

LENA SOFIE HJORTH VESTERGAARD, has a master's degree in counseling psychology from Naropa University in Boulder, Colorado. Lena Sofie is also a certified yoga teacher, hypnotherapist, and mindfulness and mediation teacher who specializes in trauma and mind-body psychotherapies. She has worked in the development field for an organization where she created and implemented programs for women and youth in Honduras in 2008 to 2010. Lena has a special passion for indigenous cultures having lived and studied with various tribal groups in the United States, Mexico and Guatemala. Her master's thesis focused on indigenous rites of passage and ceremony and how they can inspire feminine rights of passage for young women in modern day society. She currently works in Copenhagen, Denmark for a nonprofit organization, that specializes in rehabilitating women who suffer from eating and personality disorders.

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