

# HLF FOUNDERS

## ALI SMITH



Ali Smith was born and raised in Baltimore, Maryland, he is a graduate of the Friends School of Baltimore and the University of Maryland, College Park, where he received a BS in Environmental Science and Policy with a Biodiversity specialization. Ali started his journey with contemplative practices as a small child, learning meditation from his father and attending the Kriya Yoga based Divine Life Church of Absolute Oneness run by Swami Shankarananda. He deepened his practice as a young adult, learning yoga, meditation, mindfulness, and breathwork from his teacher and godfather Will Joyner.

Ali has almost 20 years' experience teaching yoga, mindfulness, and meditation internationally to a broad demographic spectrum that includes schools, retreat centers, wellness centers, mental crisis facilities, detention centers, drug treatment centers, the corporate setting, as well as private one-on-one sessions. He co-founded the Holistic Life Foundation

in 2001. During his tenure as Executive Director, his leadership helped guide HLF to grow an organization that employed over 50 people, and served communities worldwide. He is a published author, written several curriculums, and is a pioneer in the fields of yoga and mindfulness in education, as well as trauma informed yoga and mindfulness, developing best practices that are used around the world. Ali has taught in seven countries on three continents.

His work has been featured on the CBS News, CNN, NBC Nightly News, PBS, as well as in Oprah Magazine and Forbes. Ali is also a co-host of the Look Again Podcast and Co-Owner of the Involution Group.

## ATMAN SMITH



Atman Smith is one of the Co-founders of the Holistic Life Foundation. Since 2001, he has been teaching yoga and mindfulness to a diverse population including underserved and high-risk youth in Baltimore City Public Schools, drug treatment centers, wellness centers, and colleges. A native of Baltimore, Atman attended the University of Maryland, College Park where he was a letter award winner for the University's men's basketball team. He graduated with a B.A. in Criminology and Criminal Justice.

His work with the Holistic Life Foundation has been featured on Making a Difference on the NBC Nightly News, CNN, and CBS, as well as O the Oprah Magazine, The Washington Post, Upworthy, Mindful Magazine, Yoga Journal, Shambala Sun, and many other publications.

## ANDRES GONZALÉZ



Andres Gonzalez is one of the Co-Founders of the Holistic Life Foundation. For twenty years, Andres has taught yoga to diverse populations throughout the world, including Baltimore City Public School students, drug treatment centers, mental crisis facilities, homeless shelters, wellness centers, colleges, private schools and other various venues throughout the nation. He has partnered with John Hopkins Bloomberg School of Health and the Penn State's Prevention Research Center on a Stress and Relaxation Study and is a published author in the Journal of Children's Services.

His work with the Holistic Life Foundation has been featured on Making a Difference on the NBC Nightly News, CNN, and CBS, as well as O the Oprah Magazine, The Washington Post, Upworthy, Mindful Magazine, Yoga Journal, Shambala Sun, and many other publications. He is a certified Health Coach through the Institute of Integrative Nutrition, maintains a B.S. in Marketing from University of Maryland, College Park and an MBA from the University of Maryland, University College.

