



**Nancy Hopps**

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## **Press/Media Room - About Nancy Hopps**

### **Basic Bio**

NANCY HOPPS is a nationally recognized author, speaker, and mind-body healing consultant. Her highly esteemed **RELAX INTO HEALING** CDs have been mentioned in **Reader's Digest**, **Redbook**, **Yoga Journal** and others. They've earned praise from leaders in the field, including **Dr. Bernie Siegel** and **Dr. Joan Borysenko**, and are in widespread use in personal and clinical healing settings. Since 1981, her warm, accessible presentational style and well-honed skills have touched the lives of thousands of students, private clients, workshop participants and CD and tape listeners. Nancy brings a wealth of personal, as well as professional, healing experience to her heartfelt presentations and acclaimed recordings.

Nancy has studied, developed, and honed a variety of relaxation and healing methods that are simple, yet powerful, and applicable to people of all ages and all levels of experience.

Deep relaxation is the common foundation of Nancy's extensive healing work. It is in this state of deep relaxation, when the body is stilled, the emotions soothed, the mind quieted, that one experiences the center of peace within... and it is in this place of quiet stillness, this essence of the being, that optimal healing occurs.

### **More Background**

Nancy's work with private clients over more than 25 years has included a wide range of body/mind issues, from stress management and performance anxiety, to anorexia, RSD, chronic pain, cancer, and clinical depression, as well as spiritual mentoring and life transitions coaching.

She has taught through the University of Oregon and Lane Community College, and was a founding staff member at Concordia Health Resources, a mind/body healing center providing adjunctive health care for physician-referred patients.

Nancy developed and recorded the relaxation segments for Coping With Depression and mPower Wellness Workshop interactive CD-Roms, both funded by the National Institute of Mental Health. She was instrumental in developing and implementing the stress-management elements of a grant project through the National Institute of Health/Oregon Research Institute, which studied the effects of lifestyle changes on post-menopausal women with Type II diabetes.

She has presented for a variety of organizations, including numerous hospitals and health facilities such as Sacred Heart/Peace Health, McKenzie-Willamette, and Westlane Hospitals., the Oregon Bar Association, Oregon Psychological Association, U.S. Forest Service, U.S. Postal Service, Oregon Research Institute, Oregon Medical Technicians Conference, Oregon Elementary Principals Conference, Society of Technical Communications, Parents Without Partners, Whole Life Expo, World Wellness Weekend, Health & Well-Being Group, and countless corporate, civic, and educational organizations.

### **Products**

This varied background and body of work, as well as her own personal healing experiences, led her to create RELAX INTO HEALING, a series of acclaimed spoken audio recordings, which are being used in hospitals, clinics, and other healing settings, as well as by thousands of individuals throughout the US and beyond. Visit our PRODUCTS page for more information.

### **Presentations**

Combining her background in healing arts and performing arts, Nancy is a popular speaker/presenter. She is known for creating a relaxed, dynamic atmosphere, while presenting information and experiences that are inspiring, pragmatic and transformational. Visit our PRESENTATIONS page for more information.

### **Private Practice**

Nancy maintains a limited private practice, combining traditional and alternative approaches as needed on an individual basis. Visit our SERVICES page for more information.

### **P.S.**

Nancy also has extensive experience in stage, video and voice-over work. She is happily married, and is proud mom to two incredible (adult) children.