

THE JÖRNI PODCAST

The Jörni Podcast bridges professional insight and personal experience to explore the advancement of mental and holistic wellbeing.

The podcast features engaging conversations with experts and individuals sharing compelling stories, offering listeners actionable strategies and transformative insights. With a mission to make holistic health accessible to all, The Jörni Podcast fosters a community of healing, empowerment, and growth.

By combining evidence-based practices with relatable experiences, The Jörni Podcast inspires listeners to take charge of their mental, emotional, and physical health, pursuing their unique paths to wellbeing.

NOTABLE GUESTS

Lynne McTaggart
Bryan Hubbard
Dr. Shamini Jain
Dr. Sue Morter
Rollin McCraty, PhD
Dr. Christine Schaffner
Dr. Bradley Nelson
Kristina Mänd-Lakhiani
Dr. Dawson Church
Natalie Ledwell

Eileen McKusick
Dr. Sabina Brennan
Rachel Kelly
AnneMoss Rogers
Dr. Stacey Freedenthal
Hope Virgo
Dr. Howard Schubiner
Lisa Tahir
Jennifer K Hill
Dr. Bill Bengston

OUR LISTENERS

- 75% Female, ages 35-55 years old
- Listening from North America and Europe
- Love to learn about mental health and holistic (alternative) healing



Started in 2022 – now
over 250 episodes



100K monthly
downloads



Top 10% Global Rank



5-Star rating on Apple
and Spotify

LET'S COLLABORATE!

thejornipodcast.com

podcast@thejorni.com

