

# 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

PJ "Papi" DiNuzzo

Gil Petersil

Dr. Shamini Jain

Dr. Sue Morter

Rollin McCraty, PhD

Dr. Christine Schaffner

Dr. Bradley Nelson

Lynne McTaggart

Dr. Dawson Church

Natalie Ledwell

Eileen McKusick

Dr. Sabina Brennan

Dr. Meg Haworth

Kristina Mänd-Lakhiani

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, Europe, and worldwide
- Love to learn about mental health and holistic (alternative) healing



Started in 2022 – now  
over 300 episodes



Over 100K monthly  
downloads across  
major platforms



Top 10% Global Rank



5-Star rating on Apple  
and Spotify

LET'S COLLABORATE!

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