



Esther Rodriguez Brown

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EGO FRIENDLY LIVING

MEDIA & PRESS

- OmStars <https://omstars.com/blog/ayurveda/the-practice-of-mudras/>
- Las Vegas Entrepreneurs Magazine (2021). Top 25 coaches and authors.
- Las Vegas Entrepreneurs Magazine (2020)
- Review Journal (2019). Las Vegas seminar examines how to combat human trafficking.
- Fox 5 Monica & Jason (2018). Women Leadership Conference MGM.
- Review Journal (2018) Embracing Trafficking Victims.
- Fox 5 KVVU-TV, Las Vegas (2017) The Embracing Project celebrates 10 years of helping victims of sex trafficking.
- Joseph, B. Review Journal (2017). Las Vegas non-profit embraces victims of sex trafficking
- Needles & Pins (2017) Session 1 Episode 1 - VICELAND TV
- Bowers, N. (2016). Man Arrested in Connection with Human Trafficking of Juveniles. Channel 8.
- Christian, R.D. (2016). The Track: Unlikely Friendships Emerge on the Dark Side of Las Vegas. Vegas Entertainment Lawyer Website.
- The Track Feature Film (2015). Directed by Brett Levner. Esther Brown in the role of Maria.

more on egofriendlyliving.com/press-media

AWARDS

2018- Las Vegas 100 Women of Influence

2016 - Inaugural Silver Embrace Honoree. The Public Interest Law Association William S. Boyd School of Law

2015 & 2016 - Las Vegas 100 Women of Influence

2013 - Nominee El-Hibri Peace Education Prize

2013 - Nominee to Peace Progress Award

2013 - Nominee to L'Oreal Woman of Worth

2010 - Award of Appreciation from The Southern Nevada Gang Task Force

2009 - "Big Sister of the Month" award from Big Brother and Big Sister

2009 - Certificate of Appreciation from the Department of Juvenile Justice Services, Sister to Sister

2009 - Community Hero Award for Directing and Inspiring Youth

2009 - Award of Appreciation from Family Leadership Institute in the Latino Community



HOLISTIC COACHING

AYURVEDA

ONE-ON-ONE HOLISTIC COACHING

YOGA NIDRA & JYOTISH

HYPNOTHERAPY & PAST LIFE REGRESSIONS

DISCUSSION POINTS

1. Ayurveda & Wellness
2. Trauma Informed
3. Spiritual Growth
4. Advocacy and Activism



ABOUT ESTHER RODRIGUEZ BROWN



Esther Rodriguez Brown was born and raised in Spain. Since a very young age, she showed her passion for helping others. She arrived to the United States in 2001 and in 2007 she founded The Embracing Project, a grass-root non-profit organization that services children survivors of sex trafficking and gang violence. She also opened the first drop-in center in Las Vegas to provide a safe place for children victims of sexual exploitation and violence and created a curriculum to teach the similarities between gangs and genocide. Through her organization, Esther traveled around the world to expand her service to humanity. In 2018, Esther retired from the every-day operations and merged TEP with a national organization to expand services for youth and to ensure the continuity of her legacy.

She is also the founder of Ego Friendly Living, a company based on the principle of compassion to empower people to heal from within, focusing on body, mind, and soul, through Ayurveda, Yoga, and Spiritual education and practices. She is a life-long student of Ayurveda, Yoga, and Spirituality, and offers this wisdom to others that are ready to integrate body, mind, and soul. Esther studied Ayurveda under the lineages of Guru Yogananda, Guru Jyotirmayananda, Vamadeva David Frawley, and Maheshananda Mas Vidal under the school of Integral Yoga & Ayurveda. She is an Ayurvedic Health Counselor and Yoga Therapist, with studies in Yoga Nidra and sound therapies under the lineage of Swami Satyananda Bihar School. She is a Yoga teacher with a 200H YTT certificate recognized by Yoga Alliance. In addition, she has a Master's Degree in Child and Adolescent Psychology.

Esther continues her education in Ayurveda and other ancient practices traveling to India every year.

"You have all the answers that you need, you were created with the power to heal and evolve but sometimes it is difficult to find the time and the space to stay grounded and listen to our bodies, mind, and soul. I am here to support you through the journey of becoming the higher version of yourself."