

Annie C. Barrett, M.A., NBC-HWC, CAP, E-RYT

Workplace Wellness Leader Vibrant Soulful Wellness Seattle, Washington

Annie Barrett is a wellness educator, workplace wellness leader, National Board–Certified Health and Wellness Coach (NBC-HWC), Ayurvedic practitioner, and registered meditation and yoga teacher. Annie has worked in the field of wellness for over twenty years, educating and empowering groups and individuals to live their best lives with the tools of education, coaching, lifestyle medicine, habit change science, mindfulness and yoga.