



Joelle Tamraz

Author | Speaker | Coach

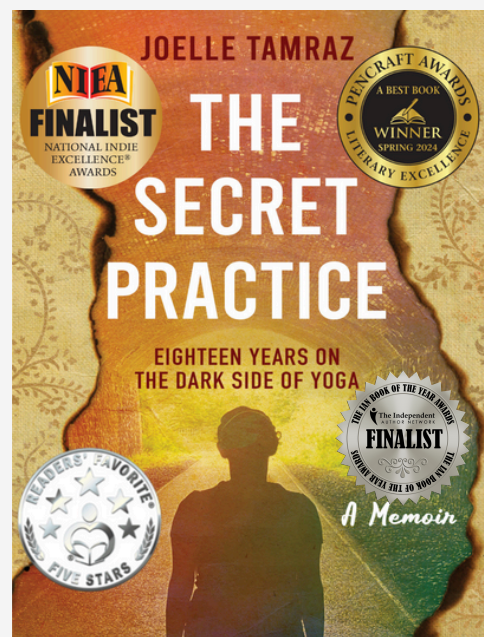
Bio

Joelle Tamraz is an international author, speaker, and coach. She lived in five countries across three continents before finding her second chance in the UK with her husband and two dogs. Her debut memoir, *The Secret Practice: Eighteen Years on the Dark Side of Yoga*, won multiple awards.

Joelle is a survivor of narcissistic, spiritual, and intimate partner abuse, and her work is informed by her experience of deconstruction and recovery. She is available for workshops, talks, interviews, and podcasts.

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