

2025 ✨
Media Kit



Alexis Artin

☀️ **Alexis Artin is a leading growth coach, podcaster, international speaker, and master embodiment teacher guiding celebrities, Fortune 100 executives, and those seeking transformation worldwide.**

After working with A-list celebrities in television and film, Alexis Artin transitioned her passion for fostering human potential into the world of self-development and transformation. For over two decades, she has guided individuals toward their **personal and professional best**, helping them dismantle limiting beliefs and unlock their innate power.

Alexis has worked alongside some of the world's most revered thought leaders, bringing **personal growth to center stage**. She played a key role in expanding one of the largest and most renowned **female empowerment and embodiment** companies before channeling her expertise into a coaching practice serving clients worldwide.

As an **ICF-certified professional coach and Energy Leadership Master Practitioner**, Alexis teaches others to embrace their innermost wisdom—bridging mind, body, heart, and soul for true, lasting transformation. She is also the co-founder of **Soulsway™ Practice**, a rapidly growing embodiment movement recognized by leaders in the space, including Radha Agrawal's Belong Institute (Daybreaker, Thinx).

Belong Institute

CBS

ET

NBC

THRIVE
GLOBAL

FOX
NEWS

SHOUTOUT LA

Rp

FX

iHeart
RADIO

DAYBREAKER

media contact

www.alexisartin.com

To book Alexis on your show, have her as a guest contributor, or speaker contact:

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Soulsway

Soulsway is a fitness revolution—blending somatic movement, music, mindfulness, and meditation to revitalize individuals from soul to skin. This science-backed practice offers live and on-demand classes that help restore body awareness, self-trust, and authentic expression, meeting participants exactly where they are.

Rooted in somatic science, Soulsway guides individuals to turn inward, focus on internal sensations, and regulate the nervous system. This method releases tension, enhances emotional resilience, and deepens the mind-body-soul connection, fostering holistic well-being beyond conventional fitness.

By dissolving internalized expectations and judgments, Soulsway creates a judgment-free space for exploration and transformation. This innovative approach is redefining movement and embodiment, reconnecting individuals with the natural intelligence and comfort of their bodies.

Latest Mentions

- **Wellworthy** discussed how longevity data influences wellness choices, highlighting innovative practices like Soulsway.
- **The Everygirl** shared expert advice on staying informed without sacrificing mental health, mentioning Soulsway's approach to mindfulness.
- **POPSUGAR** Australia detailed the benefits of the Cat-Cow Pose, aligning with Soulsway's emphasis on holistic movement.
- **Her Agenda** offered tips to declutter life before the New Year, resonating with Soulsway's principles of mindfulness and clarity.



THE EVERYGIRL

wellworthy



Podcast

"Look At Me Now" is a series of raw, revealing, and insightful conversations that examine our humanity as we shift from outward approval to inward advocacy. Whether speaking with clients, celebrity friends, soul sisters, or everyday unsung heroes, host Alexis Artin's wise, no bullsh*t, and fiercely-loving approach provides a refreshing opportunity to fully embody who we are.

Ranked in the **Top 10 in Society & Culture and Personal Journals**, Look At Me Now resonates deeply with listeners seeking meaningful self-discovery. With each episode, we collectively hold up the mirror to our past, present, and future selves—taking time to reflect on what's possible when we step into becoming the expert of our own experience.

featured guests ↓



Peter Crone

Mind Architect, Performance
Coach & Spiritual Teacher



Radha Agrawal

Entrepreneur, Community Builder
& Bestselling Author



Brad Williams

Comedian, Actor &
Stand-Up Performer

Expertise



DEMARTINI
METHOD



Marking two decades in entertainment and wellness, along with rigorous training, Alexis Artin became a licensed embodiment teacher in 2012 and an accredited coach in 2016. Through continuous study, certifications, and leading successful programs for celebrities and global brands, she became a trusted guide for those seeking holistic transformation. In response to high demand, she co-created Soulsway™, a somatic curriculum and movement ritual, alongside a private practice for clients needing deeper support. Now, Alexis is on a mission to help women disrupt societal narratives around femininity and reclaim their true purpose.

including but not limited to:

Personal & Professional Growth Strategy

Somatic Science & Healing

Getting Back Into Your Body

Identifying Your True Values & Desires

Goal-Mapping & Growth Mindsets

Self-Care Rituals for authentic confidence

Bodywork & Movement Practices

Reconnecting to Sensuality

Identifying Personal Roadblocks

← **talking
points**