

Lyndsay Morris, M.Ed, RYT-200



Lyndsay is the founder of [Generation Wellness](#) and creator of the Generation Wellness App. She has spent the last decade infusing simple wellness practices and connection activities into classrooms, companies, and communities around the world. Lyndsay believes that every human being should have the opportunity to experience and learn tools that lead to less stress and more success, so that all have the opportunity to thrive.

