

About

Align Body and Soul is an online magazine focusing on balance in life through healthy living, nourishment of self and mindfulness with a side order of fun.

OUR CONTRIBUTORS



Stevie Winsborrow is a professional chef, functional and integrative nutritionist and holistic health coach, as well as a licensed massage therapist, reiki healer, published author, TV and radio personality and Editor In Chief of Align Body & Soul magazine. You can find recipes, health articles, videos, podcasts and more at her website chefstevie.com and on facebook.

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Beenie Mann, born and raised in Germany, has always looked at the brighter side, even when there was only darkness. She has been changing mindsets for more than thirty years, during most of which time her husband was on active duty in the U.S. Army. For guidance from Beenie to unleash your happiness contact her:

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Monica J Griffith is a Life and Leadership Coach, certified PCC with the International Coach Federation. She has coached individuals, teams and leaders since 2006. Additionally, Monica brings over 30 years experience in corporate leadership. You can connect with her at:

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Stacy is a mother of 3 living in Colorado Springs and writing her heart out at goldmillennial.com. She majored in English at Boston University in 2009 and taught

English in Korea where she met her Puerto Rican husband who was a soldier overseas.

After many years of traveling she is happy to be settling down with a view of the purple mountain majesties that never gets old.

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Margo Wells is co-owner of the FestiviTea Company, specializing in unique and whimsical tea blends. Their teas are available retail, wholesale, and under private label. FestiviTea also creates custom tea-related party favors and corporate gifts.

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Renee Thomas is a Certified Fitness Trainer, Healthcare Life Coach and Licensed Professional Counselor. She has 15 years of working with others in various setting about improving their health and achieving goals in different areas in their lives. Renee loves hiking, backpacking, rock climbing and trail running and basically describes herself as a tree hugging dirt worshiper. You can find out more about Renee on

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Noelle L. Howard is a professional vocal instructor in Colorado Springs, Colorado. In her 38 years of experience, Ms. Howard has performed both vocal and violin solos with numerous renowned ensembles, including the National Christian Choir in Washington, D.C. Currently, Noelle performs with the Colorado Vocal Arts Ensemble as well as the Glen Eyrie Madrigal Singers. She is also

part of the musical duo, Prism, which provides a large variety of music for any occasion.

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Tamara McDougall Herl is a professionally trained and credentialed life coach, art therapist, and counselor. Tamara helps people learn how to use their life challenges as a tool for spiritual growth. She offers individual and group sessions and coaching retreats to help people re-connect with their Divine Blueprint—the essence of who they are truly meant to become. Tamara works with clients at her studio at the Cottonwood Center for the Arts, and at her Wild Divine Retreat Center in Cascade, Colorado

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With over 30 years of Feng Shui experience, Suzanne specializes in on-site Feng Shui consultations for homes, businesses, land and Real Estate sales. For out of the area clients, she offers phone or Skype consultations. She is also available for mentoring and clutter clearing empowerment sessions.

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Dave Gardner is the cohost of the [GrowthBusters podcast](#) about sustainable living, and director of the documentary, *GrowthBusters: Hooked on Growth*. He is also the head honcho of [Studio 809 Radio](#), and can be reached at studio809podcasts@gmail.com



Mike Pach is an award-winning, internationally known photographer from Colorado Springs, Colorado and owner of [3 Peaks Photography & Design](#). He is the founder of the [Colorado Photography Learning Group](#) and the host of The Photo Show at [Studio 809](#). He teaches photography and Photoshop classes and leads night sky photography workshops.



Tabby Hinderaker helps women who are feeling disconnected, exhausted, or uncertain about their future and who are ready to ignite their inner power and make conscious choices that move them toward the life they want to be living. She guides women to explore the callings, dreams, and whispers of their heart and identify what's holding them back. Tabby supports them release self-judgment, self-doubt, and self-criticism in favor of self-acceptance, self-nurturing and self-love. Tabby is a certified life coach, offering classes, workshops, journaling programs, and one-on-one coaching.

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Dr. Vicki Souder, DC, MS Board eligible Chiropractic Neurologist

Some chiropractors require you to bring your pooch to the office. Dr. Vicki has a mobile chiropractic business where she brings the services to your door! She feels that going to your home relieves some of the anxiety for both the owner as well as the pet. Chiropractic is extremely effective for spinal

complaints and its affordable for the owner and most times it only requires a few adjustments! Please give her a call for more information! 303-385-3432