



*Kate
Yurenda*

Speaker • Mindset Coach • Retreat Facilitator
Meditation Instructor • Visionary Filmmaker
Energy Healer • Peak Performance Coach

A multifaceted wellness leader blending ancient healing arts with modern psychology, Kate offers an elevated pathway to clarity, alignment, and empowerment. Her work integrates Qi Gong, NLP mindset coaching, meditation, breathwork, subconscious reprogramming, and energy healing—curated through the lens of neuroscience, quantum principles, and refined intuitive mastery.

- ✓ Heighten your Senses & Relax
- ✓ Cultivate Peak Performance
- ✓ Recalibrate your Energy
- ✓ Harmonize Mind & Body
- ✓ Boost Health & Confidence
- ✓ Elevate Mood & Mental Focus
- ✓ Restore Emotional Balance

Brooke Burke
Body App

Berkeley
University

LA Talk
Radio

Unity
Radio

UK Health
Radio

Holden
Qi Gong

Elevated Wellness

BIOGRAPHY & VIDEOS LINKS

Kate Yurenda is an internationally recognized transformational facilitator specializing in Qi Gong, guided meditation, NLP mindset training, peak performance coaching, and energy healing practices. She leads retreats with celebrity wellness leader Brooke Burke. Kate was trained by renowned Qi Gong master Lee Holden, in the lineage of Grand Master Mantak Chia. She directs and produces documentaries with leading experts in the fields of health, entertainment, wellness, science, sports, business, literature, and mindset.

From luxury retreats to wellness events to corporate environments—her work is undeniably impactful and deeply restorative. Kate has dedicated her life to amalgamating her passions for teaching, healing, creating, and igniting the human spirit. She is on a mission to restyle ancient healing practices so that future generations can design a more empowering reality. Kate's dynamic work is featured on her media platform, Dream Bold Network, which includes her art, blog, e-books, movies, spoken word, meditations, and media appearances.

CLICK ON TEXT:

Brooke Burke
Body App

Qi Gong
Routine

Mindset & Energy
Mastery

Guided
Meditation



CREDENTIALS

Bachelor's in Psychology
Bachelor's in Public Justice
Master's in Counseling Psychology
C.A.S. in Counseling Psychology
Certified NLP Practitioner
Certified Life Coach
Certified Energy Master
Qi "Chi" Gong Instructor
Studied under Master Lee Holden
Dr. Joe Dispenza's 10 day Workshop
Featured on Brooke Burke Body App
Mindset & Energy Mastery Subscription

EVENTS

Brooke Burke Retreats, Arizona
Civana Wellness Resort, Arizona
Brilliant Women Network, Huntington
Yogando Retreats, Colorado
Shade Hotel, Redondo Beach
Soul Creek Wellness, Malibu
Rafi Wellness Lounge, Malibu
True Healers, Hermosa Beach
Beach Qi Gong, Riviera Village
Studio Soul Events, Riviera Village
Lee Holden Chi Center, Santa Cruz
ChildNet Services, Long Beach

CLASSES

Berkeley University Speaker, CA
Resin Art Gallery, Redondo Beach
Wellspring 88 Holistic Studio, LA
Toadal Fitness Studio, Santa Cruz
Seascape Resort, Aptos, CA
San Pedro Ballet School, CA
Miramar School, Palos Verdes, CA
Harmony Yoga & Soul Fitness LA
Compass Real Estate & Heal LA
Redondo Beach Spiritual Center
Theta Float Spa, Monterey, CA
Huntington Retirement Home, LA

BROOKE BURKE RETREATS & EVENTS



*"When two hearts devoted to
healing merge in effortless
alignment—alchemy begins.."*

~ Kate

Kate and Brooke have co-facilitated classes, events, workshops, and destination retreats for several years—elevating the wellness journey with a blend of Qi Gong, Yoga, meditation, sound healing, NLP mindset coaching, breathwork, and intuitive energetic work. Their partnership embodies authenticity, grace, humor, and playfulness—as they passionately restyle healing.



"True luxury begins within.."

Check us out



Dream Bold Network



www.dreamboldnetwork.com

Elegant Wellness

QI GONG & BENEFITS

The ancient practice of Qi Gong (Chi Gong) is a mild form of Tai Chi. This moving meditation is the gateway to healing, reconnecting, inner peace, and recalibrating our reality. It involves energy activations, relaxation techniques, guided meditation, breathwork, mild stretching, flow state movements, mindset coaching, and subconscious reprogramming—while blending ancient wisdom with modern science.

Qi Gong matches and mirrors the rhythm of nature and anchors you into an elevated state. It reconnects you with the flow state and infinite intelligence. This practice instantly makes you feel more grounded, energized, relaxed, and recharged. Qi Gong is a longevity practice that awakens the depths of your soul and fuels you with exponential power.

- ✓ **Heightened Focus & Alertness**
- ✓ **Prevents Disease & Aging**
- ✓ **More Confidence & Connection**
- ✓ **Increased Flexibility & Endurance**
- ✓ **Strengthened Intuition & Awareness**
- ✓ **Enhanced Cognitive Functioning**
- ✓ **Elevated Mood & Mindset**
- ✓ **Stress Reduction & Inner Peace**
- ✓ **Improved Sleep & Cellular Recovery**
- ✓ **Balanced Energy & Emotions**
- ✓ **Boosted Immune System**
- ✓ **More Creativity, Clairty & Vision**



SERVICES OFFERED

Luxury Retreats, Destination Events & Immersive Workshops

Private, Partner & Group Training Sessions

Wellness, Mindfulness & Energy Healing Events

Private Reiki Energy Healing Sessions

Meditation Intensives & Masterclasses

Virtual Training & Online Membership

Speaking Panels & Keynote Presentations

Customizable Workshops & Signature Experiences

Tailored Programs for Resorts, Brands & Wellness Spaces

DEMO REEL

KATE'S INTENTIONS

Hello friends,

Thank you for taking the time to glimpse into my curated practice that blends mindset training with energy medicine. This is a truly unique and profoundly effective style of healing.

I hope to collaborate and share this transformative practice with you and your community. I love connecting with people who share these passions so please feel free to share with anyone that you feel is aligned. Thank you!

Warm Regards,
Kate Yurenda



Please feel free to reach out for any questions.

CLIENT FEEDBACK

"Every moment of Kate's retreat felt intentional and seamless. This was one of the most fun and profound experiences of my life."

Jessica Miller

"Wow, take a class with Kate if you want your mind blown. She creates a euphoric space for healing and transformation..."

Ashley Williams

Get in Touch!



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