

P R E S S K I T

J JOSETTE

R O O Z E N - T K A C I K

Medical Miracle | Wellness Visionary | Sacred Movement Pioneer

Santa Barbara, California + West Palm Beach, Florida

B I O G R A P H Y

Josette Roozen-Tkacik is an internationally acclaimed wellness authority, certified naturopathic health coach, and one of the most extraordinary medical reversal stories of the modern era. A former professional ballet dancer, she stunned the medical community in 2011 when she achieved what physicians declared impossible: the complete reversal and healing of advanced rheumatoid arthritis without a single pharmaceutical intervention. Documented lab results confirm NED — No Evidence of Disease — a status she has maintained for over 13 years.

Through her impact on platforms like Humanity's Team, DailyOM — where she is a Top 3 Digital Author — and the hundreds of podcasts and articles chronicling her journey, Josette has helped thousands of people worldwide reclaim sovereignty over their health and transform their relationship with chronic illness.

Following her diagnosis, Josette built what became the world's most successful Zumba class, maintaining the #1 global ranking for an unprecedented 13 consecutive years while simultaneously pioneering a groundbreaking methodology that fuses sacred movement, holistic nutrition, and mind-body mastery. She is the founder of The Sanctuary Collective, a 501(c)(3) nonprofit dedicated to healing, transformation, and sacred community.

D I S T I N C T I O N S & R E C O G N I T I O N

- ◆ Congressional Award Recipient
- ◆ California State Assembly Honoree
- ◆ Named "Santa Barbara's Dancing Queen"
- ◆ Top 3 Digital Author, DailyOM
- ◆ Featured Expert, Humanity's Team
- ◆ Santa Barbara Local Hero Award

THE STORY

A Journey From Impossible Diagnosis to Global Impact

In 2011, at the height of her career as a young mother and professional ballet dancer, Josette received a diagnosis that would have ended most people's stories: advanced rheumatoid arthritis. Her physicians were unequivocal — she would never dance again. They prescribed a lifetime regimen of powerful immunosuppressants and biologics. The medical consensus was clear: this disease was incurable.

Josette chose a radically different path. Drawing on her decades of body intelligence as a classical ballerina, she embarked on an intensive holistic healing journey that combined anti-inflammatory nutrition, sacred movement practices, mind-body integration, and naturopathic protocols. What happened next defied every medical expectation.

Not only did she return to the dance floor — she built the single most successful Zumba class on the planet, holding the global #1 ranking for 13 consecutive years. More remarkably, her lab results confirmed the complete reversal and healing of the disease: NED, No Evidence of Disease. Her physicians declared her a medical miracle.

Today, Josette's methodology has helped thousands reclaim sovereignty over their health. Her story is not just one of personal triumph — it is a paradigm-shifting demonstration that the body's capacity for healing extends far beyond what conventional medicine acknowledges. She now dedicates her life to sharing this wisdom through speaking, retreats, The Sanctuary Collective — the nonprofit she founded — and her work as a sacred movement practitioner and certified naturopathic health coach.

"She is living proof that the body can heal what medicine says it cannot."

— Medical Professional Assessment

SIGNATURE SPEAKING TOPICS

The Medical Miracle Method

How one woman reversed the "incurable" and built a global

Sovereignty Over Your Health

Breaking free from pharmaceutical dependence and reclaiming

Overcoming Impossible Odds

Turning your greatest crisis into your most powerful catalyst for

Personal Empowerment & Resilience

Reclaiming your voice, your body, and your life on your own terms

Sacred Movement as Medicine

Rediscovering with the body's innate intelligence through

The Mind-Body Revolution

Cutting-edge science meets ancient wisdom in chronic illness

From Diagnosis to Destiny

Transforming adversity into purpose and building an

Women's Leadership & Reinvention

Embracing your next chapter with courage, clarity, and conviction

ENGAGEMENTS & OFFERINGS

SPEAKING & EVENTS

Keynote Addresses

Transformational talks for conferences, summits, and corporate events

Wellness Retreats

Luxury immersive experiences in breathtaking international settings

Corporate Wellness

Bespoke programs for Fortune 500 companies and executive teams

Workshops & Masterclasses

Intimate, hands-on sessions in movement, healing, and embodiment

MEDIA & DIGITAL

Podcast Guest Appearances

Compelling storytelling for health, wellness, and transformation audiences

Media Commentary

Expert perspective on holistic health, autoimmune reversal, and wellness trends

Online Courses

Comprehensive digital programs including DailyOM bestsellers

Private Consulting

One-on-one guidance for individuals navigating chronic illness recovery

FEATURED & RECOGNIZED

DailyOM • Humanity's Team • Congressional Recognition • California State Assembly
Santa Barbara Magazine • Zumba Hero Recognition • Santa Barbara Local Hero Award
Hundreds of Podcast Appearances • International Wellness Summits

THE SANCTUARY COLLECTIVE

Founded by Josette | 501(c)(3) Nonprofit

The Sanctuary Collective is Josette's nonprofit organization, creating sacred spaces for healing, transformation, and community. Located in Palm Beach County, Florida, programs include equine-assisted experiences, immersive wellness retreats, and pathways to personal restoration.

BOOKING & MEDIA INQUIRIES

Josette@josettetkacik.com | (805) 220-8264

josettet.com | @josettetkacik | youtube.com/josettetkacik