

Chia-Ti Chiu Chia-Ti is a yoga instructor, Thai bodyworker, and meditator. As a lead teacher with the Lineage Project, she brings mindfulness practices to youth in detention centers. She also leads their trainings, which focus on the intersection of mindfulness, social justice, trauma and resiliency. She developed and runs a community arts program at Hospital Adventiste d'Haiti in Port-au-Prince, after her initial trip doing earthquake relief work in 2010. Chia-Ti believes strongly in the power of healing and growth through self-care and co-care practices.