

Nicole Cronin
Director of Corporate Wellness, Sage Alliance Partners

Nicole Cronin is a certified Vinyasa and Hatha yoga teacher in San Francisco, lifelong athlete, facilitator of wellness retreats, and graduate of the *Art of Leadership Mastery* program at the Institute for Embodied Wisdom. In 2012, after breaking her back and losing her fiancé in a car accident, Nicole deepened her commitment to sharing her passion for health, wellness and vitality.

Nicole's belief is that each individual has their own need for balance between knowledge, inspiration and refining the connection to one's own body wisdom and inner voice. To achieve peak wellness, Nicole encourages a practice of fine tuning one's daily relationship to physical, emotional, mental and spiritual well-being. Allow her to effectively design strategies to improve your team's overall health, and she will happily and enthusiastically guide you.

Nicole may be reached via e-mail at: nicole@sageap.com