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A Tribute to Teresa Kay-Aba Kennedy

Mr. TOWNS. Madame Speaker, I rise today in recognizing Teresa Kay-Aba Kennedy, a business and lifestyle expert who holds certifications in yoga, fitness, weight management and offers unique multidisciplinary approaches to an authentic, healthy and successful life. She has a dual B.A. *magna cum laude* in Sociology and Design from Wellesley College, an MBA from Harvard Business School, and a Ph.D. in World Religions. Born in Ghana, schooled in Australia and Italy, she comes from a family of high achievers. Her parents Janie Sykes-Kennedy and Dr. James Scott Kennedy were international media pioneers. Her great uncle, James Atkins, was a member of President Franklin D. Roosevelt's "Black Cabinet."

Nationally recognized as a motivational speaker and leader in wellness and empowerment, Dr. Kennedy is on the faculty of the Institute of Integrative Nutrition and is Chair of the Board and Interim President/CEO of Yoga Alliance -- the non-profit organization that sets standards for yoga teaching in the United States and offers support to its registry of over 18,000 yoga teachers and almost 800 yoga studios.

After almost dying from Crohn's Disease ten years ago, she has personal experience with transformation serving as a role model for healthy living. Her mission is to help people from all walks of life live better lives and has worked with a variety of clients from senior executives and entrepreneurs to people with specific ailments, ranging from Asthma, Anorexia, Diabetes, Hypertension, Obesity, Adult ADD and Leukemia.

Dr. Kennedy has a long record of success in both the business and creative worlds consulting and writing case studies on Fortune 500 companies for Harvard Business School, working as a creative consultant for Universal Studios, and spending seven years as an executive at MTV Networks.

Her wellness and empowerment work has been featured in media around the world from CNN, NBC, Martha Stewart Living Radio, ARD TV in Germany to The New York Times, Yoga Journal, and O: The Oprah Magazine. Dr. Kennedy is the producer of the Power Living: Mini-Escapes relaxation CD, author of "40 Days to Power Living: Think Eat and Live on Purpose", "The Power Living Pledge: An Affirmation for a Purposeful and Powerful Life" as well as three case studies published under the Harvard Business School. She has received a number of awards, including *The Network Journal's 40 Under Achievement Award*.

Madame Speaker, It is an honor to pay tribute to this outstanding woman who has an unparalleled career of leadership, motivation and dedication on behalf of others. Dr. Teresa Kay-Aba Kennedy deserves our profound thanks.