

Dr. Phyllis SHU Hubbard

Nudging You To Actively Engage In Self-Care

Root Cause Analyst

Health Warrior

Specializes in Naturopathy, Natural and Indigenous Medicine, Ayurveda, Yoga, Qigong and Injury Prevention, Cultural Competency, Intuition Development, Visual Healing, Sacred Geometry and Multimedia, Root Cause Analysis and Problem Solving, Healing Through Storytelling, Transformational Leadership from the Inside Out, Creative Nonfiction, Technical and Academic Writing.

Body Whisperer

Sacred Geometry

She designs interactive learning experiences using creative nonfiction, visual healing art and multimedia to advocate for and teach pluriversal wellness strategies for balancing the body, mind and emotions. Dr. Hubbard is a social programming researcher who facilitates racial healing and decolonization through reconnection to identity, ancestry and culture. Her previous work as a PBS TV Producer inspired her to create and edit most of her videos to revolutionize the way people engage with self-care.

Visual Healing Artist

