



# Andrena Woodhams

International author & speaker

*"powerful storytelling and genuine presence"*

TEDx curator

Bestselling author | Leading voice in the embodiment movement

Former BBC World TV presenter | TEDx and keynote speaker

## PUBLISHED WORKS

- "Embody: The Power of Presence in an Age of Distraction" (2025) - Amazon International #1 Bestseller
- "The Magical Reality of Annabel Jones" (2022) - Amazon International #1 Bestseller
- "The Extraordinary Awakening of Annabel Jones" (2017)

## SPEAKING ENGAGEMENTS

- Futures of Technologies "Embodiment: an Essential Counterbalance in the Digital Age" (300 participants)
- TEDxKlagenfurt: "Shift Within: The Power of Presence" (500 participants)
- Lead Today Shape Tomorrow: "Wellness in the Hustle Culture" (3,000 participants)

## EDUCATION & EXPERTISE

- Columbia University, BA cum laude
- Expert certifications in yoga, breath work, somatic therapy and body awareness
- 15-year immersion in international consciousness studies (2000-2015)

## LANGUAGES

- English (native)
- Portuguese
- German
- French
- Spanish
- Italian

## PROFESSIONAL EXPERIENCE

### Founder, Yinbound LLC

- Created workshops on embodiment for business and entrepreneurial leadership for international corporations
- Led transformational retreats across 4 continents
- Facilitated wellness workshops throughout Europe
- Yoga and body awareness expert for over 20 years

### Founder, Scots In Ltd

- Pioneered and executed groundbreaking international events spanning three continents. 16 years orchestrating an innovative fusion of body and ritualized dance that united 600 guests from 17 countries. Conceptualized and delivered prestigious cultural exchanges across Vienna, Venice, Istanbul, Florence, India, and Oman in maharaja palaces, private palazzos and historic venues that brought together Scottish aristocracy with heads of state, religious leaders, and global business elite.

### Co-Founder International Media & Communications Company

- Provided full media and communications solutions to international organizations.
- Clients included Norman Lear, Turkish Prime Minister Tansu Cillar, the Business Enterprise Trust and The International Atomic Energy Agency.

### BBC World Television

- BBC World Business TV Presenter and Producer

### International Photojournalist

- The London Times, Time Out, The Tatler