

Vicki Dello Joio

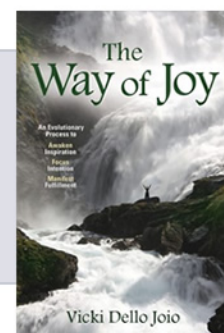
“The Energy You Bring is the Ingredient that Matters Most”

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Vicki Dello Joio is a life-changing workshop leader, Qi (energy) master teacher and inspirational speaker. Since 1975, her brand of brilliance has motivated spiritually-inclined seekers to infuse body-mind-spirit practices into their very cells.

Vicki’s “Spiritual Fitness” program and book, *The Way of Joy*, inspire people from coast to coast with embodied reminders that JOY is your birthright — a fuel, not just a goal — and your secret key to life satisfaction and abiding success on your own terms.



Praise

“Vicki is an engaged and knowledgeable guest. I thoroughly enjoyed interviewing her as she brought her wealth of information and applicable recommendations to an easy and flowing conversation. I highly recommend her for an enlightening interview!” — *Dr. Carly Hudson, D.C., Healing Ground Movement podcast*

“Vicki was one of my favorite guests to interview. She’s fun, energetic and truly entertaining. She’s an expert in her field and shares so much wisdom. Audiences love her!” — *Julia Glyde, Visibility Expert and Transformational Speaker Trainer*

Vicki’s Presentations Showcased Here



Most Popular Podcast Topics

- Why Spiritual Fitness (and the energy you bring) matters more than ever before in this pandemic/post pandemic age
- 9 Steps to Spiritual Fitness and Embodied Joy (and 1 step never to take)
- The missing piece that stops spiritual seekers from making their biggest impact in life and work and what to do instead.

Founder and Host of “Qi Talks” with the National Qigong Association since 2013