

Influential Women Profiles Tania Van Den Houten: Wellness Educator, Author, Speaker, And Life Transformation Advocate

PENDLETON, OR, UNITED STATES, August 24, 2026 /EINPresswire.com/ -- Bringing More Than 30 Years of Wellness Experience to Life Coaching, Yoga Therapy, Health Education, and Integrative Lifestyle Change

Pendleton, Oregon — Tania van den Houten is a wellness educator, author, speaker, entrepreneur, and health advocate whose career reflects a commitment to personal transformation, integrative wellness, and intentional living. As Founder and Director of Wellness Wave LLC, which she relaunched in 2025, Tania trains certified life coaches through a curriculum she personally developed while leading online and in-person certification programs.



Through Wellness Wave, Tania has trained more than 150 Wellness Wave Life Coaches and continues to serve private clients through yoga therapy and life coaching. Her approach combines wellness education, mindfulness, personal development, and practical strategies that help individuals cultivate greater calm, clarity, and purpose in their everyday lives.

Tania holds a Master of Science in Journalism from Columbia University Graduate School of Journalism and brings more than 30 years of experience in yoga and wellness practice. Her background also encompasses journalism, media, filmmaking, public speaking, education, and community engagement.

An award-winning film producer, writer, and director, Tania has contributed to documentary projects including American Cowboys, narrated by Academy Award winner William Hurt. She also founded the Yoga Roundup in Oregon, the state's first yoga festival, which operated for seven

years and attracted hundreds of attendees annually. Tania served as the festival's keynote speaker each year, further establishing her as an educator and public voice in the wellness community.

Throughout her career, Tania has delivered more than 65 speaking engagements and participated in film festivals and community education initiatives. Her ability to communicate complex ideas through storytelling and personal experience has become central to her work with audiences.

Tania is also a published author, audiobook creator, and media personality. Her books and audiobooks available on Amazon include *A Long Way Home*, *Choose Peace*, and the *Wellness Wave Life Coach Training Manual*. Through these works, she shares perspectives shaped by her experiences in wellness, mindfulness, personal development, life coaching, and intentional living.

Her book *A Long Way Home* has reached readers internationally, including audiences in the United States, the Netherlands, and Hong Kong. She subsequently launched a podcast under the same name, exploring mindfulness, resilience, self-discovery, and the deeper questions that shape people's lives. She is also independently leading a public campaign surrounding the project titled "Long Way Home is Taking Flight."

Tania extends her educational work through her YouTube podcast, *Live with Tania*, and *Tools for Intentional Living*. Her Spotify offerings include *Adventures with Ms. V*, *Tools for Mindfulness for Academic Success*, *A Long Way Home*, and *Tools to Anchor to Our Inner Calm*. Across these platforms, she shares practical perspectives on mindfulness, emotional well-being, personal growth, academic success, and



intentional living.

Her commitment to wellness is informed by her own experience with significant lifestyle change. By transforming her approach to health and daily living, Tania improved her health and reduced her dependence on medication, reinforcing her belief in holistic and preventative wellness. Her doctor described her blood work as “absolutely incredible,” an experience that further strengthened her conviction that meaningful lifestyle changes can profoundly influence overall health.



Tania has also become increasingly involved in health advocacy. She ran for Oregon State Senate as a non-affiliated candidate and developed policy-focused presentations addressing public health and nutrition. Her advocacy reflects her interest in encouraging individuals and communities to take greater ownership of their health while considering broader approaches to wellness and prevention.

At the heart of Tania's professional and personal philosophy is the importance of trusting one's inner compass and creating a life aligned with what truly matters. A central message of A Long Way Home and much of her work is that happiness can rise and fall as an emotional state, while peace offers a deeper sense of grounding and connection.

Tania encourages people to reclaim their personal power and health by taking meaningful action toward lives that reflect their deepest values and aspirations. Through Wellness Wave Life Coaching and Certification Training, she provides tools, training, and experiences that support greater calm, clarity, and intentional living.

By bringing together decades of wellness experience with education, storytelling, coaching, creative work, and advocacy, Tania continues to create opportunities for people to explore healthier and more purposeful ways of living. Her work ultimately reflects a simple philosophy: meaningful transformation begins when individuals learn to listen to themselves, make intentional choices, and take responsibility for creating the lives they truly want.

Learn More about Tania van den Houten:

Through her Influential Women profile: <https://influentialwomen.com/connect/tania-vandenhouten>

Amazon <https://share.google/1D64UYwrjrCjxQGUB>

Books & Audiobooks

A Long Way Home

Tools to Anchor to Your Inner Calm Shoreline

Link to A Long Way Home Podcast:

<https://open.spotify.com/show/4QF2Z5NI2ZCudWiYftmZyH>

Adventures with Ms. V

Tools for Mindfulness for Academic Success

Link to Adventures with Ms. V:

<https://open.spotify.com/show/033eyqkQ6VqEqnSClgqYwc>

YouTube Podcast

Live with Tania!

Intentional Living

YouTube Channel

https://youtube.com/@taniavandenhouten-j7k?si=PDLYDNn2XrsOz_qI

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