



Phoebe Leona Media Kit

Founder of the nOMad Collective & creator of Mvt109™
Author, Speaker, Dancer, Transformational Guide, & 500 ERYT

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ABOUT PHOEBE LEONA

*Founder of the nOMad Collective & creator of Mvt109™
Author, Speaker, Dancer. 500 ERYT, Transformational Guide*

Phoebe is an author, speaker, dancer, teacher, and transformational guide who helps men & women feel more embodied through somatic, movement, and expanded awareness practices to become more empowered in who they are, who they are becoming, and have a greater sense of belonging. She has been a teacher and guide for over 25 years but it was after a year of extreme loss in 2013 when she found herself in the vast open space in between her old life and a new life, that she dove deeply into her work and began her company, nOMad to help others through their own transitions and spaces in between.

Throughout that time, Phoebe also developed her own movement/somatic practice, Mvt109™ for students to fully embrace the freedom of moving in their bodies, transform old and held patterns, and reclaim the vibrations & stories they want to bring to life. Mvt109™ has been featured in her course on DailyOM. Phoebe also finds joy in sharing her story to help others in their own healing. You can learn more about Phoebe's story on her TEDx Talk, her podcast *The Space in Between*, and her book, *Dear Radiant One* published by GracePoint Publishing.



TOPICS FOR DISCUSSION

- Transforming our Karma to Dharma: How to overcome grief and trauma to be of service.
- How to PLAY with Chaos to live more joyfully.
- How to listen to your body to live and create a fully embodied life.
- How to use simple somatic and expanded awareness practices to feel more embodied during times of stress and overwhelm.
- Open to all conversations that feel relevant to audience.

MEDIA FEATURES

- [Seek The Joy Podcast with Sydney Weiss](#)
- [Insight Timer](#)
- [DailyOM](#)

ARTICLE FEATURES

- [Did You Lose Freedom of Time? Find Joy in Playtime \(Curiously Creative\)](#)
- [6 Reasons Why You Have to Choose Joy Right Now \(Medium\)](#)
- [How to Belong in the midst of a Lonely Pandemic \(Thrive Global\)](#)

SPEAKING & STAGES

- TEDxNewburgh Talk
- FEARLESS OneWoman Summit
- Purpose Pioneers Summit
- Performed at Times Square in NYE Celebration in 2000!



DEAR RADIANT ONE - THE BOOK

Come along on a journey with Phoebe Leona as she dances through the twists and turns of her life. Do you get lost in the shadows of Fear, Anger, Grief, Shame, or Loneliness or do you choose to step into the light of Gratitude, Trust, Confidence, Joy, and Love? Phoebe's journey from a child impacted by trauma to a radiant spiritual teacher is a reminder that we are all the authors of our own stories and we can rewrite them at any period of our lives.

This book shares vulnerable and honest interactions with emotion through letters that give you direct access to your own internal landscape. Phoebe provides specific practices that are an open invitation to explore your own vulnerability and the honest experiences of your emotional body. If you are ready to dance with your radiance—and you always have a choice—this book will be your best friend to guide you along the way.

DEAR RADIANT ONE - THE EXPERIENCE

Continue the journey with this multidimensional experience that brings this book off the pages and into life. You are not only going to experience Phoebe's personal story but you are also invited into *our* story as she embodies the words through movement, dance, and a poetry experience. Think of this as a ceremony to connect more deeply within your own story and our collective story that we share but don't often put into words.

BOOK A DEAR RADIANT ONE READING EXPERIENCE WITH PHOEBE
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CONTACT INFO

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nOMad's The Space In
Between Podcast



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