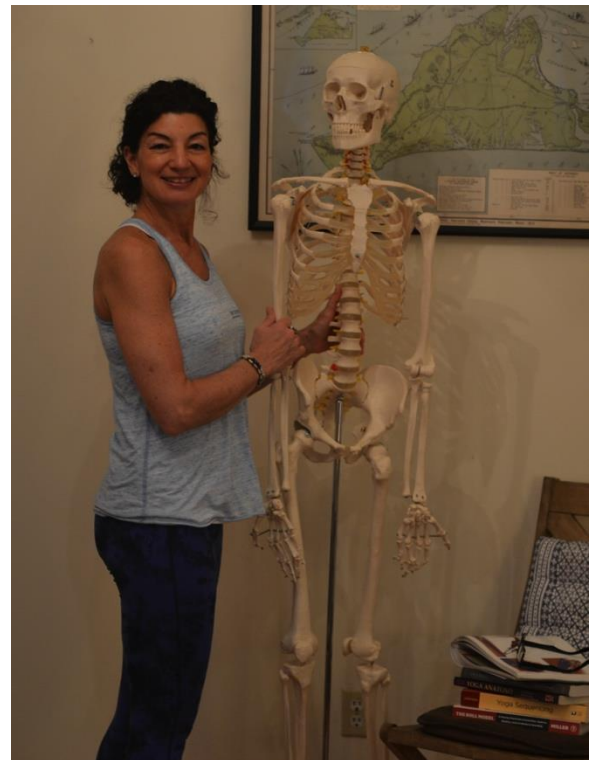
Karen offers the following services to prospective clients:

- Yoga Classes
- Private Yoga Sessions
- Online Yoga Anatomy Training through [online courses](#)
- Yoga Teacher Trainings
- Anatomy Trainings
- Yoga Teacher Mentorship and Coaching Program

## PACKAGES AND RATES

Experience Bare Bones Yoga or gain exposure for your own brand in the following ways:

- Wellness/Moving Smarter Speaking Series on topics including Yoga, Meditation, Healthy Lifestyle, Living in Balance, and Moving Smarter Techniques – \$500
- Living Well Sponsorship Opportunities
  - Segment sponsor – mention prior to segment; website display on YouTube and television – \$100
  - Show sponsor – mention prior to show and after; logo and website display; opportunity to appear on show if interested - \$200
  - Custom sponsorship opportunity - \$250
- Group Specialty Yoga Classes to businesses, athletes or other specialty groups – TBD
- Corporate Wellness Presentations - \$500



# PARTNER BRANDS

Karen has worked with the following brands:



Cambridge Boat Club



ATHLETA



BOYS & GIRLS CLUBS  
OF BOSTON



TRIP  
TRIBE



BOSTON  
PUBLIC LIBRARY

PARTNERS  
HEALTHCARE



Boston  
Neighborhood  
Network



Boston  
Children's  
Hospital

Until every child is well™



## YOU HEARD IT HERE FIRST

“I loved the way this course is presented. Having an education background, it makes so much sense to [learn about] the anatomy first, allowing you to study the parts of the body that you will concentrate on in the sequence before putting it all together. After watching the practice videos, I realized this is exactly how I envision myself teaching! This course helps to explain the importance of learning the proper anatomy and alignment so that we can be successful teachers and create a safe and exciting environment for our classes!” – Online course student

“I love the authors' bare bones nuts and bolts approach to anatomy in action in yoga. In this book she makes anatomy as it relates to a yoga practice easy to understand and thus easy to integrate into what is happening in students bodies in yoga classes. A must have for your yoga book shelf!” – Key Aspects of Anatomy for Yoga Teachers book review

“The retreat was nicely balanced between the yoga classes, meditation and group activities, while still leaving time to explore the surroundings. What impressed me the most though was the pure inner joy that radiated from Karen. You are an amazing teacher who truly cares.” – retreat attendee; HEALTHY GETAWAY: YOGA, BEACH, MEDITATION, FRESH FOOD with Karen Fabian in Tulum, Mexico, May, 2016



## CONTACT

For more information or for bookings, you can reach Karen at [karen@barebonesyoga.com](mailto:karen@barebonesyoga.com)