

Hi, I'm Marina!

THE COMPASSIONATE SOMATIC COACH

Marina Yanay-Triner is the compassionate somatic **coach**, published **author**, trauma **survivor** and **expert** on top summits and podcasts on the topics of **trauma**, the **nervous system** and **emotional healing**. She has supported **thousands** with big visions who felt stuck through her 1-1 coaching, group programs and online courses.

Marina teaches **body-based somatic tools**, mindful **self compassion**, and **nervous system regulation and emotional healing techniques** to awaken a sense of **purpose and aliveness**.

My Life Story

Based on my **life history**, I was supposed to live a life of **pain, regret, and disconnection**, and have a career that didn't spark joy, just to make a living.

Trauma runs in my family: the Holocaust, violence and war, financial trouble and poverty.

It also runs in my own life: moving multiple times as a refugee, sexual assault, and emotional neglect.

And yet, through it all, through pain and working through my triggers, **I am able to keep coming back to deep aliveness and presence, build a thriving business and support thousands.**

[Click here to access my photos for your use](#)



IG STATS

89% women
34% 35-44 years old

Cities:
New York, London, Los Angeles, Melbourne, San Diego

Countries:
USA, UK, Canada, Australia

89.8K
monthly engaged

1.8M
monthly reach

1.4K
stories reach

83K
@marina.y.t

3.9K
monthly page views

7.8K
email subscribers

Marina Yanay-Triner



SPEAKING TOPICS

- ✓ **Nervous system regulation:** how the nervous system works, what it means to be regulated, nervous system states and practical somatic exercises to create a flexible nervous system
- ✓ **Emotional healing:** why are emotions important, what they are, how to process emotions from the past and what that does for our health and success in the world; trauma and emotional flashbacks
- ✓ **Trauma:** my powerful healing story, why we are never actually "healed", what is trauma and how it is stored in the body and mind, why everyone experiences trauma and how can we integrate it for its wisdom

AS HEARD ON

The On-Call
Empath

THE THRIVING
RELATIONSHIPS
SHOW

Healthy
Lifestyle
Solutions

SURVIVING
TRAUMA: STORIES
OF HOPE

WHO I WORK WITH

Brands: I love working with ethical and sustainable brands that care about planet, animals and people, and are trauma-informed.

Media: media outlets and podcasts that are excited to bring the trauma informed, compassionate voice to their audience and dive deep.

WHAT YOU CAN EXPECT

Clear communication, and a deep commitment to co-create information that will bring value, healing and curiosity to both of our audiences.

My mission is to bring **healing** to humans, the planet and animals by creating **awareness about the role of trauma in our lives**. I'm so excited to do this work alongside you in our future collaboration!

GET IN TOUCH



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Marina Yanay-Triner

Podcast Host Testimonials

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It was such an absolute joy to have Marina as a guest on our Thriving Relationships Show (podcast).

She was wise, insightful, genuine, warm, encouraging, intelligent, articulate, absolutely lovely to coordinate with, and filled the episode with nuggets of wisdom, as well as inspiring stories and concrete exercises for listeners to experience.

I already can't wait to have her back, and she has my highest recommendation!

Christine Earheart | The Thriving Relationship Show



“

On episode 126, I had a guest by the name of Marina on my podcast. I requested her to discuss the somatic, body-based approach in more detail and address their nervous system regulation, stuckness, and triggers. To put it mildly, I was really impressed with her level of expertise on this issue.

I can honestly say that Marina came prepared when she recently appeared on my podcast. She provided me with thorough answers to all my tough questions. I can tell Marina takes his work seriously, but she also doesn't mind answering the hard questions. I select only the very best guests from all over the world who align with the mission of my show.

I have no doubt Marina truly cares about her work and wants to clearly help others. I'm sincerely grateful to have shared time and space with her! I can highly recommend Marina to any other podcast show seeking for a quality guest.

Raj Montage | The On-Call Empath



Marina Yarnay-Triner

Podcast Host Testimonials

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I am still absolutely in awe about the session for our online summit that Marina shared with us. Her wisdom and practical teachings were really mind, heart and soul opening and provided not only her own personal stories and experience, but also amazing exercises we practiced right away.

Me and my husband are both coaches and keep doing our work to grow and since the session with Marina we keep practicing what she was teaching us and it still resonates and really works.

Marina is an amazing speaker, teacher and guide and we are so happy she spoke on our event and also contributed a chapter to our book 21 days to soulful success.

Speaker, author, wise guide, all in one. Her wisdom is not only learned but most importantly embodied.

So honored and thankful our paths crossed and we are excited to keep learning with and from her.

Petia Kolibova, master coach, author, speaker



“

Marina returned a second time to my podcast to speak about her work with empaths. This conversation was even more meaningful to me because I've learned that doing inner work is key to designing the life that I desire. Her openness, gentleness and love for all is conveyed in her message and in her approach. She is highly knowledgeable about how our nervous system is affected by past traumas and then affected once again by certain triggers. Very few people are as informed as she is.

I look forward to having her on the show in the near future once again to see what else she has in her toolkit.

Maya Acosta | Healthy Lifestyle Solutions



Marina Yanay-Triner