



### **Nancy Colier**

Nancy Colier is a psychotherapist in private practice, an ordained interfaith minister, mindfulness teacher, relationship coach, author and blogger. She graduated from the University of Virginia, Columbia University School of Social Work, the Focusing Institute and One Spirit Interfaith Seminary. Mindfulness and Buddhist practices form the ground of her psychotherapy and spiritual counseling practice.

In addition to offering workshops and ongoing groups, Nancy is a regular blogger for *Huffington Post* and *Psychology Today*, and also the author of *“The Power of Off: The Mindful Way to Stay Sane in a Virtual World”* (Sounds True Publishing, November, 2016).

More books by Nancy Colier include *“Inviting a Monkey to Tea: Befriending Your Mind and Discovering Lasting Contentment”* (Hohm Press, 2012), and *“Getting Out of Your Own Way: Unlocking Your True Performance Potential”* (Luminous Press, 2001).

Nancy spent 20 years as a top-level equestrian, showing horses on the national horse show circuit. In addition to her own vast experience in sport, she has extensive training in the field of performance psychology. Her specialties include performing artists, athletes, musicians and singers.

Nancy offers workshops, talks, meditation instruction as well as individual and couples therapy.