



EDWARD VILGA

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WELLNESS AUTHORITY

Edward Vilga creates breakthrough wellness experiences in books, bodies, and bank accounts for a global audience.

He also consults with corporations and other businesses interested in moving into the Wellness Market.

He has authored 17 books, DVDs, and online courses.

There are over 50,000 students in his online courses.

He is on the board of National Wealth Partners.

Edward has created wellness programs, led workshops, and spoken at numerous events including those for:

- Disney
- AOL
- Bravo / NBC-TV
- W-Hotels
- Bloomingdales
- World Presidents' Organization
- Elf Cosmetics
- ABC Carpet & Home
- The Mandarin Oriental
- Hästens (World's #1 Luxury Bedding Brand)
- Exhale Mind Body Spa
- Crunch Fitness
- New York Athletic Club
- Laughing Lotus Yoga Center
- Women's Health National Conference
- East Village Community School 3rd Graders

Edward Vilga has appeared and been quoted in over 75 magazines, newspapers, and TV shows.

www.EdwardVilga.com

WELLNESS PUBLICATIONS & PRODUCTS

ONLINE

CONTENT:

EVERYDAY HEALTH

(65 million unique monthly visitors; 6 million social followers)

Creating Everyday Health's first online course: **FINANCIAL RESILIENCE**, a 7 part series.

Launching Spring 2020

RICH WITH PURPOSE Online Course for DailyOM

(5 million daily circulation)

A year-long course about living one's most abundant, purposeful life.

Over 33,000 students currently enrolled.

BOOKS

& DVDS:

YOGA OF MONEY (applying yoga philosophy to personal finance).

Reached #1 on Amazon for all of new thought.

YOGA IN BED (accessible yoga poses that anyone can do before and after sleep).

Running Press. Media coverage includes *People*, *Oprah's O Magazine*,

TV's *Live with Kelly* and CBS' *Early Show* and over 50 other venues.

The DVD has been viewed and downloaded over 1 million times.

YOGA FOR SUITS (easy stretches and de-stressing routines suitable for the office).

Running Press. Both books translated into 12 languages.

MANAGEMENT EXPERIENCE

- Exhale / World of Hyatt: Wellness Consultant with Innovation Team.
Co-developed new mind/body class now being taught in 19 locations across the country.
- Seva Foundation: Wellness Consultant for Yoga for Sight Campaign.
- Produced 40 Off-Broadway Shows with Watermark Theater, including the Obie-Winning *My Left Breast* (Off Broadway's highest award).
- Production managed numerous music videos and associate produced Fuji-TV's series *Tilt 23 1/2* which aired in 72 countries.
- Writer/Director of two indie-feature films including *Dead Broke* (Warner Brothers DVD).

EDUCATION

YALE COLLEGE • BA English

YOGA ALLIANCE • 200 HR Teacher National Certification