

Stacey Lei Krauss: Fitness Professional & Educator
stacey@staceylei.com
IG: @strong.like.silk FB: Stacey Lei Krauss

Stacey Lei Krauss is a seasoned Fitness Presenter, Educator and Speaker who is available for Instructor Training, Fitness Events, Yoga Festivals and Corporate Meetings.

Read further to learn about her workshops.

Contact her for livestream and live events.

Stacey Lei Krauss: Fitness Professional & Educator

stacey@staceylei.com

IG: @strong.like.silk FB: Stacey Lei Krauss

ABOUT

Stacey Lei Krauss (SLK) is the creator of **CARDIO YOGA®**: a barefoot, cardiovascular moving meditation. Even through its earliest rendition, it has impacted thousands of students around the world.

A fitness industry visionary, SLK pioneered the Foot Fitness category through years of visceral exploration of barefoot functional movement. Her earliest renderings of foot-specific training are now general protocol for barefoot coaches. Also a theorist in the Emotional Fitness category, she now considers Moving Meditation to be the next generation of fitness; blending movement, intellect and emotions for self-healing. Drawing from her studies in Shamanism, Transformative Arts, and Reiki, SLK explores layers of self-awareness through rhythmic drills of intentional movement; gesture and body language.

SLK earned her 500 RYT in Mysore, India, but considers herself a “fitness-chick”; having represented prominent brands as a Program Developer: Schwinn, BOSU, Peak Pilates, Nike, Vibram FiveFingers, VIVOBarefoot and Xero Shoes.

Stacey Lei has spent two decades developing The willPower Method®. This emotionally charged GX program was born in New York city through the chaos of 9.11, and evolved as a barefoot, signature series fusion program. The teacher training course has been translated to 4 languages, and developed for various demographics (GIRLPOWER, ATHLETIX and HIT). She’s personally trained, evaluated, coached and on-boarded more than 4,000 instructors, and managed a team of 20+ master trainers across the USA and 9 countries.

Stacey has recently finished building her newest GX program; **CARDIO YOGA™**, for Savvier Fitness. This program is founded upon The willPower Method® principals, and structured as an online 40-hour, CEC-approved teacher training course. **CARDIO YOGA** launched in August 2019.

SLK is an international fitness conference presenter. She has been travelling and leading instructor workshops for nearly 15 years. She teaches group exercise in Denver, Colorado – her classes range from Barre fitness to Indoor Cycling and Yoga and various sculpting fusions. In the wake of the COVID crisis, she began livestreaming from her home in April 2020, and was hired to livestream yoga sessions for high-school students during this time of unrest. Her daily livestream membership has grown into a robust community of people from around the world who are committed to keeping fit (and safe) from home.

Stacey Lei Krauss: Fitness Professional & Educator

stacey@staceylei.com

IG: @strong.like.silk FB: Stacey Lei Krauss

current positions: start date indicated

- 3/2020 Livestreaming daily:** workouts and workshops www.StrongLikeSilk.com
- 2017 Creator & Program Director: CARDIO YOGA®:** Group Fitness instructor education by Savvier Fitness
- 2004 Founder & Program Director of The willPower Method® (now CARDIO YOGA®):** Train, evaluate, coach and manage a team of more than 1000 instructors in the USA and across 9 countries. Onboard and manage a team of 20+ master trainers.
- 2018 CBD Educator & Cannabis Movement Guide:** Education provider for natural plant medicines and intentional psychedelic movement experiences
- 2010 ACE Education Specialist, AFAA Faculty, NASM CEC Provider**
- 2007 Freelance Mentor / Consultant:** Consult with fitness professionals, facilities and equipment companies
- 2000 Freelance writer** as seen in *IDEA Fitness Journal, American Fitness*
- 1995 Personal Trainer** private clients
- 1991 Group Exercise Instructor:** Barre fusion, Indoor Cycling, Yoga, Sculpt

additional professional history

- 2010-2017 Power Music Fitness Advisory Board, Mindful Music Advisor** co-produce the Mindful Music category
- 2011-2014 willPower FIT Studio, Denver: Co-Owner, Operator.** Studio setting for fitness education and exercise
- 2011-2016 Lead Fitness Advisor: Vibram FiveFingers®:** Educate fitness leaders about barefoot fitness
- 2010-2013 GATORADE Fit® Team:** Spokesperson for product line
- 2009-2010 Group Exercise Programming Consultant:** Pura Vida; Denver CO
- 2006-2016 Peak Pilates MVe®: Program Development Team, Teacher Trainer and Conference Presenter**
- 2005-2017 BOSU®: Program Development Team, Master Trainer and Conference Presenter**
- 2001-2016, 2019 Schwinn Indoor Cycling®: Program Development Team, Master Trainer and Conference Presenter**
- 1999-2003 Nike Elite Instructor:** Spokesperson, program developer and special event talent
- 1999-2003 EQUINOX Fitness, NYC: Group Fitness Manager: 19th St & Greenwich Ave:** Direct group fitness staff of 300+: audition, hire, evaluate, train, budget, schedule 125+ weekly classes, opened 97 Greenwich Avenue location in 2001: built, developed and implemented launch group fitness program
- 1999-2004 EQUINOX Fitness Clubs: Group Exercise Instructor:** New York City, San Francisco

Stacey Lei Krauss: Fitness Professional & Educator

stacey@staceylei.com

IG: @strong.like.silk FB: Stacey Lei Krauss

1997-1999 Doral, Rye NY: Project Excel Facilitator: adventure-based team building initiatives for conference

1997-2000 1997-1999 TSI: New York Sports Clubs: GXI Evaluator: Evaluate group fitness instructors in the NY metro area

certifications and additional training

ACSM: Exercise Physiologist: #8335

ACE: Personal Trainer: #T18039, Continuing Education Specialist

AFAA: Primary Certification, CI# 923645, CEU provider

500 RYT: Iyengar Style (Mysore, India): December 2018

Color Up Therapeutics: CBD Educator (primary training) December 2018

200 RYT: Iyengar Style (Mysore, India): December 2017

Core Power Yoga Sculpt: 40hr, December 2017

Born to Fly Aerial Yoga: 30hr, April 2018

Reiki Level II Practitioner

EFBA Barefoot Specialist: 2012

Yamuna Foot Fitness 1 (YFF®1): 2009

Schwinn Indoor Cycling: 2002

awards

- **2013 ECA OBOW Award:** Best Female Presenter
- **2015 ECA OBOW Award:** Best Adapted Class (willPower & grace)

presentations media involvement & events

- **IDEA World Fitness Presenter:** 2003-2019 (previously scheduled for 2020)
- **SCW: Presenter:** 2006-2013, 2018-2019, 2020-livestreams
- **FITNESS FEST Presenter:** 2013-2014, 2016, 2020-livestreams
- **DCAC Presenter:** 2005-2012, 2015, 2017, 2020-livestreams
- **WSSC (World Spinning Conference) Presenter:** 2010-2014, 2016, 2019
- **Mammoth Yoga Festival Presenter:** 2018- 2019 (previously scheduled for 2020)
- **World Barre Summit Presenter:** 2018-2019 2020-livestreams
- **Human Movement Conference, Santa Fe:** 2019, 2020-livestreams
- **Drishti Beats Yoga & Music Festival:** (previously scheduled for 2020)
- **EFBA Barefoot Training Summit, India, CO, NYC:** 2015-2017
- **ECA World Fitness: Presenter** 2001-2017
- **Polestar Pilates Conference, Rome:** 2016
- **NASM Presenter:** 2015
- **PES (Pilates Empowerment Summit) Presenter:** 2013-2016
- **Vibram FiveFingers® National Sales Convention, Presenter:** 2010, 2015
- **ATP Presenter (Ahmedabad, India) 2015**
- **CanFitPro: Presenter:** 2010-2014
- **Barefoot Connections, London, Presenter:** 2013, 2014
- **ACSM Conference Presenter:** 2013-2014
- **Congresso Pilates, Fitness y Wellness, Argentina, Presenter:** 2013
- **Cabo Loves Yoga, Cabo San Lucas: Keynote Speaker:** 2013
- **Inner IDEA Presenter:** 2007, 2010-2012
- **Vibram/ iTunes: Vibram Barefoot Run Coach (download): program creator:** 2012

Stacey Lei Krauss: Fitness Professional & Educator

stacey@staceylei.com

IG: @strong.like.silk FB: Stacey Lei Krauss

- Festival del Fitness, Rome, Presenter: 2010, 2011
- FCCLA National Student Leader Conference Presenter: 2010
- Nike / iTunes: Anywhere, Anytime Workouts: program creator: 2007-2009
- Nike Women's Marathon Coach, Presenter: 2007, 2008
- Nike HERE I AM, Denmark, Presenter: 2008
- Body Life, Karlsruhe, Germany: Presenter: 2006
- **Appearances:** .com, iTunes, CNN: *New You Segment (6-week series)*, NBC Morning America, WB-11 Morning News, Fox 5 "10:00 News"; "Spa Finders", "View from the Bay"
- **Featured in:** *Allure, American Fitness, Cosmopolitan, Daily Candy, Denver Magazine, Denver Post, Family Circle, Fitness, Glamour, Hamptons Jitney, Health Magazine, IDEA Trainer, IDEA Fitness Source, IDEA Fitness Journal, Marie Claire, The New York Post, New York Times, "O", San Francisco Magazine, Self, Seventeen, Shape, Singapore Business Times, Teen People, Teen Times, Weight Watchers Magazine, Working Mother, 303 Magazine, 5280 Magazine*

education

University of Connecticut: Bachelor of Arts: English; Dean's List

INTRO BIOS

(LONG: 128 words) Stacey Lei Krauss (SLK) is the creator of CARDIOYOGA™, a willPower Method® program. An industry visionary, she pioneered the Foot Fitness category and considers Moving Meditation to be the next generation of fitness. Her work is an evolving practice of self-healing through empowering body language, and energy work; drawing from her studies in Shamanism, Transformative Arts, and Reiki. Stacey earned her 500 RYT in Mysore, India, but considers herself a "fitness-chick"; having represented prominent brands, internationally, as a Program Developer and Master Trainer: Schwinn, BOSU, Peak Pilates, Nike, Vibram FiveFingers, VIVOBarefoot and Xero Shoes. SLK's most recent passion-project is CARDIO CANNABIS; combining cardiovascular exercise with cannabis consumption within current state regulations (Colorado). These exercise experiences are designed for individuals searching for alternative methods of physical and emotional healing.

(SHORT: 90 words) Stacey Lei Krauss (SLK) is the creator of CARDIOYOGA™, a willPower Method® program. She is a movement teacher and foot-fitness educator who practices self-healing through empowering body language. Stacey Lei considers Cardiovascular Moving Meditation to be the next dimension of fitness. She is a 500 RYT, having earned her certificate in Mysore, India. She's also represented Schwinn, Nike and Peak Pilates as an international Master Trainer. SLK's most recent passion-project is the exploration of exercise with cannabis consumption; designed for individuals searching for alternative methods of physical and emotional healing.

****PHOTOS AVAILABLE UPON REQUEST**