

BIO:

Hillary Rubin has been a motivated leader in the health and wellness industry for years, teaching yoga and lecturing on a range of topics dealing with empowering modalities for optimal health. She has been featured on Fit TV, Lime.com, YogaJournal.com, LA Yoga, Yoga Mates, Conscious Choice Magazine, Yoga Peeps, iyogalife.com, and has been an active voice on Malika Chopra's website Intent.com. Her commitment to helping others is fueled by compassion and founded on the breakthroughs of her own personal experience.

In 1996, while living in New York City and working in the fashion industry, Hillary was diagnosed with Multiple Sclerosis. She felt doomed to a fate of deteriorating health and diminishing happiness. Then she decided to take action, shifting her perspective from powerless victim to empowered activist. Among alternative resources, she found yoga.

"Yoga was the first step for becoming disciplined in taking care of myself. Many roads can lead to peace and wellness. For me, yoga helped me harness my mind, body and spirit into the fierce warrior I needed to be to overcome the fear and darkness of my initial diagnosis. Yoga provided a foundation that made me more confident and eager to seek more information and options for healing. Every time I learned something new about diet, exercise, meditation, self-help and healing alternatives, I became stronger, eventually seeing my diagnosis as a blessing, not a curse. I'm now grateful for my diagnosis and the amazing path it forged. I never thought I would say that...and mean it!"

From her personal journey, Hillary has manifested a mission based on the belief that our challenges are our greatest gifts. "When the body hurts or there are other problems in life, we have a choice to face those circumstances or deny them. When we choose to embrace what we wish we could get rid of, we take the first step on the miraculous journey of healing. Only by walking the path of life's challenges can we truly evolve, beyond the illusion of circumstantial limits into transcendent beings, free to live our fullest lives."

Now, 12 years later, Hillary is living symptom-free, medication-free and eager to share the benefits of her transformational discoveries. In her work as a seminar leader, health practitioner and certified Anusara Yoga teacher, people around the world are being inspired by her story and encouraged by her supportive podcasts and healing products. And with the launch of **I Am Not A Mess™**, now she can inspire you.