

**Cheryl L. Jones** is Founder of The Mindful Path. She brings over 30 years of experience exploring and teaching best practices for health and well-being.

Her background includes undergrad and master's degrees in Health and Exercise Science. Cheryl is extensively trained as a Mindfulness-Based Stress Reduction (MBSR) teacher and holds a Certificate in Spirituality from the University of Saint Joseph.

Early in her career, Cheryl opened her own fitness center in New York City where she was personal trainer to Jackie Kennedy. She taught health and physical education at the high school and college level.

Cheryl held leadership roles at Aetna where she developed wellness and mindfulness strategies for nearly a decade. She received the Norman Vincent Peale Award for integrating mindfulness into corporate culture. Cheryl was voted one of the 12 Powerful Women of the Mindfulness Movement.

She is the author of *Thriving When Your Cosmic Egg Is Cracked: A Mindful Journey* and *Mindful Exercise: A Bridge Between Yoga and Exercise*. A mother of two, Cheryl resides in Boston, Massachusetts.

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