



# Stephen Holsenbeck MS

## Freedom Facilitator

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### BIO

Freedom facilitator empowering seekers to examine conditioned perceptions, uncover liberating insights for true self-authorship, and harmonize their relationship to reality with greater love, joy, and ease.

### EDUCATION

**Northeastern University** 2017-2019  
MS, Health Data Analytics  
**Asheville Yoga Center** 2014-2017  
500hr Classics Yoga Teacher Training  
**Emory University** 2004-2008  
500hr Classics Yoga Teacher Training

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### WORK HISTORY (Please email for references)

#### Play Conscious LLC

2024/06-Present – Project Manager & Content Writer

Project management & content writing for the production of a unique oracle deck designed to facilitate personal and group shadow work within a nascent personality system.

#### Virga Labs

2021/10-2024/05 – R Developer

Developed small and large scale data visualization applications to enhance accessibility of Colorado River data for decision makers. Led a twice weekly mindfulness and embodiment practice period for the company.

#### Northeastern University Campus Recreation

2018/08-2019/08 – Yoga Teacher & Fitness Administrator

Taught three weekly yoga classes. Assisted the recreation center staff with data collection and entry automation.

#### Veda Studios

2015/10-2017/03 – Studio Manager & Web Admin

Co-managed a community of 15+ talented fitness instructors and maintained the website and web marketing campaigns for ongoing classes. Taught two weekly yoga and meditation classes.

#### Mindfulness Fest

2014/09-2015/04 – Project Manager and Web Designer

Facilitated UNC Asheville's Mindfulness Club in creating, planning, and executing the first campus-wide Mindfulness Fest with live music, over twenty workshop teachers and 400+ attendees. Designed and built the website for the event.