

Katie Allen, MPH, C-IAYT, AWC, E-RYT500

Co-Founder, Be the Change Yoga, LLC

Co-Founder, AlcheMē Natural Health Institute, Inc.

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Professional Profile

Integrative Health Program Director and Public Health Researcher with more than 20 years of experience designing, implementing, and evaluating community-based lifestyle medicine and yoga therapy interventions across clinical, nonprofit, and underserved population settings. Experienced in interdisciplinary healthcare partnerships, IRB-supported research initiatives, workforce development, and scalable wellness programming focused on chronic disease prevention, stress reduction, functional health, and healthy aging using holistic therapies.

Co-Founder and CEO of Be The Change Yoga, one of the nation's leading community-based yoga therapy education and implementation centers, Co-Founder and Executive Director of the AlcheMē Natural Health Institute, a nonprofit focused on integrative health research, workforce development, and community wellness initiatives. Extensive experience developing evidence-informed therapeutic yoga and health education programming for older adults, underserved communities, and individuals with chronic health conditions.

Led more than 15,000 hours of group yoga therapy facilitation and over 7,000 hours of yoga teacher and yoga therapist training. Specialized expertise includes implementation of whole-person lifestyle interventions integrating yoga therapy, mindfulness, stress physiology, Ayurveda, functional lifestyle medicine, and behavior change strategies within healthcare and community environments.

Research & Clinical Implementation Experience

CHOC Children's Hospital Orange County | Research Partner & Community Program Lead | 2024–Present

Supported design, implementation, staffing, and evaluation of IRB-approved yoga intervention research focused on adolescents with chronic health conditions and community-based wellness outcomes. In partnership with CHOC and Hoag Hospital's Melinda Hoag Smith Center for Healthy Living, co-developed a bilingual (English/Spanish) community yoga wellness program for teens aged 13–18 with chronic health conditions including asthma and obesity, offering no-cost classes with no prior yoga experience required.

UCI Health | Susan Samueli Integrative Health Institute | Public Health Consultant & Yoga Therapy Program Manager | 2020–2022

Developed and implemented yoga therapy and condition-specific health education programming for UCI Health members, employees, and community participants.

Live Healthy OC | UCI Health | Public Health Consultant, Yoga Therapy Integration | 2017–2019

Designed and implemented yoga therapy and health education programming within federally qualified health centers and underserved community settings across Orange County ; which included programming in English, Spanish, and Korean for both patients and providers at Serve the People Clinic in Santa Ana, Families Together Clinic in Tustin, and Korea Community Services in Buena Park, CA led by certified yoga therapists.

Hoag Hospital Center for Healthy Living | Public Health Consultant & Yoga Therapy Program Manager | 2016–Present

Developed, implemented, and manage therapeutic yoga and health education programming for underserved and at-risk populations, including older adults and individuals experiencing chronic health conditions.

Hoag Hospital Center for Healthy Living | Public Health Consultant & Yoga Therapy Program Manager | 2018–Present

Developed a yoga therapist training practicum delivery site for AlcheMe Yoga Therapist trainings to conduct their clinical hours in Hoag's Community Mental Health Department, working in an integrative health setting alongside nursing interns and social work interns.

Research & Clinical Implementation Experience

Yoga Promotores | Founder & Director | 2017–Present

Developed scholarship and job-placement program enabling underserved community members to access yoga therapy training and pursue culturally appropriate yoga therapy careers, advancing health equity and workforce diversity goals.

Argosy University & Irvine Therapy Services | Research Partner | 2016

Supported IRB-approved research examining yoga therapy for children with sensory processing disorder.

Newport Mesa School District | NAVIG8 Drug & Alcohol Rehabilitation Program | Yoga Therapy Consultant | 2016–2018

Coordinated and delivered the yoga therapy component of the district's school-based drug and alcohol rehabilitation program, providing structured mind-body intervention within a behavioral health framework.

Yoga Y Salud | Curriculum Developer & Facilitator | 2010

Designed, facilitated, and evaluated a 6-week yoga therapy and chronic disease prevention course for the City of Santa Ana Community Services Department, delivered entirely in Spanish for underserved community members.

Newport Academy | 2009 - 2014

Developed, implemented and evaluated yoga therapy program for teens with substance and alcohol addiction and co-occurring disorders at residential treatment and outpatient facilities. 3-classes/ wk.

Certified Yoga Therapist (C-IAYT) | 2009 - Present

Clinical practice working with clients with specific health issues not addressed in a group setting. Use asana, pranayama, mantra, lifestyle and nutritional counseling, stress management, meditation and relaxation techniques to bring balance to physical, mental, emotional and energetic aspects of health.

Soul at Home Wellness Center | Yoga Therapy Department Director & Studio Program Manager 2007–2013

Founded and directed yoga therapy department and studio operations (80+ classes/week). Delivered 700+ hours of private 1:1 yoga therapy and 850+ hours of small-group yoga therapy with populations including cancer, CVD/overweight, addiction, anxiety, and autoimmune conditions. Served populations across Tustin, Irvine, and Orange County.

St. Joseph Health System | Public Health Consultant | 2007–2009

Designed and implemented multiple public health initiatives: international disaster response research in Guatemala and El Salvador with best-practice model development; system-wide Values Review survey design, translation, and evaluation across all St. Joseph hospitals (2008–2009); chaplain focus group design and analysis; and employee engagement survey design and evaluation across St. Joseph and Redwood Memorial Hospital.

Optimal Health Yoga | Curriculum Developer & Facilitator | 2009–Present

Developed and facilitated a 6-week structured yoga therapy and health education program combining evidence-informed yogic practices with chronic disease prevention topics: Heart Disease, Nutrition/Detoxification, Stress Reduction, Healthy Back/Bones, and Health and Happiness. Direct architectural precursor to the MAHA ELEVATE 12-week curriculum model/

Research & Clinical Implementation Experience

MOMS (Maternal Outreach Management System) | Public Health Consultant | 2006

Designed and implemented Pasos Pequeños (Small Steps), a 6-week holistic health education and yoga program delivered entirely in Spanish for low-income postpartum Hispanic women at risk for gestational diabetes, enrolled in the MOMS case-management program in Orange County, CA. Health education sessions covered overweight/obesity, diabetes prevention, physical activity, heart disease and nutrition, stress management, and smoking cessation. Led all yoga sessions in Spanish. Pre/post evaluation documented an 11% increase in health knowledge, 2.7 health behaviors improved per participant, 91% of participants reporting normal stress at post-test (a 21-percentage-point increase), 15.8% improvement in satisfaction with physical condition, and 100% participant satisfaction — with all women reporting they learned “a lot” and that the course benefited and modified their lives. Yoga sessions rated 4.45/5.0 for enjoyment; 100% expressed desire for continued yoga programming.

Common Ground Health Clinic | Health Educator & Coordinator of Volunteers | January – June 2006

Latino Outreach Project, post-Hurricane Katrina, New Orleans, LA. Provided bilingual (English/Spanish) health education for migrant workers and translation support for healthcare workers in an acute underserved-community crisis context.

Research Assistant – Brown University | 2005

Assistant for Dr. David Lindstrom, analyzing and organizing data regarding fertility trends and migratory patterns amongst urban and rural Mayan women in Guatemala.

Leadership & Program Development

AlcheMē Natural Health Institute | Co-Founder & Executive Director | 2022–Present

Co-founded nonprofit organization advancing integrative health research, workforce development, and scalable lifestyle medicine initiatives.

AlcheMē Yoga Therapy | Founder & School Director | 2015–Present

Developed and implemented an 825-hour IAYT-accredited Yoga Therapist Training Program focused on clinical application of yoga therapy (825 hour training - 3.3 years).

Be The Change Yoga | Co-Founder | 2013–Present

Co-founded and oversee a community-based yoga therapy education and implementation center delivering evidence-informed wellness programming and whole-person health interventions.

Be The Change Yoga | 300-Hour Yoga Teacher Training Director & Foundations Yoga Therapist Training | 2012–Present

Developed and direct 12-month Yoga Alliance-registered 300-hour program / Level 1 Yoga Therapist Training (Foundations of Yoga Therapy & Public Health Course). Thirteen cohorts; 300+ teachers certified; 3900+ hours of curriculum delivered.

Be The Change Yoga | 200-Hour Yoga Teacher Training Co-Director | 2010–Present

Co-developed and facilitate curriculum for Yoga Alliance-registered 200-hour program (4- month cohorts). Thirty two cohorts completed; 500+ teachers certified; 2,000+ hours of curriculum delivered.

The Share Necessities | Board Member | 2013

Board member of nonprofit providing yoga, meditation, and leadership programs to low- income families in concentrated poverty. Developed epidemiological assessment and evaluation materials for elementary school programs serving San Diego Unified School District and Los Angeles Unified School District.

Newport Academy | Yoga Therapy Program Director | 2009–2014

Developed mind-body intervention programming for adolescents with substance use disorders and co-occurring mental health conditions.

Education & Credentials

Master of Public Health (MPH)

Tulane University | 2005 - 2006

Thesis: *"Chronic Disease Prevention and Treatment Using Holistic Therapies: Yoga and Health Education"*

Master of Public Health Studies

Brown University | 2005

Ayurveda Wellness Counselor (AWC)

Sevanti Institute | 2022-2024 | 800 hours

Certified Yoga Therapist (C-IAYT), Loyola Marymount University | Yoga Therapy Rx Program

2007–2009 | 300 hours

Thesis: *"Optimal Health Yoga: Designing a Yoga Therapy and Health Education Program to Prevent and Treat Chronic Diseases."* Faculty: Larry Payne, Amy Wheeler, Rick Morris.

Advanced Yoga Therapy Study

Yoga Sutras Certificate Course (200 hours)

Krishnamacharya Yoga Mandiram (KYM), Chennai, India | November–December 2011

500-Hour Yoga Teacher Certification Program

Cloud Nine Yoga, Huntington Beach, CA | March–August 2009

Advanced Independent Study

Yoga Sutras & Vedic Philosophy, Robert Birnberg C- IAYT, The Breathing Space Studio

Los Angeles, CA | 2008 – 2019 | 200+ hours

In-depth private study of Yoga Sutras of Patanjali, positive psychology, wellness models, coaching frameworks, and therapeutic applications for specific health conditions.

200-Hour Yoga Teacher Certification Program

7 Centers Yoga Arts, Sedona, AZ | January 2007

Recipient of FLAS Grant by Department of Education

June - August, 2005

Foreign Language and Area Studies Program (FLAS). Spent 8-weeks in Guatemala studying the indigenous Mayan language Kaqchikel, culture, cosmology and health with an emphasis on holistic therapies.

B.A. International Studies & Spanish, and minor in Psychology

University of Denver | 1999 - 2003

Presentations

Symposium on Yoga Therapy and Research, 2026

Careers in Yoga Therapy: Service, Outreach & Sustainability

Symposium on Yoga Therapy and Research, 2021

Practical Tools to Refine Your Message and Expand Your Offerings

Sturge Weber Foundation (on behalf of UCI Health / SSIHI), 2021

Yoga Therapy Applications for Patients and Caretakers Experiencing Sturge Weber Syndrome

Orange Coast College Health Coaching Certification Program, 2021

Presentation on yoga therapy as a health promotion strategy for community-based applications.

UCI Medical School – HEAL-IM Program, 2019 and 2021

Overview of yoga therapy philosophy, practice, theoretical framework and tools for specific health conditions.

Orange County Medical Association, 2019

Presentation on yoga therapy to support the health and wellbeing of physicians and patients.

Live Healthy OC, 2018

Yoga therapy educational video presentations in both English and Spanish to be played in FQHC waiting rooms to educate patients about yoga therapy.

Center for Inherited Blood Disorders: CIBD, 2018

Presentation on yoga therapy applications for patients and caretakers experiencing blood disorders.

Symposium on Yoga Therapy and Research, 2018

How to Develop and Market Comprehensive Yoga Therapy Programs in Clinical Settings Using a Public Health Perspective

Kaiser Permanente, 2017

Presentation for physicians on yoga therapy applications for stroke patients.

Symposium on Yoga Therapy and Research, 2016

Yoga Therapy as a Health Promotion Strategy for Underserved Communities

Core Competencies

- Public Health Program Design, Implementation, and Evaluation
- Community-Based Health Intervention Design
- Public Health Research
- Lifestyle Medicine Health Promotion Planning and Delivery
- Yoga Therapy
- Healthy Aging
- Functional Decline & Frailty Interventions
- Healthcare Partnerships
- Integrative Health
- Behavioral Health
- Curriculum Development
- Workforce Development
- Chronic Disease Prevention
- Health Equity
- Grant Development
- Bilingual Health Education
- Interdisciplinary Collaboration
- Quickbooks
- Business Development and Management
- Marketing