

Final Report

FS [OBSERVER]



Alanna Marie Zabel

Incident ID: A00713748

Injury: Splashed hot water on her hand. She's alleging injuries due to this incident.

Date of Injury: Apr 18, 2025

Created Date: 06/05/2025

Requested By

Natalie Grieszmer
ngrieszmer@graig.com

Background

Method Of Discovery

Name, Location, Associates.

Summary of findings

Background and Family:

Subject Alanna Zabel is a 52-year-old woman living in Santa Monica, California. She has also previously lived in New York, Florida, and Texas. She has one dog, Flash. Her family structure is not presented on social media.

Employment:

Subject is a Trauma-informed Yoga instructor, owns a yoga studio, a registered ERYT-500 teacher trainer, a Sound Healer and Program Director/Trainer, the creator of Yoga Barre®, as well as a Stott Pilates and fitness instructor. She also created Goddess Detox Retreats in 1998. She is the author of 14 children's books and created the world's first Yoga Doll/Soul Models. She also started a clothing line, Az I Am Activewear Collections.

Business records were located for Aziam and Victore Inc. They are attached to addresses of Subject's and she is listed as the CEO, CFO, Director, and Secretary for both of these companies.

Social Media:

Personal accounts were located for Subject on Facebook, Instagram, X, Threads, Pinterest, Spotify, LinkedIn, and Goodreads. Professional accounts were located for Subject on Facebook, Instagram, X, Threads, LinkedIn, YouTube, Apple, Spotify, Goodreads, IMDB, and Crunchbase. One possible Facebook account was located under onedaydetox, however, it is unconfirmed if Subject runs it. It's provided in the report for reference.

Prior to DOI:

Content consists of:

- many news articles.
- selfies.
- photos with associates.
- photos from prior vacations.
 - a retreat in Niagara (04/05/24).
- pictures/videos of her dog.
- posts about Subject's book(s).
- posts about her lawsuit against Lauren Sanchez.

After DOI:

Content consists of:

- pictures/videos of her dog.
- posts at various beaches.
- reposts of old pictures.
- video from a detox retreat 05/10/25.

Personal Accounts:

Prior to the DOI, content posted to Subject's accounts consisted of selfies, pictures of her dog, reposts from other accounts, and promotional posts for her businesses. The most recent post is a repost of prior pictures of her dog, Flash, reposted on 04/23/25.

She is private on her personal Instagram and has 48 posts as of 06/04/25. She has an additional Instagram for Flash (flashyogi), which has a few posts posted after the DOI. The most recent is a slideshow of pictures/clips of him dated 05/27/25, including a video from a walk they took. There are a few other posts after the DOI indicating that walks Subject took Flash on.

Subject has not been active on her TikTok account since prior to the DOI, and content consists of selfie videos (the most recent from 2023), clips from classes at her yoga studio, and videos dancing. She has not been active on X since prior to the DOI, the most recent post is a clip of some pages from her book on Substack dated 03/16/25. Prior content consists of political posts and posts about/excerpts from her book(s). She does not have any posts on her Pinterest.

Professional Accounts:

Accounts were located for AziamYoga, AziamKids, and accounts for the various books she's written.

AziamYoga:

Subject has been active on the Facebook account for Aziam Yoga, with a post of her feet dated 06/01/25, and in the caption indicates she had just gotten back from a detox retreat. There is one other post after the DOI, which is a video at the Cliff's Spa in Pismo Beach dated 05/19/25.

The most recent post on the located Instagram is the same as seen on Facebook. There is also a video posted on 05/10/25 from the Mother's Day Detox Retreat.

There has been no activity on the TikTok, X, YouTube, or Pinterest accounts since prior to the DOI.

AziamKidz:

Accounts were located for AziamKidz on Facebook, Instagram, TikTok, and Threads. Subject has not been active on any of them since prior to the DOI. The most recent post on Facebook is the same as Instagram, which is a post about the lawsuit with Lauren Sanchez dated 04/15/25. Prior content consists of pictures of kids doing yoga, posts about Subject's books/yoga dolls, and a few pictures of Subject at events. On Threads, the most recent post is a picture of a children's self-care journal dated 02/26/25. The most recent post to the TikTok account is a video of a kid's yoga class dated 01/13/24.

Book Accounts:

Accounts were located for the Knock it Off book on Instagram and Threads. There are no posts to the Threads account. On Instagram, the most recent post is a collection of photos of Subject's book, referencing her lawsuit against Lauren Sanchez in the caption, dated. 04/15/25. All of the posts to this account are promotional book posts.

Accounts were located for her book, As I Am (which is a 21-day mind-body detox program), on Facebook, Instagram, and X. The posts on Facebook and Instagram are the same, and the most recent was posted 05/19/20 about a 21-day dharma retreat and their live acoustic concert. The most recent post to X is about a book reading Subject was attending 04/11/2018.

Facebook and Instagram accounts were also created for her book, Meaningful Coincidence. The most recent post is to Instagram and is a picture of the book dated 02/22/25. Prior posts consist mainly of promotional posts and graphics.

Other:

Many news articles were also located from prior to the DOI detailing Subject's lawsuit with Lauren Sanchez,

her success as a fitness coach/author/yoga instructor, and her celebrity clients. Subject is also seen in a few interviews from prior, which are linked in the File Notes section below.

Property and Court Records:

Property records containing ownership information were not located for 1528 16TH ST, SANTA MONICA, CA. Two court records were located for Subject. One was filed 04/07/22, Alanna Zabel VS City of Santa Monica, and the other one was filed 12/13/24, Alanna Zabel v. Wendy Lauren Sanchez.

File notes (other)

Indicators:

Bankruptcies: None Found

Liens: None Found

Judgments: None Found

Possible Associate Accounts:

Thomas Zabielski:

<https://www.facebook.com/thomas.zabielski>

Links to Interviews:

https://www.youtube.com/watch?v=4N0I3VfVS74&ab_channel=AZIAM

https://www.youtube.com/watch?v=vw9GCu_POIY

https://www.youtube.com/watch?v=2YyrUX_Jtzo&ab_channel=NewsNation

Additional Articles:

<https://pagesix.com/2024/09/18/celebrity-news/lauren-sanchez-sued-by-former-yoga-instructor-over-childrens-book/>

<https://www.yahoo.com/entertainment/jeff-bezos-gave-lauren-nchezs-195249543.html>

<https://voyagela.com/interview/exploring-life-business-alanna-zabel-az/>

Subject Information

Name :	Alanna Marie Zabel
Social Security Number :	058-68-5730
Last Known Addresses:	Mar 16, 2019 - Sep 4, 2024 1528 16th Street, Santa Monica, California 90404, United States Mar 8, 1996 - Apr 1, 2024 4988 Parker Road, Hamburg, New York 14075, United States (310) 913-1315 (PT) (Mobile) (100%) (310) 281-7002 (PT) (LandLine) (66%) (310) 913-9315 (PT) (Mobile) (66%) (310) 916-1315 (PT) (Mobile) (66%) (424) 272-1013 (PT) (LandLine) (66%) (716) 648-5317 (ET) (VoIP) (66%) (310) 260-2556 (PT) (LandLine) (66%) (310) 391-8877 (PT) (LandLine) (40%) (310) 394-5525 (PT) (LandLine) (40%) (310) 399-1218 (PT) (LandLine) (40%) (716) 523-4988 (ET) (Mobile) (40%) (716) 648-4538 (ET) (VoIP) (39%)
Phone(s) :	ALANNA M ZABIELSKI (09/02/1995 to 03/03/2025) ALANNA ZABEL (02/03/2019 to 03/03/2025) ALANNA MARIE ZABIELSKI (06/20/2013 to 05/11/2018) ALANNA MARIE ZABEL (02/28/2018) alannazabel aziam aziamyoga aziamkids asiambook alanna_zabel aziamkidz flashyogi meaningfulcoincidence thedharmazone knockitoffbook
Alias(es) :	alphonsezabielski1991@hotmail.com (42%) gurutej@roadrunner.com (41%) shadedufrene@hotmail.com (41%) pip@pibloomfield.com (41%) maryzabielski@hotmail.com (41%) info@aziam.com
Email Address(es) :	
DOB :	10/13/1972
Marital Status :	Single.

AZ I AM
Wellness Expert | Bestselling Fitness DVD 2016
Oct 1998 - Present

Owner
Mar 2003 - Present

Activewear Designer: Modern Goddess™
Jan 2009 - Present

Employment :
Guest Writer
HuffPost · Freelance
Feb 2012 - Jun 2018

Wellness Specialist
Omni La Costa Resort & Sp
Mar 2007 - May 2013

Wellness Coordinator
Chopra Center for Wellbeing
Feb 2007 - Apr 2011

Alleged Injury : Splashed hot water on her hand. She's alleging injuries due to this incident.

Date of Loss : 04/18/2025

University at Buffalo
BA, Psychology
1990 - 1994

Education :
University of Oxford
Drama and Dramatics/Theatre Arts, General
1990 - 1991

Hobbies : Yoga, wellness practices, walking her dog, spending time with associates.

Additional Info : N/A

Associates

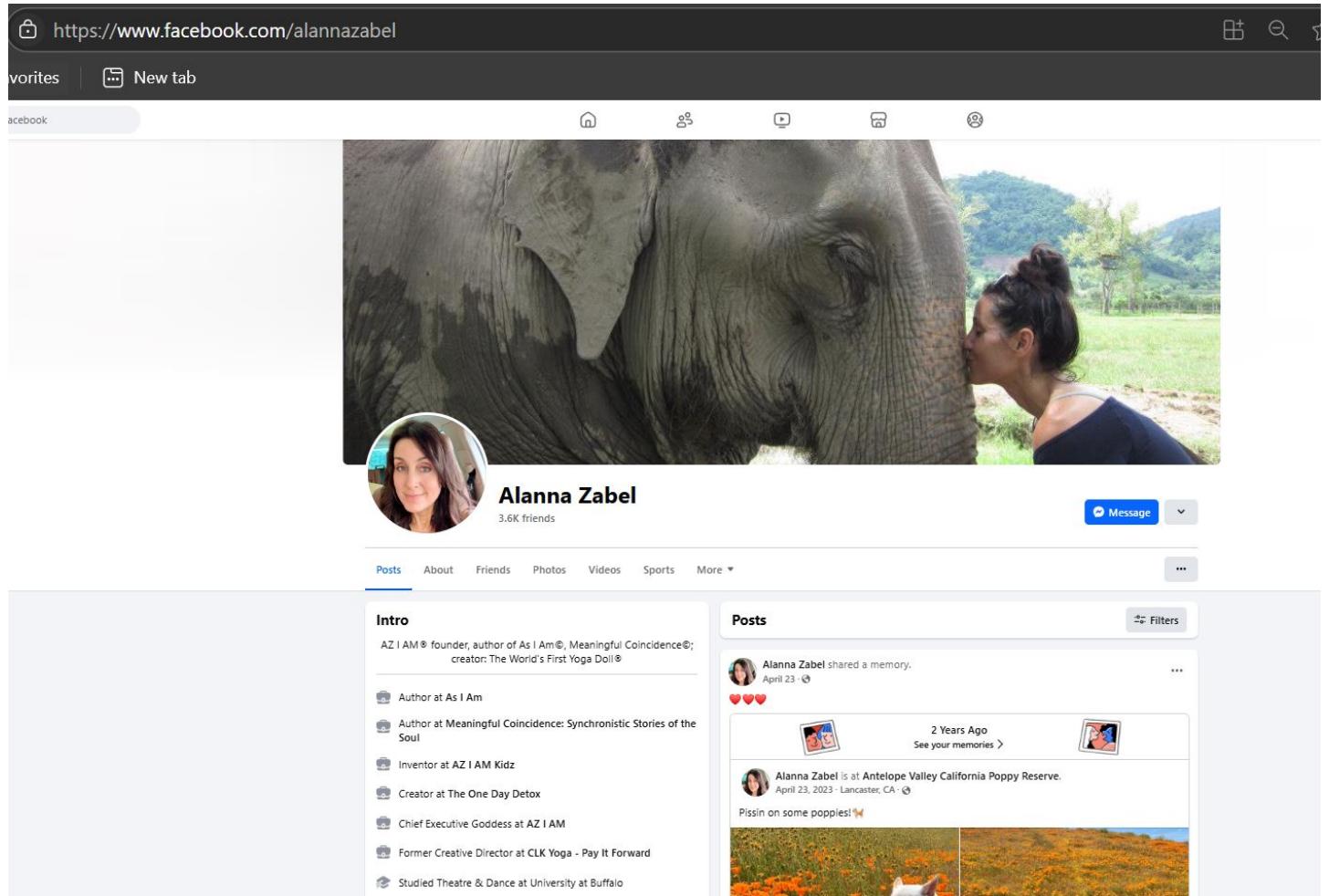
Name	Relationship	Account
Monica Fricchione	Relative	https://www.facebook.com/profile.php?id=100089004916439
Bradley Wing	Other	https://www.facebook.com/bwing2
Baldeep Singh	Other	https://www.facebook.com/baldeep.singh.3511

Profile Pages

Social Media Link: <https://www.facebook.com/alannazabel>

Date Captured: May 30, 2025

Snapshot:



The screenshot shows Alanna Zabel's Facebook profile page. At the top, there is a large profile picture of a woman kissing an elephant's trunk. Below the profile picture is a smaller circular profile picture of Alanna Zabel. Her name, "Alanna Zabel", is displayed in bold text, followed by "3.6K friends". To the right of her name is a blue "Message" button. The main menu below the profile picture includes "Posts", "About", "Friends", "Photos", "Videos", "Sports", and "More".

Intro

AZ I AM® founder, author of As I Am®, Meaningful Coincidence®, creator: The World's First Yoga Doll®

- Author at As I Am
- Author at Meaningful Coincidence: Synchronistic Stories of the Soul
- Inventor at AZ I AM Kidz
- Creator at The One Day Detox
- Chief Executive Goddess at AZ I AM
- Former Creative Director at CLK Yoga - Pay It Forward
- Studied Theatre & Dance at University at Buffalo

Posts

Alanna Zabel shared a memory. April 23 ·

2 Years Ago See your memories >

Alanna Zabel is at Antelope Valley California Poppy Reserve. April 23, 2023 · Lancaster, CA ·

Pissin on some poppies! 🌻



Social Media Link: <https://www.facebook.com/asiambook>

Date Captured: May 30, 2025

Snapshot:

The screenshot shows a Facebook page for 'As I Am'. The page header includes a link to <https://www.facebook.com/asiambook>, a 'Favorites' button, and a 'New tab' button. The main image on the page is a photo of a book signing event. In the foreground, a book titled 'ASIA Where Spirituality Meets Reality' is displayed on a table. Several people are visible in the background, including a woman in a white shirt and a man in a black shirt. The background features a banner with the word 'ex' and 'LYWOOD'. Below the image, the page name 'As I Am' is displayed with a profile picture of a smiling woman. The page has 10K likes and 10K followers. Below the profile picture, there are buttons for 'Message', 'Like', and 'Search'. A navigation bar below the profile picture includes 'Posts', 'About', 'Mentions', 'Reviews', 'Followers', 'Photos', and 'More'. The 'Posts' tab is selected. On the left, there is an 'Intro' section with a bio for the page, which reads: 'Where Spirituality Meets Reality © Written by Alanna Zabel <http://www.amazon.com/As-Am-Where-Spirituality-Reality/dp/098844495X>'. Below the bio are links for 'Page - Yoga Studio', 'Los Angeles, CA, United States, California', 'Phone (424) 272-1013', 'Email info@aziam.com', and 'Link amazon.com/As-Am-Where-Spirituality-Reality/dp/098844495X'. There is also a 'Always open' button. On the right, there is a 'Posts' section with a recent post from 'As I Am' dated May 19, 2020. The post text is: 'JOIN US! As our incredible 21-day Dharma Zone Retreat comes to a close on Thursday, the divine Alexia Chellun @alexiachellun is offering our closing Live Acoustic Concert while delighting us with her enlightened perspectives of Spirituality + Music!'. Below the post, there is a link to 'Please join us at 6pm PST - donations accepted #LinkInBio or DM your email to sign up and join us.' and a 'See more' link. A large 'SACRED SOUND' graphic is visible at the bottom of the page.

Social Media Link: <https://www.facebook.com/synchrosoul/>

Date Captured: Jun 05, 2025

Snapshot:

The screenshot shows a Facebook page with the following details:

- Page Name:** Meaningful Coincidence: Synchronistic Stories of the Soul
- Profile Picture:** A circular image of a woman with long dark hair, wearing a red and gold patterned dress.
- Page Description:** Alanna Zabel shares unique, coincidentally meaningful stories from her free-spirited, in-the-moment, wanderlust travels. These organic and spontaneous experiences unfold in countless layers of profound synchronicity coupled with real, raw humanity.
- Statistics:** 109 likes • 111 followers
- Page Tabs:** Posts (selected), About, Mentions, Reviews, Followers, Photos, More
- Post Preview:** A post from November 27, 2019, with the caption "Synchronicity is an ever present reality for those who have". The post has 0 likes and 0 comments.

Social Media Link: <https://www.facebook.com/aziamyoga>

Date Captured: May 30, 2025

Snapshot:

https://www.facebook.com/aziamyoga

Facebook

Favorites | New tab

Facebook



AZ I AM

9.3K likes • 9.1K followers

Book Now | Message | Like

Posts About Mentions Reels Photos Videos More

Intro

Yoga Studio * The Modern Goddess™ Activewear - As I Am © #LiveTrue <http://www.aziam.com>

Page - Yoga Studio

1235 4th St, Santa Monica, CA, United States, California

info@aziam.com

aziam.com

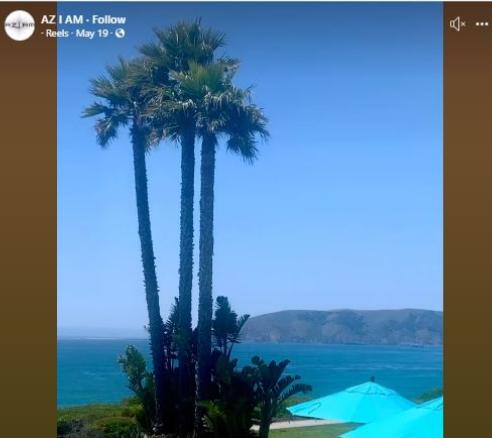
Photos

See all photos



Posts

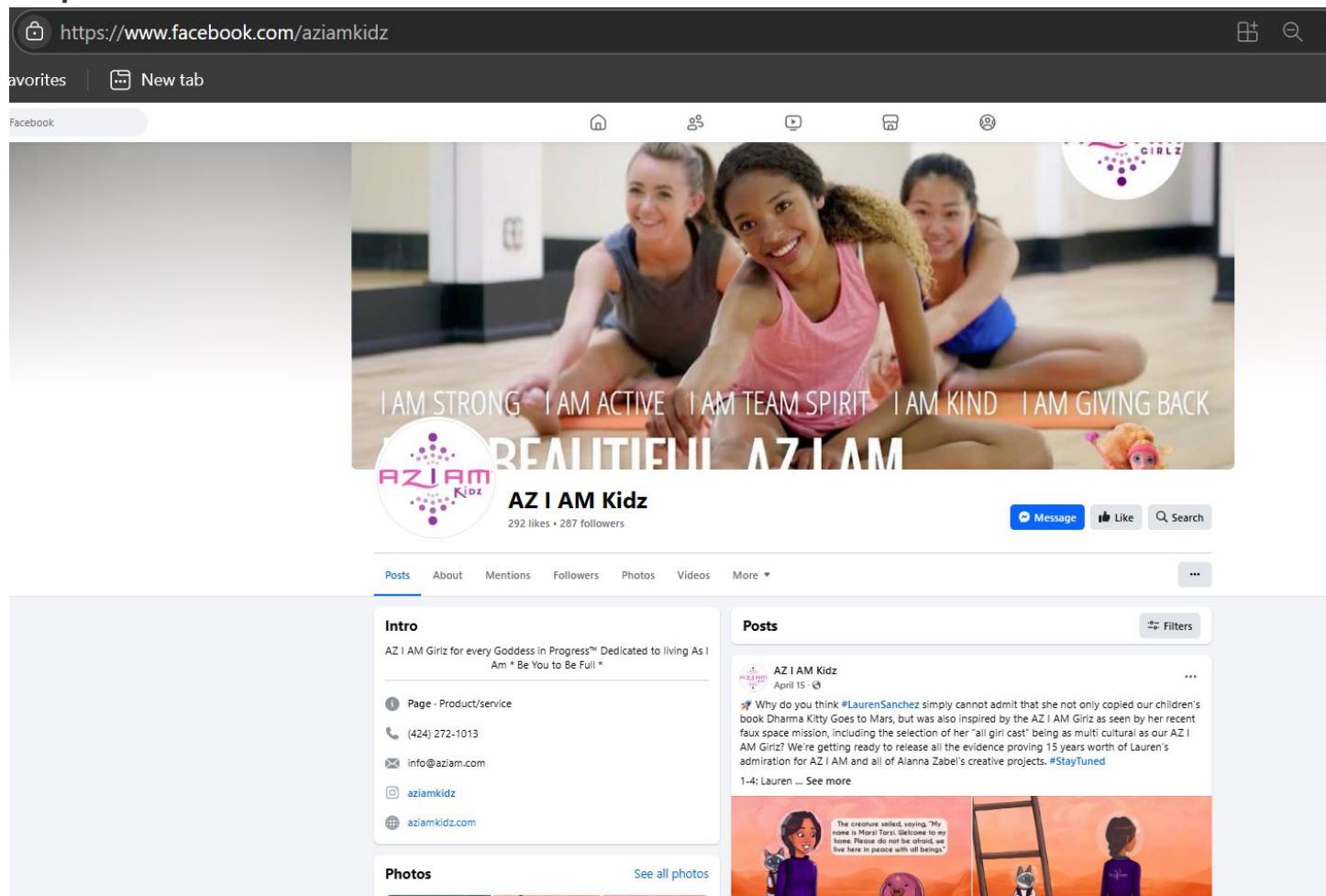
AZ I AM - Follow Reels - May 19



Social Media Link: <https://www.facebook.com/aziamkidz>

Date Captured: May 30, 2025

Snapshot:



The screenshot shows the Facebook page for AZ I AM Kidz. The cover photo features three young women in athletic wear, smiling and sitting on the floor. Overlaid on the photo is the text: "I AM STRONG I AM ACTIVE I AM TEAM SPIRIT I AM KIND I AM GIVING BACK" and "REALITIEN! AZ I AM". The profile picture is a circular logo for "AZ I AM Kidz" with a stylized "GIRLZ" icon. The page stats show 292 likes and 287 followers. The navigation bar includes links for Posts, About, Mentions, Followers, Photos, Videos, and More. The "Posts" section shows a recent post from "AZ I AM Kidz" dated April 15, 2025, with a caption about Lauren Sanchez and a link to "See more". Below the post is a small image of a cartoon character. The "Photos" section shows a progress bar and a link to "See all photos".

<https://www.facebook.com/aziamkidz>

avorites | New tab

Facebook

AZ I AM Kidz

292 likes • 287 followers

[Message](#) [Like](#) [Search](#)

[Posts](#) [About](#) [Mentions](#) [Followers](#) [Photos](#) [Videos](#) [More](#)

Intro

AZ I AM Giriz for every Goddess in Progress™ Dedicated to living As I Am * Be You to Be Full *

[Page · Product/service](#)
[\(424\) 272-1013](#)
[info@aziam.com](#)
[aziamkidz](#)
[aziamkidz.com](#)

Photos [See all photos](#)

Posts [Filters](#)

AZ I AM Kidz April 15, 2025

Why do you think [LaurenSanchez](#) simply cannot admit that she not only copied our children's book Dharma Kitty Goes to Mars, but was also inspired by the AZ I AM Giriz as seen by her recent faux space mission, including the selection of her "all girl cast" being as multi cultural as our AZ I AM Giriz? We're getting ready to release all the evidence proving 15 years worth of Lauren's admiration for AZ I AM and all of Alanna Zabel's creative projects. [#StayTuned](#)

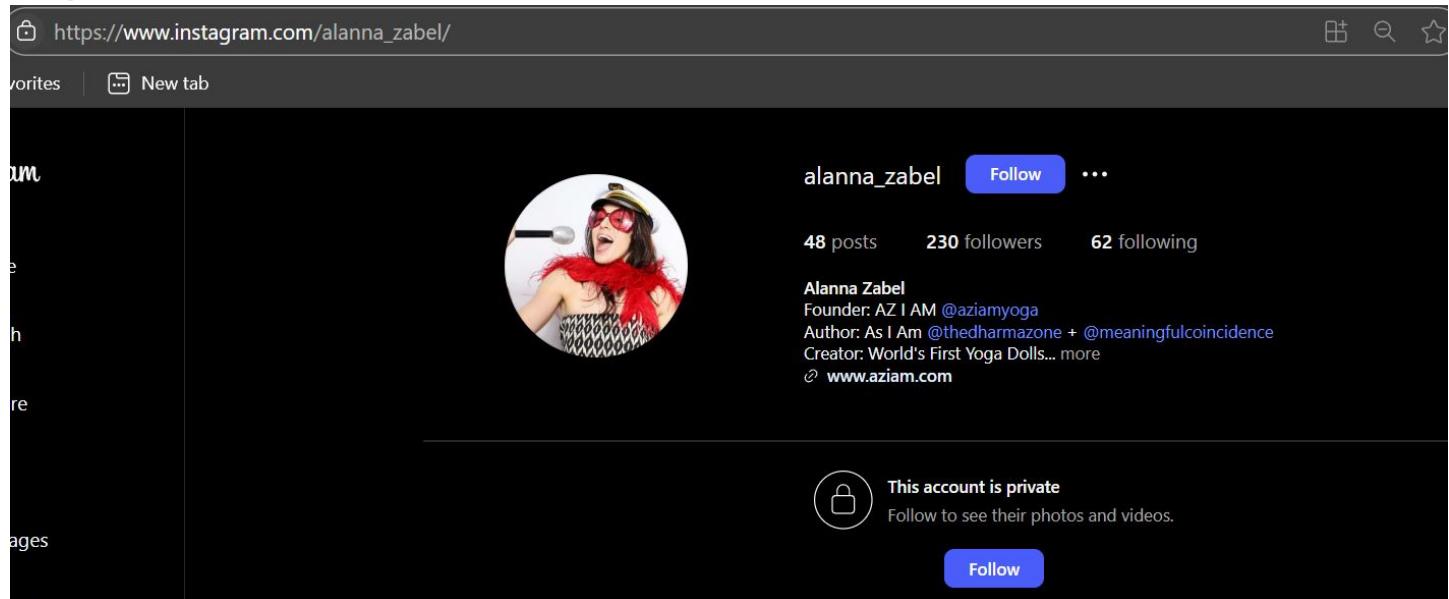
1-4: Lauren ... See more



Social Media Link: https://www.instagram.com/alanna_zabel/

Date Captured: May 30, 2025

Snapshot:



https://www.instagram.com/alanna_zabel/

alanna_zabel [Follow](#) ...

48 posts 230 followers 62 following

Alanna Zabel
Founder: AZ I AM @aziamyoga
Author: As I Am @thedharmazone + @meaningfulcoincidence
Creator: World's First Yoga Dolls... [more](#)
www.aziam.com

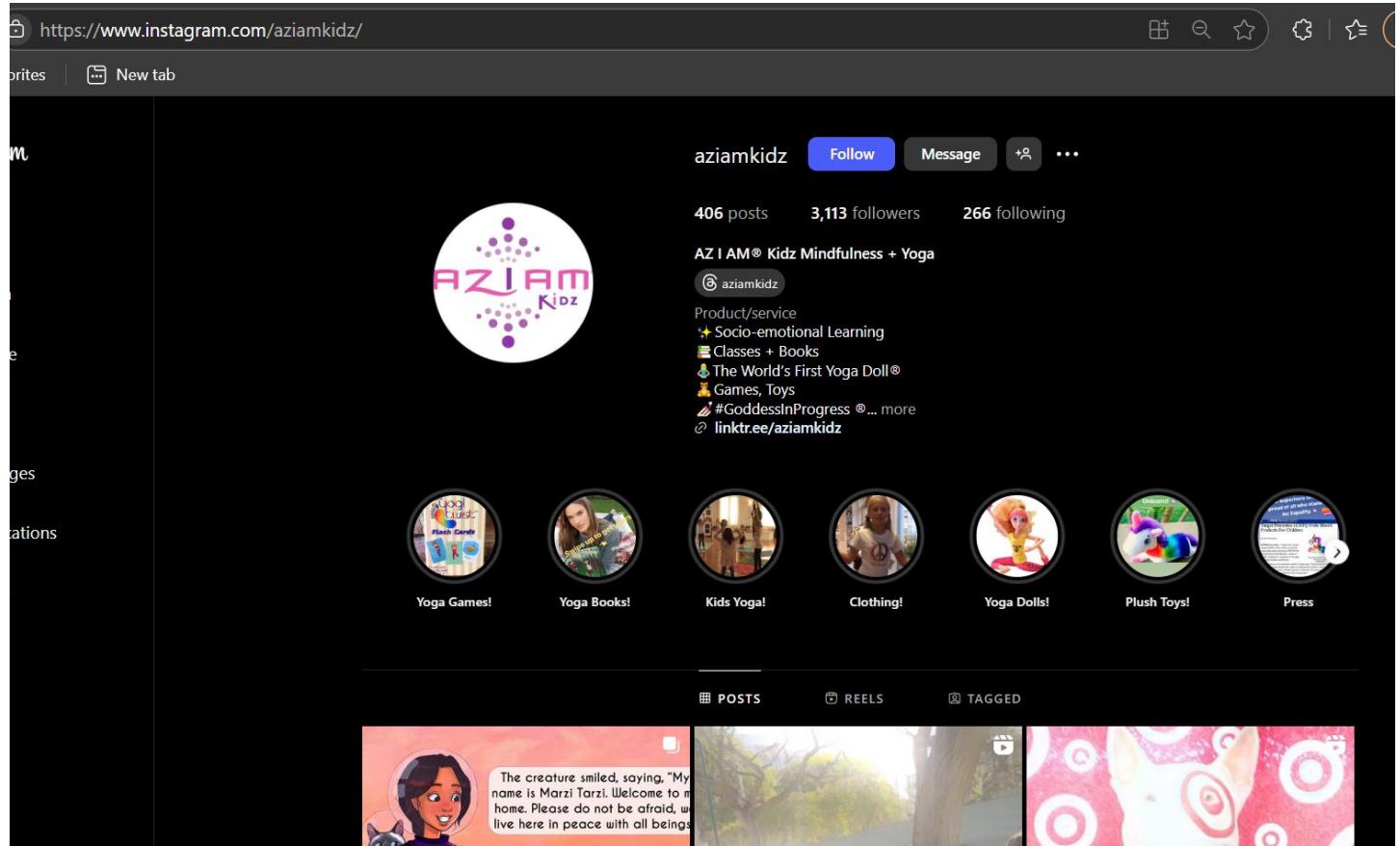
This account is private
Follow to see their photos and videos.

[Follow](#)

Social Media Link: <https://www.instagram.com/aziamkidz/>

Date Captured: May 30, 2025

Snapshot:



The screenshot shows the Instagram profile for the account **aziamkidz**. The profile picture is a circular logo with the text "AZ I AM Kidz" in pink and purple. The bio reads: "AZ I AM® Kidz Mindfulness + Yoga". It lists categories: Product/service, Socio-emotional Learning, Classes + Books, The World's First Yoga Doll®, Games, Toys, #GoddessInProgress, and a link to linktr.ee/aziamkidz. The profile has 406 posts, 3,113 followers, and 266 following. Below the bio, there are seven circular category links: "Yoga Games!", "Yoga Books!", "Kids Yoga!", "Clothing!", "Yoga Dolls!", "Plush Toys!", and "Press". The main feed shows three posts: a cartoon character, a nature scene, and a colorful abstract pattern. Navigation tabs at the bottom include POSTS, REELS, and TAGGED.

Social Media Link: <https://www.instagram.com/flashyogi/>

Date Captured: May 30, 2025

Snapshot:

flashyogi [Follow](#) [+1](#) ...

193 posts 112 followers 67 following

Flash the Yoga Dawg
Hilariously Mischievous Yoga Dog in constant pursuit of Treats! 🐶 😜 🐶 #RescueDog
Mom : @aziamyoga
Santa Monica, CA

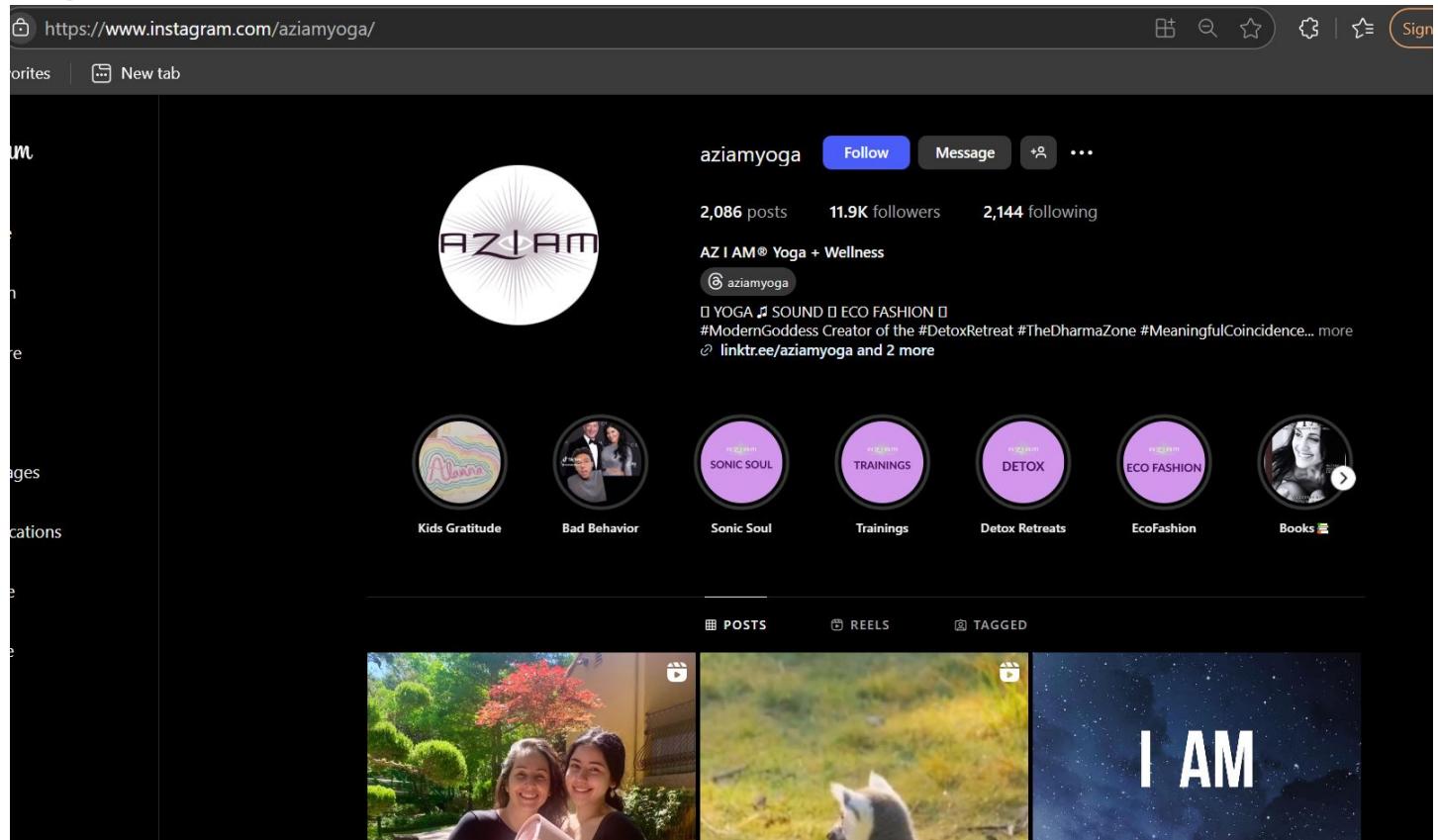
Sleepy Boy ... Convos Hide & Seek Yoga Travel Re-TREATS! Treats!

[POSTS](#) [REELS](#) [TAGGED](#)

Social Media Link: <https://www.instagram.com/aziamyoga/>

Date Captured: May 30, 2025

Snapshot:

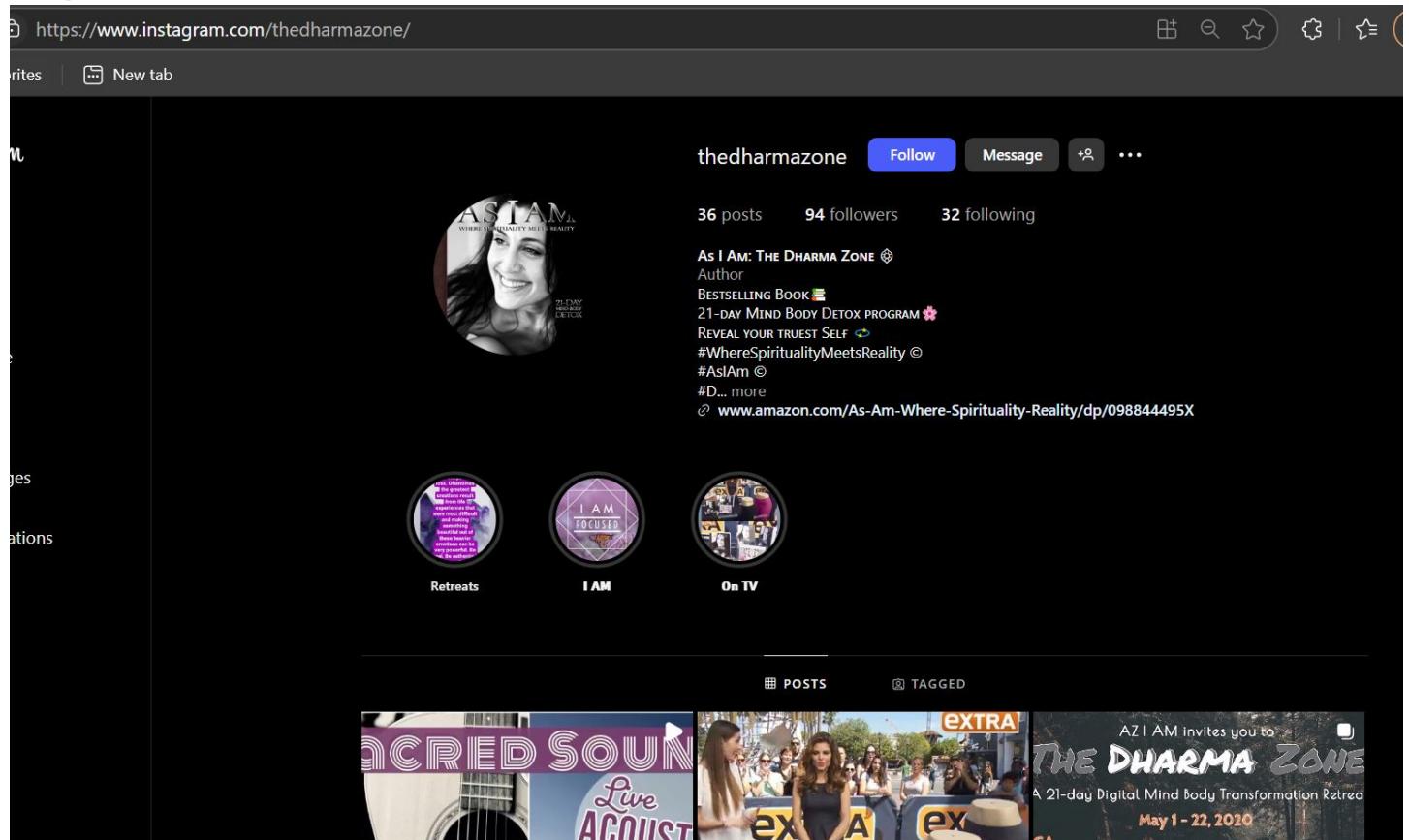


The screenshot shows the Instagram profile for the account `aziamyoga`. The profile picture is a circular logo with the word "AZ I AM" in a stylized font. The bio reads: "AZ I AM® Yoga + Wellness" and includes hashtags: #YOGA #SOUND #ECO FASHION #ModernGoddess #Creator of the #DetoxRetreat #TheDharmaZone #MeaningfulCoincidence... more. The account has 2,086 posts, 11.9K followers, and 2,144 following. Below the bio are seven circular categories: "Kids Gratitude", "Bad Behavior", "Sonic Soul", "Trainings", "Detox", "EcoFashion", and "Books". At the bottom, there are three grid sections: "POSTS" (showing a photo of two women outdoors), "REELS" (showing a photo of a dog), and "TAGGED" (showing a photo of a starry night with the text "I AM").

Social Media Link: <https://www.instagram.com/thedharmazone/>

Date Captured: May 30, 2025

Snapshot:



The screenshot shows the Instagram profile for thedharmazone. The profile picture is a circular image of a smiling woman with long dark hair. The bio text is as follows:

ASIAN WHERE SPIRITUALITY MEETS REALITY
21-DAY MIND BODY DETOX

36 posts 94 followers 32 following

As I AM: THE DHARMA ZONE ✨
Author
BESTSELLING BOOK 📚
21-DAY MIND BODY DETOX PROGRAM 💫
REVEAL YOUR TRUEST SELF 🌟
#WhereSpiritualityMeetsReality ☺
#AsIAm ☺
#D... more
www.amazon.com/As-Am-Where-Spirituality-Reality/dp/098844495X

Below the bio, there are three circular icons with the labels "Retreats", "I AM", and "On TV".

At the bottom of the profile page, there are two navigation buttons: "POSTS" and "TAGGED".

The "POSTS" section displays three images:

- A purple banner with the text "INCRED SOUN" and "Live AGOUST".
- A photo from the "EXTRA" show featuring a woman in a black dress.
- A promotional image for "THE DHARMA ZONE" with the text "AZ I AM invites you to THE DHARMA ZONE A 21-day Digital Mind Body Transformation Retreat May 1 - 22, 2020".

Social Media Link: <https://www.instagram.com/meaningfulcoincidence/>

Date Captured: May 30, 2025

Snapshot:

https://www.instagram.com/meaningfulcoincidence/

Follow Message ...

49 posts 74 followers 41 following

Meaningful Coincidence

Author

Spiritual Book

#Synchronicity #Spirituality #AngelHacking

Jungian Psychology | Wanderlust Travel | Divine Timing |... more

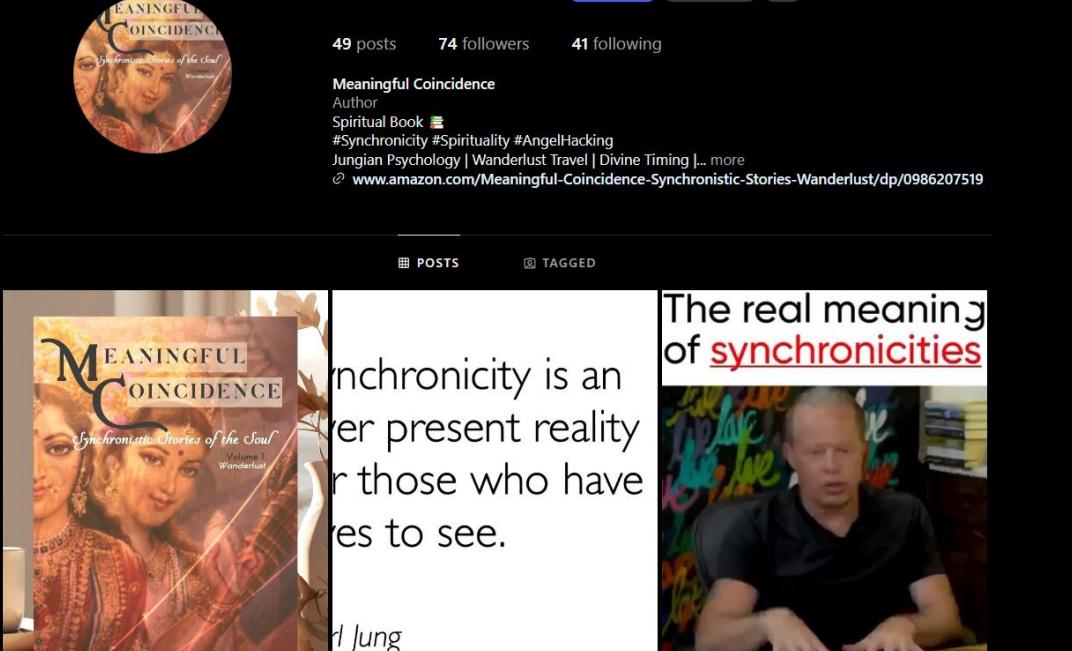
www.amazon.com/meaningful-coincidence-synchronistic-stories-wanderlust/dp/0986207519

POSTS TAGGED

The real meaning of synchronicities

Synchronicity is an other present reality for those who have eyes to see.

Carl Jung



Social Media Link: <https://www.instagram.com/knockitoffbook/>

Date Captured: Jun 02, 2025

Snapshot:

The screenshot shows the Instagram profile for the account `knockitoffbook`. The profile picture is a circular image of the book cover for "KNOCK IT OFF! Book + Podcast by Alanna Zabel". The bio reads: "Imitation Isn't Flattering | Calling Out the Posers, the Abusers, & the Knock Offs while inspiring people to live with... more" and includes a link www.knockitoffbook.com. The account has 40 posts, 183 followers, and 51 following. Below the bio are three circular icons labeled "Truth Speakers", "Events", and "Reviews". The main feed shows three posts: 1) A cartoon illustration of a woman in a purple top and a cat-like creature with the caption: "The creature smiled, saying, 'My name is Marzi Tarzi. Welcome to my home. Please do not be afraid, we live here in peace with all beings'." 2) A close-up of a white dog's face with a red and white target pattern overlaid. 3) A black and white portrait of a woman with the title "The Illusion of Socialites" and the subtitle "Two-Faced Socialites in Capote vs. The Swans and The White Lotus Season 3".

Social Media Link: <https://www.threads.com/@knockitoffbook>

Date Captured: Jun 02, 2025

Snapshot:

https://www.threads.com/@knockitoffbook?xmt=AQF00-vMxw6E3EvYg2CFvpK_TvMSsydsiSvRdjh2A8u-CjY

avorites | New tab

knockitoffbook

...

Knock It Off! Book + Podcast by Alanna Zabel

knockitoffbook

0 followers

Follow Mention

Threads Replies Media Reposts

No threads yet.



Social Media Link: <https://www.threads.com/@aziamyoga>

Date Captured: Jun 03, 2025

Snapshot:

https://www.threads.com/@aziamyoga?xmt=AQF09tQvyH84sdDe0B-gWIXEPhrmXh1byxn0KVfo80MzOrw

vorites | New tab

aziamyoga

AZ I AM® Yoga + Wellness

aziamyoga

Where Spirituality Meets Reality

1,047 followers · aziam.com

Follow Mention

Threads Replies Media Reposts

aziamyoga 1d

I hope whoever created a website showcasing photos sole-ly of my feet doesn't see this post. 😊 😂 🙏

Just finished another powerful #DetoxRetreat 🌿 #Blessed

#Sunday #Feet #AZIAM #AlannaZabel #Yoga

Social Media Link: <https://x.com/alannazabel>

Date Captured: May 30, 2025

Snapshot:

https://x.com/alannazabel

avorites New tab

X

- Home
- Explore
- Notifications 10
- Messages
- Grok
- Bookmarks
- Communities
- Premium
- Verified Orgs
- Profile
- More

Post

← **Alanna Zabel**
2,044 posts



...

Follow

Alanna Zabel
@alannazabel

Modern Goddess® | Spiritual Realist | OG Yogi • Founder of AZ I AM® @aziam | Author of As I Am © | Creator of AZ I AM Kidz® and The World's First Yoga Doll®

📍 Southern California 🌐 aziam.com 📅 Joined April 2009

125 Following 1,103 Followers

Not followed by anyone you're following

Posts Replies Media

Alanna Zabel @alannazabel · Mar 16

8 Deceptive Tactics of Corporations and Influencers
open.substack.com/pub/alannazabel...

8 Deceptive Tactics of Corporations and

DECEPTIVE TACTICS OF
The Predators

Social Media Link: <https://x.com/aziam>

Date Captured: May 30, 2025

Snapshot:

favorites | New tab

<https://x.com/aziam>

-  Home
-  Explore
-  Notifications (10)
-  Messages
-  Grok
-  Bookmarks
-  Communities
-  Premium
-  Verified Orgs
-  Profile
-  More

[Post](#)

← **AZIAM®**
3,212 posts



the beliefs that create my reality
I AM PRESENT
true & beautiful honest & creative R
kind & gentle
spiritual being
centered & balanced
self knowing & unique
independent & unique
generous & kind
gentle & kind
perfect as I am exactly as I am

...  Follow

AZIAM®
@AZIAM

Wellness • Modern Goddess® Activewear • Sonic Light® • Detox Retreats • AZIAM Kidz® • Creator of The World's First Yoga Doll® • Founded by [@alannazabel](#)

 Yoga Studio  Los Angeles, CA  [aziam.com](#)  Joined August 2009

875 Following 2,049 Followers

Not followed by anyone you're following

Posts	Replies	Media
 AZIAM® @AZIAM · Jan 19	...	
Check out this side by side comparison of Alanna's children's book vs Lauren Sanchez ' children's book, which is the heart of the copyright infringement lawsuit against Lauren. Link: alannazabel.substack.com/p/side-by-side...		

Social Media Link: <https://x.com/AsIAmBook>

Date Captured: Jun 05, 2025

Snapshot:

https://x.com/AsIAmBook

favorites | New tab

X

- Home
- Explore
- Notifications 8
- Messages
- Grok
- Communities
- Premium
- Verified Orgs
- Profile
- More

As I Am
381 posts



...

Follow

As I Am
@AsIAmBook

Where Spirituality Meets Reality | 21 Day Dharma Zone Program | Written by Alanna Zabel [aziam.com](https://amazon.com/As-Am-Where-Sp...)

Here Now aziam.com Joined March 2013

29 Following 194 Followers

Not followed by anyone you're following

Posts **Replies** **Media**

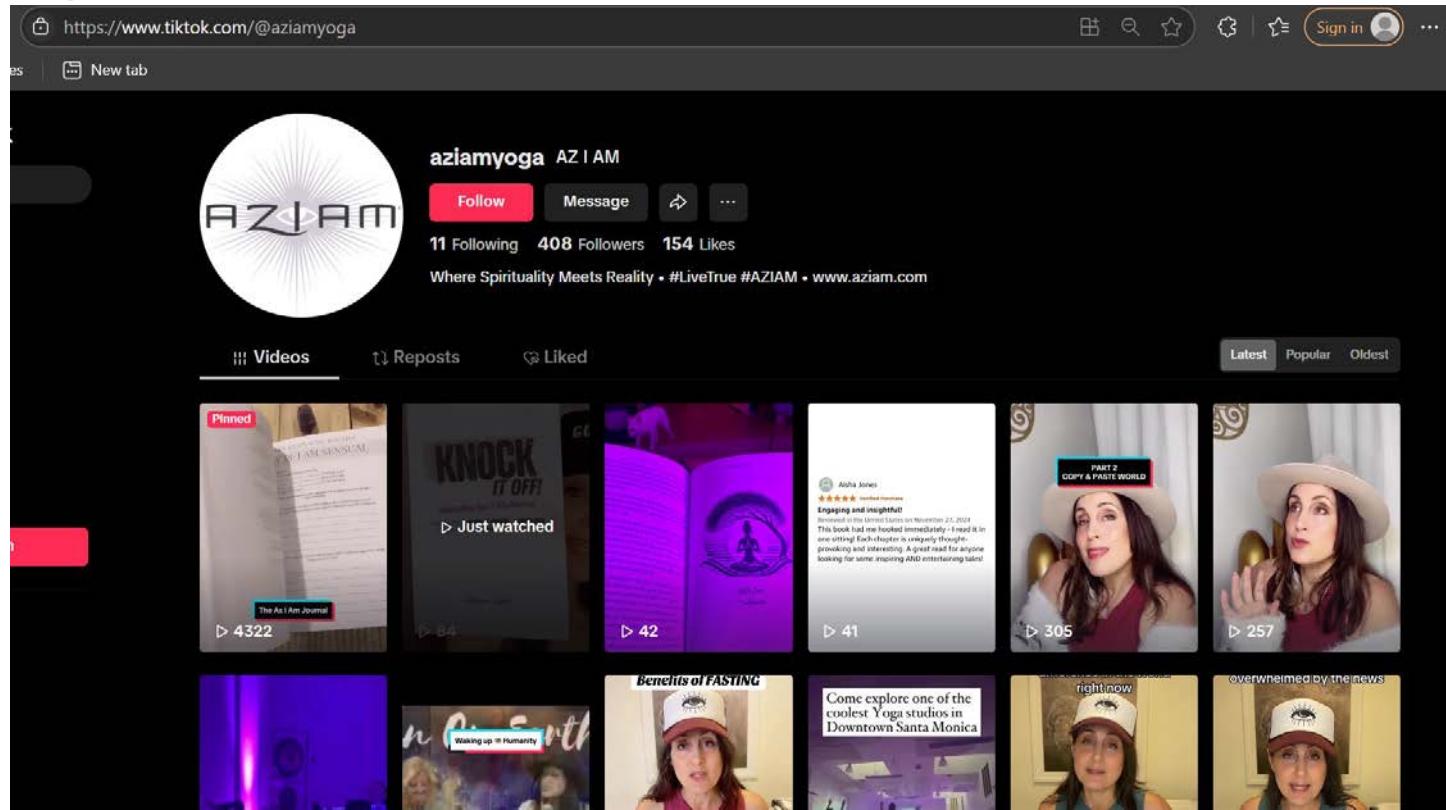
As I Am @AsIAmBook · Apr 11, 2018

See you Friday at @mysticjourneybookstore in Venice, CA for a Synchro Soul Dharma Talk and Book Reading! ✨✨✨ @ Venice, California

Social Media Link: <https://www.tiktok.com/@aziamyoga>

Date Captured: Jun 03, 2025

Snapshot:

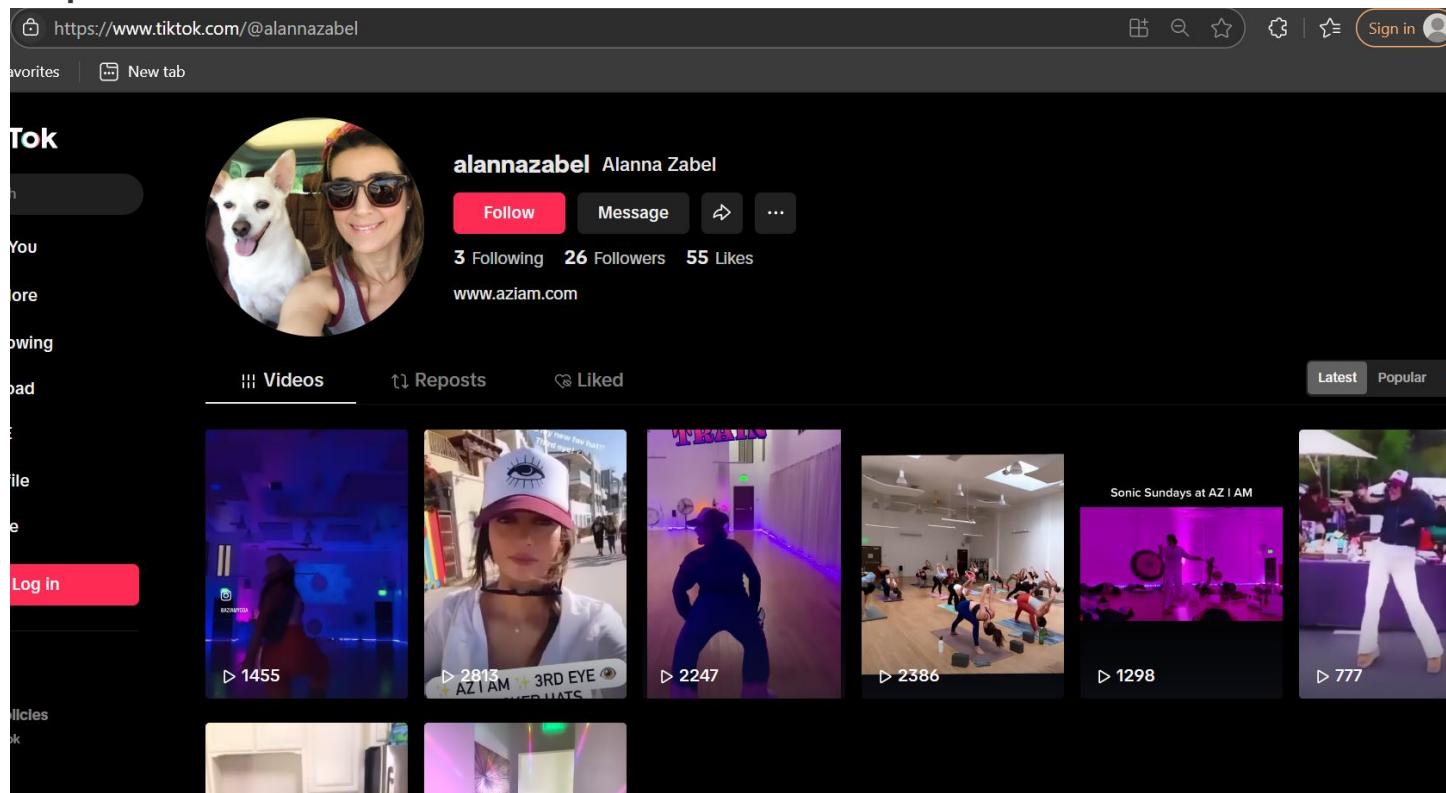


The screenshot shows the TikTok profile of 'aziamyoga AZ I AM'. The profile picture is a circular logo with the text 'AZ I AM' and a sunburst design. The bio reads: 'Where Spirituality Meets Reality • #LiveTrue #AZIAM • www.aziam.com'. The stats are: 11 Following, 408 Followers, 154 Likes. The video feed is displayed in a 4x2 grid. The pinned video is 'The Az I Am Journal' with 4322 likes. Other videos include 'KNOCK IT OFF!', 'Benefits of FASTING', and two videos featuring a woman in a white hat. The interface shows standard TikTok navigation buttons like 'Follow', 'Message', and 'Share'.

Social Media Link: <https://www.tiktok.com/@alannazabel>

Date Captured: May 30, 2025

Snapshot:

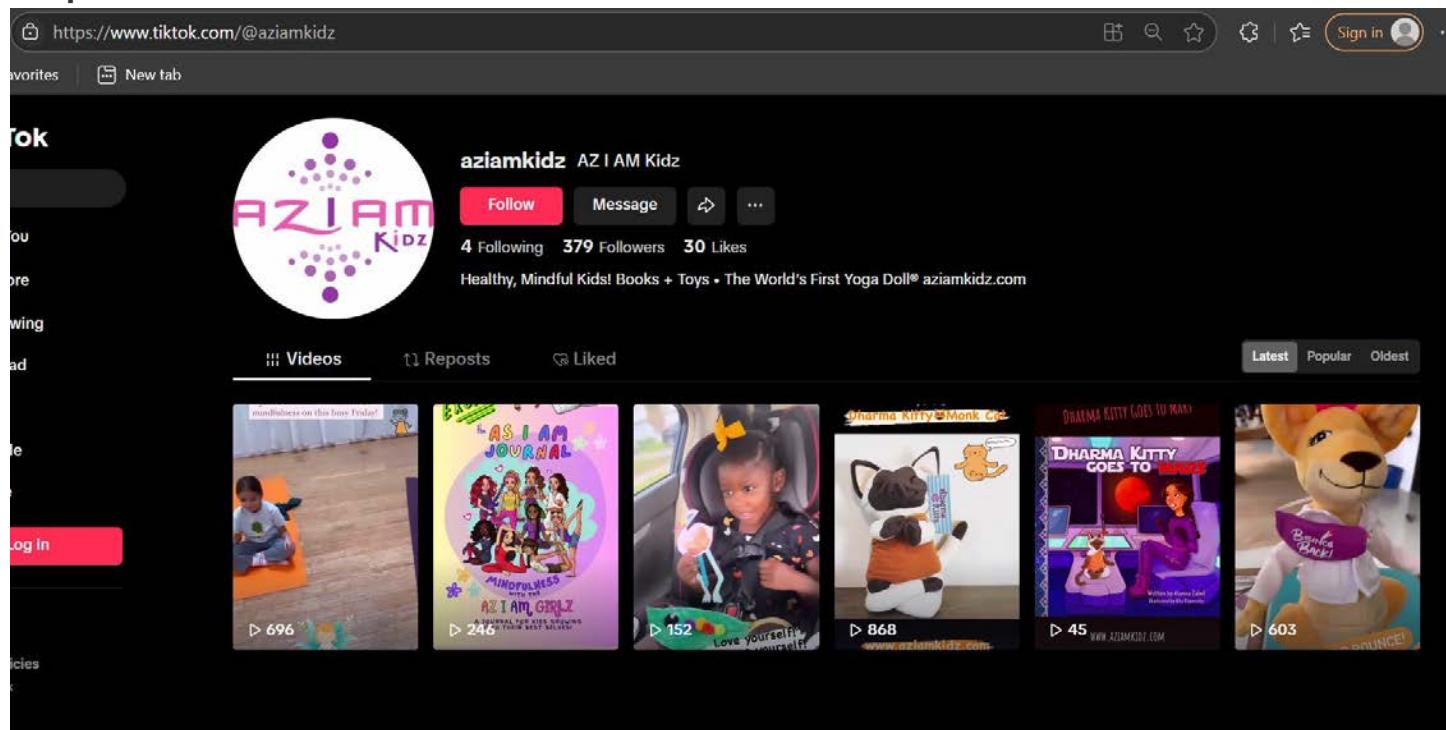


A screenshot of a TikTok profile for the user 'alannazabel'. The profile picture shows a woman with a white dog. The bio reads 'alannazabel Alanna Zabel'. Below the bio are buttons for 'Follow' (red), 'Message', and three dots. It also shows statistics: '3 Following', '26 Followers', and '55 Likes'. The website 'www.aziam.com' is listed. The main feed shows several video thumbnails. The first video is a woman in a red top, with 1455 likes. The second is a woman in a white shirt and cap, with 2813 likes and the caption 'AZ I AM 3RD EYE'. The third is a person dancing, with 2247 likes. The fourth is a group of people in a studio, with 2386 likes. The fifth is a person on a stage, with 1298 likes and the caption 'Sonic Sundays at AZ I AM'. Below these are two smaller, partially visible video thumbnails.

Social Media Link: <https://www.tiktok.com/@aziamkidz>

Date Captured: Jun 05, 2025

Snapshot:



aziamkidz AZ I AM Kidz

Follow Message ...

4 Following 379 Followers 30 Likes

Healthy, Mindful Kids! Books + Toys • The World's First Yoga Doll® aziamkidz.com

Latest Popular Oldest

Log in

VIDEOS REPOSTS LIKED

696 246 152 868 45 603

Social Media Link: <https://www.linkedin.com/in/aziam/>

Date Captured: May 30, 2025

Snapshot:

https://www.linkedin.com/in/aziam/

favorites | New tab

in Search Home My Network Jobs Messaging Notifications 10



Alanna Zabel 

AZ I AM® Founder; Wellness & Child Development Expert; Designer: Modern Goddess®; Inventor: The World's First Yoga Doll®, YogiTwist®, MatMat®, Sonic Light®; Creator: Detox Retreats, Yoga Barre®, WellBnB®; Author; Speaker

Santa Monica, California, United States · [Contact info](#)

AZ I AM 

990 followers · 500+ connections

[More](#)

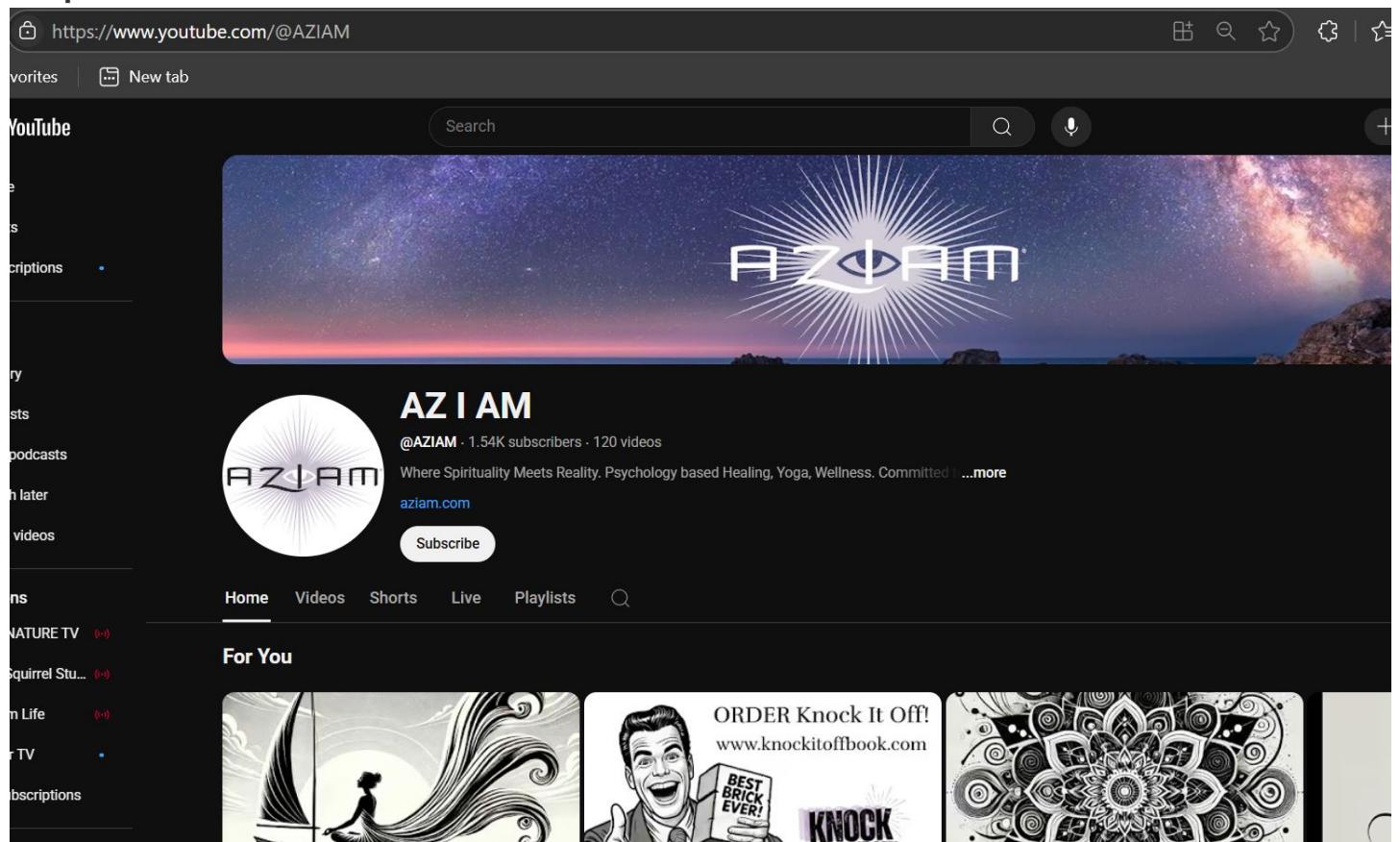
About

Advocate for Authenticity, Wellness Pioneer, and experienced Owner with a demonstrated history of building a wellness business from the ground up. Internationally esteemed Yoga Instructor and Founder of AZ I AM® studios, Designer of AZ I AM® Line of Clothing, Co-Owner of the Yoga Barre® Studio, Co-Owner and Founder of The World's First Yoga Doll®.

Social Media Link: <https://www.youtube.com/@AZIAM>

Date Captured: May 30, 2025

Snapshot:

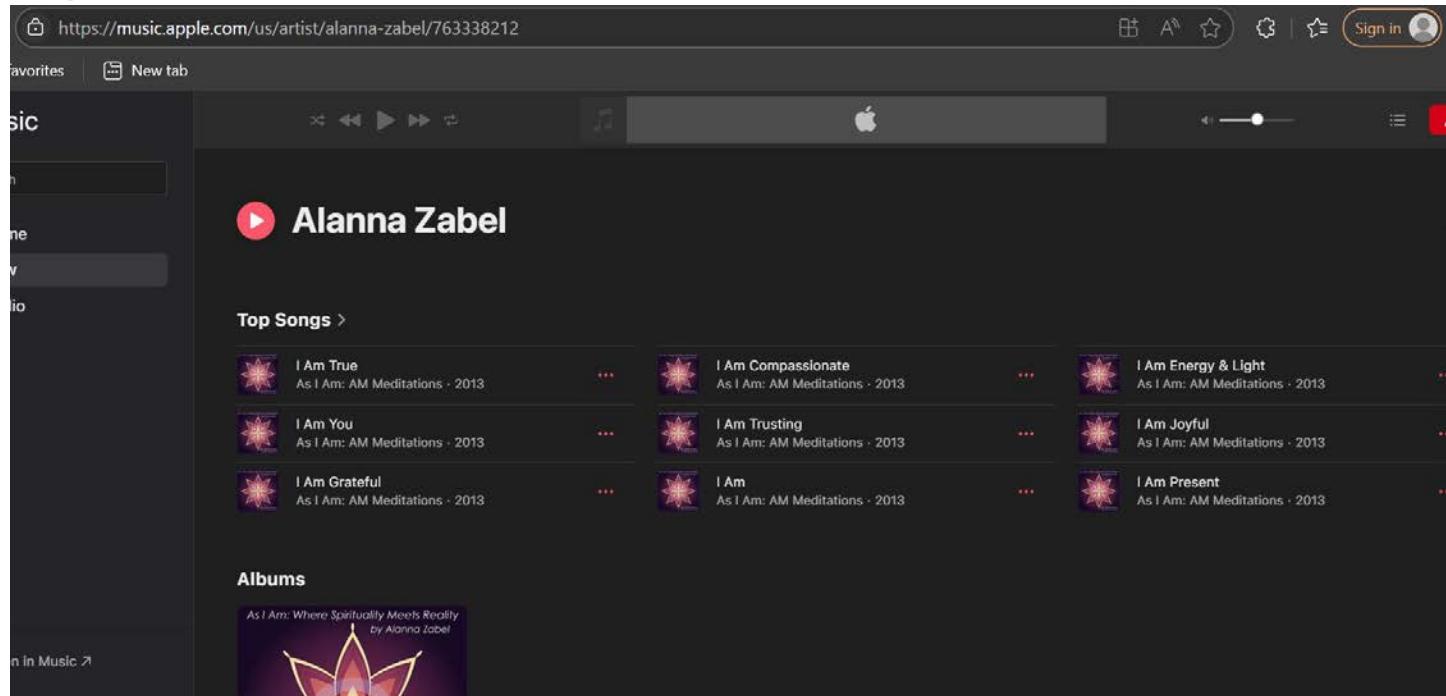


The screenshot shows the YouTube channel page for AZIAM. The channel banner features a starry night sky with a large sunburst and the channel name 'AZIAM'. The channel profile picture is a circular version of the banner image. The channel stats show 1.54K subscribers and 120 videos. The description reads: 'Where Spirituality Meets Reality. Psychology based Healing, Yoga, Wellness. Committed to...'. A link to 'aziam.com' is provided. The navigation bar includes Home, Videos, Shorts, Live, Playlists, and a search icon. The 'For You' section displays three video thumbnails: a woman in a white dress on a boat, a man holding a book titled 'BEST BRICK EVER!', and a complex black and white mandala.

Social Media Link: <https://music.apple.com/us/artist/alanna-zabel/763338212>

Date Captured: May 30, 2025

Snapshot:



The screenshot shows the Apple Music artist page for Alanna Zabel. At the top, there is a red play button icon followed by the artist's name, "Alanna Zabel". Below this, a "Top Songs" section displays five tracks from the "As I Am: AM Meditations" album, each with a small preview image and the song title. The tracks are: "I Am True", "I Am Compassionate", "I Am Energy & Light", "I Am You", "I Am Trusting", "I Am Joyful", "I Am Grateful", "I Am", and "I Am Present". Each track also includes the album name and year. Below the songs, there is a "Albums" section featuring a thumbnail for the album "As I Am: Where Spirituality Meets Reality" by Alanna Zabel, which features a stylized lotus flower design.

Social Media Link: <https://www.pinterest.com/aziamyoga/>

Date Captured: Jun 04, 2025

Snapshot:

https://www.pinterest.com/aziamyoga/

port favorites | New tab

Q Search

 **AZIAM Yoga**
aziamyoga

102 followers · 7 following · 2 monthly views
The Modern Yoga Lifestyle - Fitness, Wellness, Activewear

⊕ aziam.com

[Follow](#)

Created Saved



All Pins AZIAM Girlz Yoga Dolls Yoga Books Yoga Yoga Pants AZIAM Ac

Social Media Link: <https://www.pinterest.com/alannazabel/>

Date Captured: Jun 02, 2025

Snapshot:

https://www.pinterest.com/alannazabel/ Sign in

Sort favorites New tab

Q Search



Alanna Zabel

aziam.com · Yoga Lover | Spiritual Realist | Philosophical Fashionista |
Founder of AZIAM Yoga @aziamyoga | Author of As I Am
[@alannazabel](#)

299 followers · 22 following

[Message](#) [Follow](#) [...](#)

[Created](#) [Saved](#)



All Pins
104 Pins · 5v



Yoga Dolls
1 Pin · 5v



Fashion
29 Pins · 5v



Yoga
20 Pins · 5v



Girlz
14 Pins · 8v



Articles
18 Pins · 9v

Social Media Link: <https://www.imdb.com/name/nm2791226/>

Date Captured: Jun 02, 2025

Snapshot:

https://www.imdb.com/name/nm2791226/

favorites | New tab

Biography | IMDbPro | 

Alanna Zabel

Writer · Music Department

Alanna Zabel is known for [Distant Tales](#) (2023), [Yoga Total Body Makeover](#) (2007) and [Pilates for Fat Burning](#) (2007).

Add photos, demo reels 

+ Add to list

More at IMDbPro [Contact info](#) · [Agent info](#)



Known for

 **Distant Tales**
★ 7.2
Music Department (Solo Voice)
2023

 **Pilates for Fat Burning**
★ Video
Self
2007

 **Yoga Total Body Makeover**
★ Video
Writer
2007

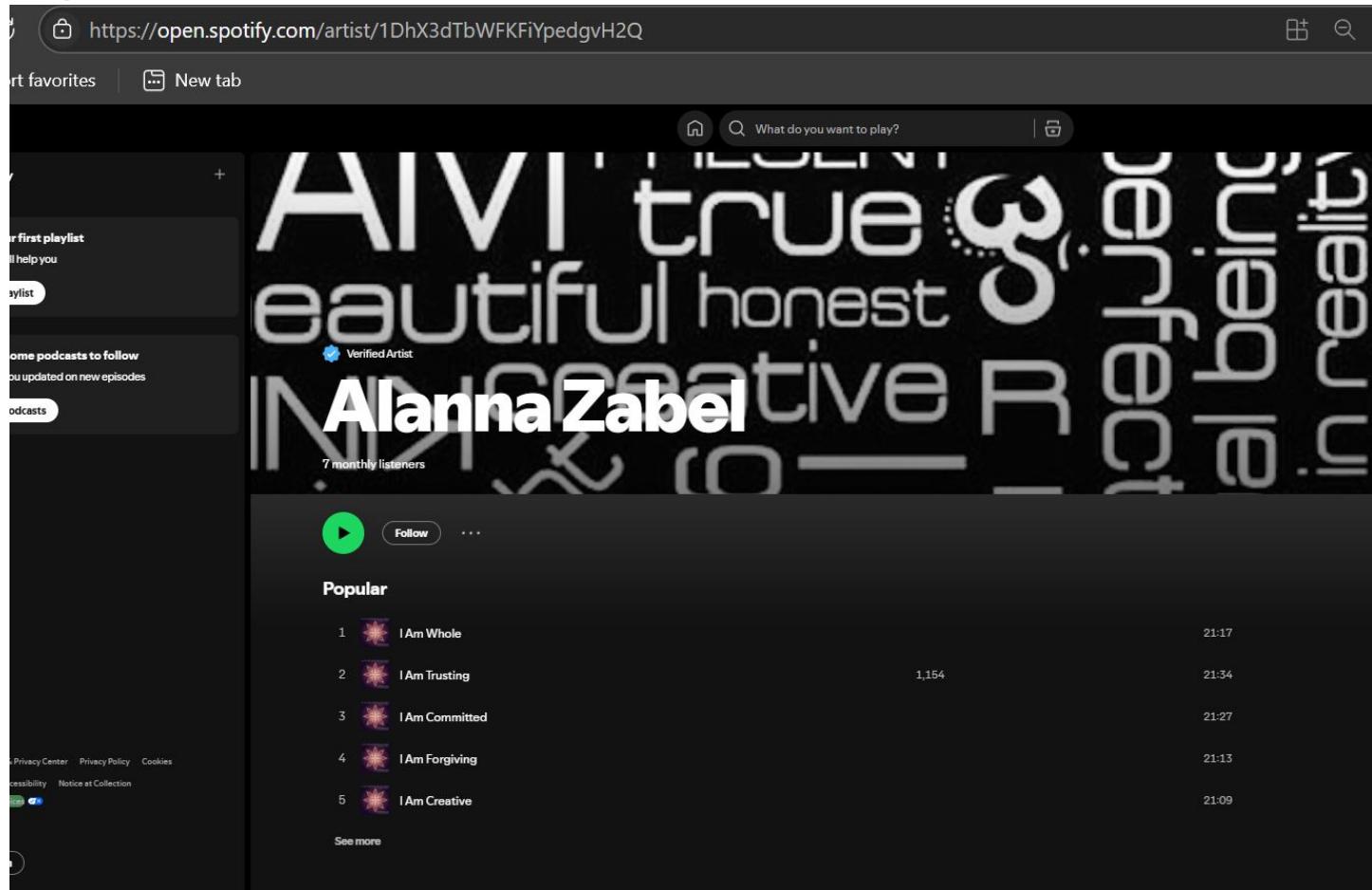
More to explore



Social Media Link: <https://open.spotify.com/artist/1DhX3dTbWFKFiYpedgvH2Q>

Date Captured: Jun 02, 2025

Snapshot:

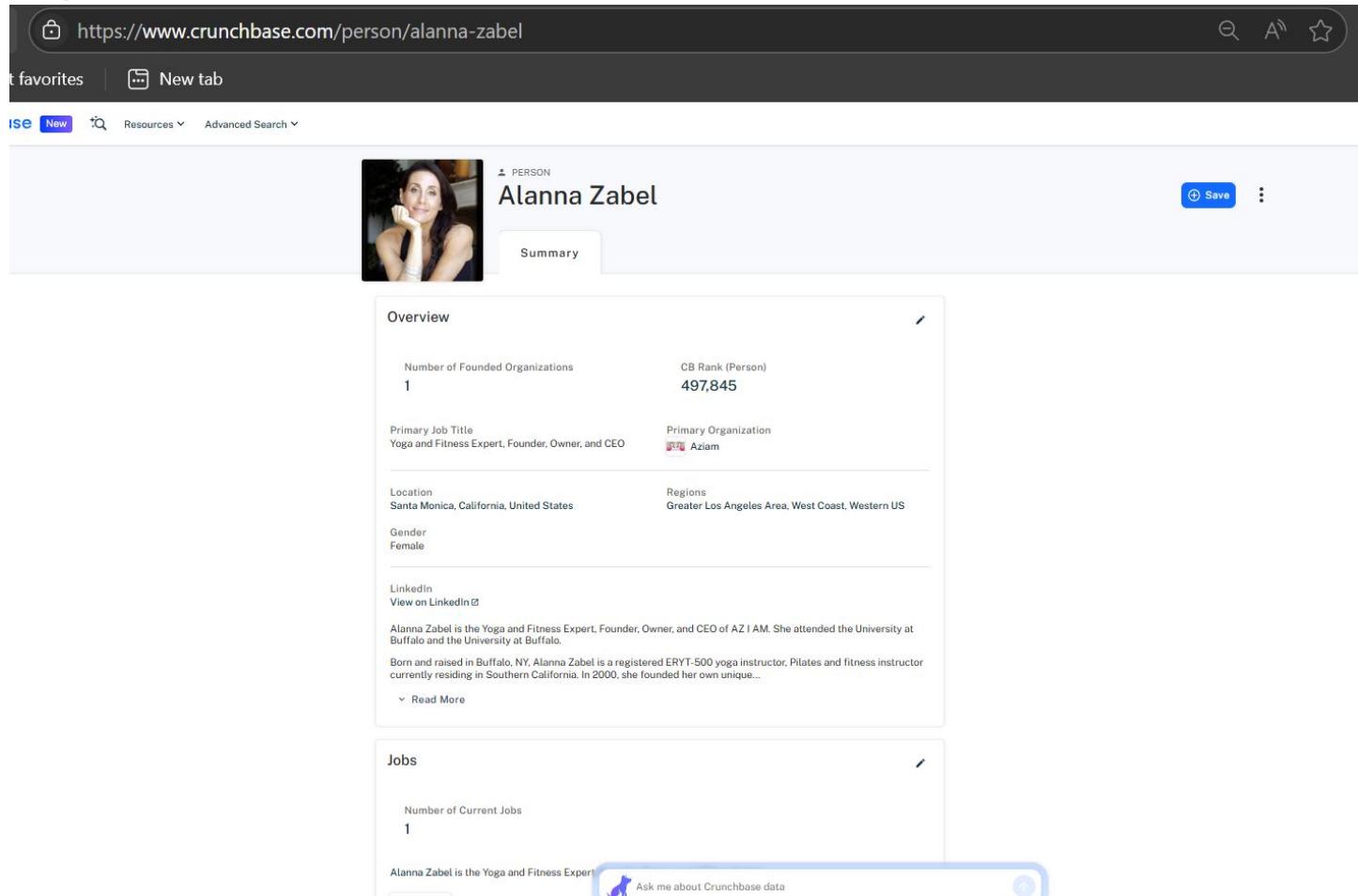


The screenshot shows Alanna Zabel's Spotify artist profile. The profile picture is a black and white portrait of a woman with long hair. The background of the profile is a large, abstract, monochromatic graphic of the words "true", "beautiful", "honest", "innovative", and "creative" in a stylized, blocky font. The artist's name, "Alanna Zabel", is displayed in a large, bold, white font at the bottom of the graphic. Below the name, it says "7 monthly listeners". The "Verified Artist" badge is visible. The "Follow" button is in the top right corner of the profile picture. The "Popular" section lists five tracks: "I Am Whole", "I Am Trusting", "I Am Committed", "I Am Forgiving", and "I Am Creative". Each track has a small thumbnail icon, a play button, and a timestamp (21:17, 21:34, 21:27, 21:13, 21:09) to its right. The "See more" link is at the bottom of the list. The left sidebar of the Spotify interface is visible, showing "Your first playlist", "Some podcasts to follow", and links to "Privacy Center", "Privacy Policy", "Cookies", and "Notice at Collection".

Social Media Link: <https://www.crunchbase.com/person/alanna-zabel>

Date Captured: Jun 03, 2025

Snapshot:



https://www.crunchbase.com/person/alanna-zabel

Favorites New tab Resources Advanced Search

PERSON

Alanna Zabel

Save

Overview

Number of Founded Organizations: 1 CB Rank (Person): 497,845

Primary Job Title: Yoga and Fitness Expert, Founder, Owner, and CEO Primary Organization: AZ I AM

Location: Santa Monica, California, United States Regions: Greater Los Angeles Area, West Coast, Western US

Gender: Female

LinkedIn: View on LinkedIn

Alanna Zabel is the Yoga and Fitness Expert, Founder, Owner, and CEO of AZ I AM. She attended the University at Buffalo and the University at Buffalo. Born and raised in Buffalo, NY, Alanna Zabel is a registered ERYT-500 yoga instructor, Pilates and fitness instructor currently residing in Southern California. In 2000, she founded her own unique...

Read More

Jobs

Number of Current Jobs: 1

Alanna Zabel is the Yoga and Fitness Expert

Ask me about Crunchbase data

Social Media Link: <https://www.amazon.com/stores/author/B009N3OISK>

Date Captured: Jun 05, 2025

Snapshot:

https://www.amazon.com/stores/author/B009N3OISK?ingress=0&visitId=ab1f08c1-f96e-4f6d-9b66-e25d06bd076c&ccs_id=6c023...     

favorites | New tab

Deliver to Lexi Grand Rapids 49505 Kindle Store Search Amazon

Rufus Same-Day Delivery Medical Care Saks Keep Shopping For Today's Deals Buy Again Music Amazon Business Shop By Interest Pharmacy Kindle Books Books Handmade Gift Cards Browsing History

Categories New & Trending Deals & Rewards Best Sellers & More Memberships Communities More Your Books

Alanna Zabel  +Follow [HOME](#) [ABOUT](#) [ALL BOOKS](#)

Alanna Zabel

About the author

Alanna Zabel is the founder of AZ I AM® Yoga & AZ I AM Studios, author of *As I Am: Where Spirituality Meets Reality and Meaningful Coincidence: Synchronistic Stories of the Soul*. She is a Trauma-informed Yoga instructor, a registered teacher trainer, a Sound Healer...

[Read full bio](#)

Most popular

 Knock It Off! Imitation Isn't Flattering
★★★★★ 16
Kindle Edition
\$8.88

Top Alanna Zabel titles for you

Page 1 of 2

 Dharma Kitty Goes  Meaningful  Sticky the Fly's  As I Am: Where  Knock It Off!  Guruji's Gift  As I Am Journal  The Seven Doors

Social Media Link: <https://shopaziam.com/>

Date Captured: Jun 05, 2025

Snapshot:

FREE SHIPPING ON PURCHASES OVER \$75!

AZIAM
THE MODERN GODDESS®

HOME BOTTOMS | JUMPSUITS TOPS | HOODIES SPORT TOPS | TANKS MAT MAT® YOGA TOWELS HATS | ACCESSORIES CRYSTALS, SINGING BOWLS + REIKI CANDLE

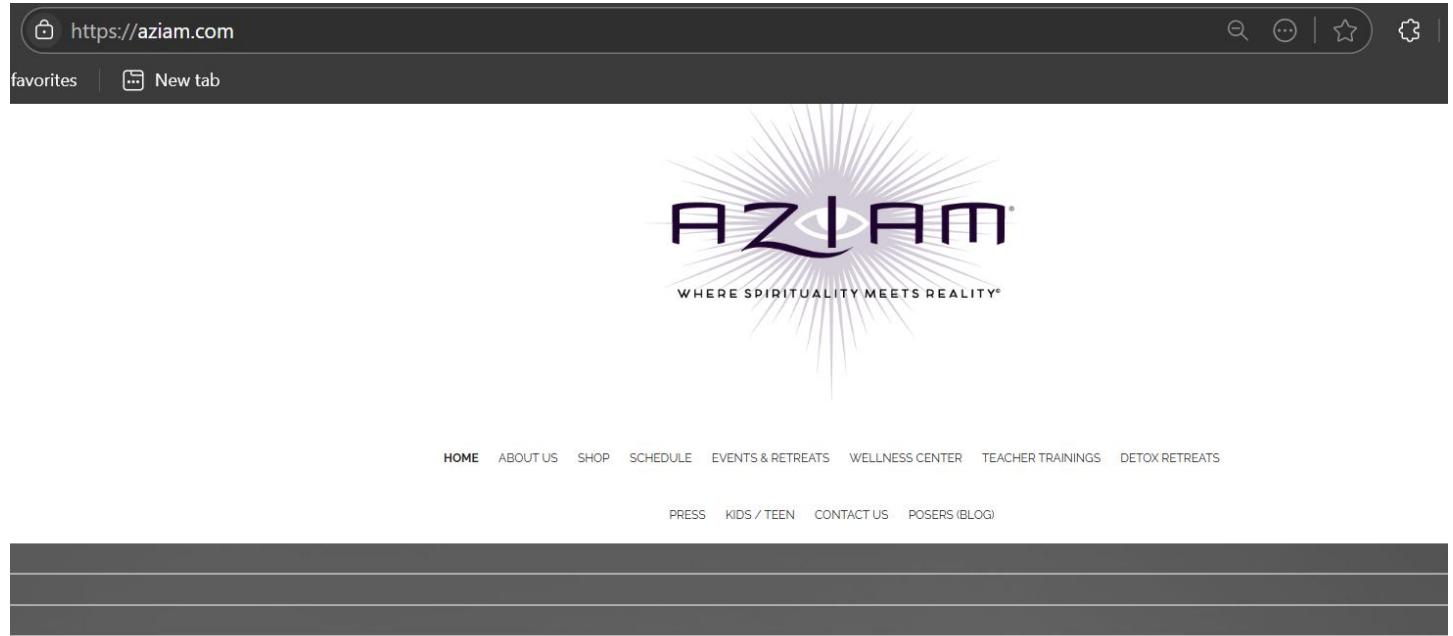
YOGA CLASSES & RETREATS KIDS SALE!

ACCOUNT SEARCH CART

Social Media Link: <https://aziam.com/>

Date Captured: Jun 05, 2025

Snapshot:



The screenshot shows the homepage of AZ I AM. At the top, there is a browser header with a refresh icon, the URL 'https://aziam.com', and various browser controls. Below the header is a dark navigation bar with links for 'favorites' and 'New tab'. The main content area features the AZ I AM logo with a sunburst graphic and the tagline 'WHERE SPIRITUALITY MEETS REALITY®'. Below the logo is a large, dark banner with three horizontal lines. The main content area includes a 'HOME' button, a photo of a woman with blonde hair, and text about the studio's mission and offerings.

https://aziam.com/

favorites | New tab

HOME ABOUT US SHOP SCHEDULE EVENTS & RETREATS WELLNESS CENTER TEACHER TRAININGS DETOX RETREATS

PRESS KIDS / TEEN CONTACT US POSERS (BLOG)

HOME



ECO FASHION WE CARE

Welcome to AZ I AM®
We Bring the Beat 🎶 & the Heat 🔥

AZ I AM is dedicated to guiding your journey of authentic Self-Realization through grounded realism, reliable instruction, powerful sound and modern style evolved from ancient teachings. Enjoy a class at one of our beautiful studios and experience inspiring classes led by exceptional instructors. Elevate your practice and nurture personal growth with our transformative workshops and events, indulge your wanderlust with our expansive Yoga Retreats, and rejuvenate with Massage, Acupuncture, or Reiki services at our Wellness Center.

Our Hot or Not™ studios offers diverse schedules with one-of-a-kind classes and events, including Music-Infused Vinyasa, Yoga Barre® Sculpt, Yin Sound Healing, and even Kids Yoga + Meditation.

Social Media Link: <https://www.facebook.com/theonedaydetox>

Additional Note: Possible.

Date Captured: Jun 04, 2025

Snapshot:

The One Day Detox

258 likes • 249 followers

Message Like Search

Posts About Mentions Followers Photos Videos More

Intro

Small Change Leads to Big Change.
Join AZ I AM Yoga for a day of Total Health, Wellness and Self Care.

Page • Health/beauty
aziam.com

Photos

See all photos

Posts

The One Day Detox February 22, 2020

Perfect Desert weather is here. Sunrise from the hot springs, warm herbal tea, mental toning awareness of this perfect, divine, present moment, as it is.

Our midweek March Retreat is lined up with some INCREDIBLE surprises (Live Acoustic concert with @alexachelun , New Moon Sound Bath with @audreyfeyz and Shamanic Ceremony with the heart expansive @bonukelthmunay). Details on our website, #LinkInBio or DM for details. #Magic

... See more

Other

News Article



Posted: Feb 17, 2012

System ID: [592219](#)



Captured: Jun 03, 2025

[Alanna Marie Zabel](#)

↗ <https://www.joyfulheartfoundation.org/blog/aziams-alanna-zabel-yoga-clothes-and-her-own-joyful-heart>

Before DOI

AZIAM's Alanna Zabel on Yoga, Clothes and Her Own Joyful Heart

https://www.joyfulheartfoundation.org/blog/aziams-alanna-zabel-yoga-clothes-and-her-own-joyful-heart

favorites | New tab

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 JOYFUL HEART FOUNDATION

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HOME ABOUT US PROGRAMS LEARN GET INVOLVED HEARTSHOP CONTACT & CONNECT

AZIAM's Alanna Zabel on Yoga, Clothes and Her Own Joyful Heart

FEBRUARY 17, 2012 | BY JOANNACOLANGELO | FILED UNDER [JHF BLOG](#) > [WELLNESS](#), [WELLNESS METHODS & MODALITIES](#), [YOGA](#), [HEARTSHOP PRODUCTS IN THE NEWS](#)

Alanna Zabel, incredible supporter of the Joyful Heart Foundation and the creative genius and yoga expert behind the AZIAM clothing line, recently spent some time answering our questions about her clothing line, her collaboration with Joyful Heart and AZIAM's latest piece to benefit the Joyful Heart Foundation, the perfectly-fitting, perfectly-named Victory Short, [available now from the Heartshop](#).



AlannaZabel

Joyful Heart Foundation: Thank you so much for taking the time to share a bit about yourself and AZIAM with us! Tell us, what inspired you to start the AZIAM line? **Alanna Zabel:** AZIAM began in 2003, as my one-page website listing my yoga classes and retreats. It stood for "Alanna Zabel I AM". In 2007, consultants for Ashtanga Yoga guru, Pattabhi Jois, asked me to create a sample active wear line for an upcoming new studio they were planning in Key West. Having been a dedicated Ashtanga practitioner, I set out to create the most amazing sample collection as my gift to Pattabhi Jois. His system of Yoga had such a positive effect on my life; his was my way of saying "thank you." The pieces that I presented were well received and the plan was to call the line "P.J.s." I felt my job was done and I was pleased. But Pattabhi Jois? In his early 90s? Grew ill shortly afterwards. The Key West studio plans were placed on hold. He passed away within a year afterwards. I was left with the gift I intended for my "guru," and it became one of the greatest gifts I could ever receive.

JHF: How did your involvement with the Joyful Heart Foundation first begin?

AZIAM's Alanna Zabel was introduced to Heather Morrison, a board member of the Joyful Heart Foundation, via a mutual friend.

https://www.joyfulheartfoundation.org/blog/aziams-alanna-zabel-yoga-clothes-and-her-own-joyful-heart

favorites | New tab

AlannaZabel

could ever receive.

JHF: How did your involvement with the Joyful Heart Foundation first begin?

AZ: I was teaching yoga to Heather Mnuchin, a board member of the Joyful Heart Foundation. She felt the [AZIAM Wife Lover](#) was a perfect fit with Joyful Heart and made an introduction. The social intention of our Wife Lover is to assist and empower women who have been victims of abusers, or Wife Beaters, to use the negative apparel slang. The Joyful Heart Foundation couldn't be a more perfectly fitting partner! I am continuously amazed at what a phenomenal, heart-centered and significantly helpful organization the Joyful Heart Foundation is.

JHF: What does Joyful Heart's cause mean to you?

AZ: The Joyful Heart Foundation impresses me on so many levels, particularly in their focus on healing and empowering victims of sexual assault and domestic violence. I have been a victim of domestic violence and I know that it is a difficult, elusive struggle that most people do not understand. There is no set formula or protocol that will heal every victim and many victims are left feeling unheard and unloved as a result, thus perpetuating the abuse cycle. The Joyful Heart Foundation exemplifies and proves to me every time that it is present-moment kindness, attentive understanding, true compassion, out-of-the-box healing techniques and raw education that will not only help a higher percentage of victims to move on to living a healthier, happier life, but will also continue making a global difference in violence prevention.

JHF: The Wife Lover tank, which as you said, was AZIAM's first product to support Joyful Heart, says "I AM PURE JOY" across the side. What is pure joy to you?

AZ: To me, Pure Joy is our natural state of existence. Our world has skewed away from its pure, honest, void-of-motive origin. I try my best not to be saddened by the state of the world, but instead hold in my heart how I know we are meant to live?sharing, loving, creating?without fear. That essence of Pure Joy is my personal dream and hope for a more organic, non-violent world.



JHF: AZIAM is launching a new item that is also benefiting the Joyful Heart Foundation! Can you tell us about it?

Victory_Short

AZ: AZIAM is thrilled to launch our [new Victory Short!](#) This is truly the most perfect fitting, flattering short. It has a wide, double layer V-waistband that offers support and style of equal measure. I'm not typically a "shorts" person, but I can't stop wearing these! Because the fit is so strong and confident, I decided to name it Victory. This goes hand-in-hand with the Joyful Heart Foundation's mission?

offering hope for the journey of a survivor of violence. It's also the perfect compliment to the [Wife Lover tank](#).

https://www.joyfulheartfoundation.org/blog/aziams-alanna-zabel-yoga-clothes-and-her-own-joyful-heart

avorites | New tab

Victory_Short

the fit is so strong and confident, I decided to name it Victory. This goes hand-in-hand with the Joyful Heart Foundation's mission? offering hope for the journey of a survivor of violence. It's also the perfect compliment to the [Wife Lover tank](#).

JHF: At Joyful Heart, we encourage ourselves and our supporters to practice self-care. Is yoga your daily practice of self-care?

AZ: Yoga is definitely one of the many ways I practice self-care. I have been teaching yoga for fifteen years and the benefits are truly as holistic as any other fitness modality I have yet to come across. The body is a web and when we bring positive awareness and proper alignment to one or more areas of ourselves, the impact is exponential throughout our physical, mental and emotional systems.

JHF: With your busy schedule, how do you find the time in the day take to take care of yourself?

AZ: There was a day when I was the yoga instructor who sipped tea and coconut water with my friends in between yoga classes and massages. Now my days are filled with activities of an apparel designer, manufacturer, social activist, writer and brand manager?while still teaching, leading workshops and retreats. What I find helps my busy schedule is minimizing. Adding more "doings" can still be stressful because it is still an activity that needs to be completed. My lifestyle is incredibly clean and yogic already, but by maintaining a life that is void of chaos and toxicity, I find that I am have more capacity to get more accomplished. I do not eat processed foods, drink alcohol or smoke and I stay clear of toxic relationships?all of these can be incredibly draining and therefore require more self-care to counter their effects.

Personally, I find it is most about balance.

Be sure to visit the Heartshop to pick up your new [AZIAM Victory Shorts](#) today. Be sure to match it with an ["I AM PURE JOY" Wife Lover](#) tank, too! A generous 10% of all net proceeds from each sale of these items are donated to the Joyful Heart Foundation.



YOUR VOICES

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Other



Amazon
System ID: [593303](#)
[Alanna Marie Zabel](#)
<https://www.amazon.com/As-Am-Where-Spirituality-Reality/dp/098844495X>

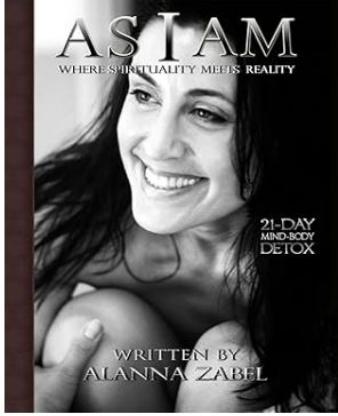
Posted: Apr 13, 2013
Captured: Jun 05, 2025

Before DOI

Subject's book As I Am, came out 04/13/13.

https://www.amazon.com/As-Am-Where-Spirituality-Reality/dp/098844495X

Favorites | New tab



As I Am: Where Spirituality Meets Reality Paperback – April 13, 2013

by [Alanna Zabel](#) (Author)

4.9 ★★★★★ (22)

See all formats and editions

As I Am delves into the profound realms of spirituality, psychology, and yoga, offering a comprehensive twenty-one-day program designed to guide readers on a journey of self-discovery. This program, known as *The Dharma Zone*, integrates daily practices in meditation, yoga, self-care rituals, journaling, *Mirror Theory* exercises, and a complete menu plan for an anti-inflammatory mind-body-spirit detox. Through this transformative journey, practitioners are encouraged to dissolve past conditioning and reconnect with their truest selves happening in each moment, cultivating an awareness rooted in authentic truth—living “As I Am.”

Our reality reflects both collective and individual energies, and Alanna’s *Mirror Theory* reveals how the subconscious mind continuously shapes new experiences through the lens of past impressions. The mind is translating reality at every moment according to existing programs in the subconscious mind.

In Chapter 2, *Hypnotic Existence*, Alanna explores the captivating, often contagious nature of our existence and the scientific, formulaic nature of the universe. Drawing from her background in Child Development, she highlights how early childhood relationships significantly shape one’s capacity for self-awareness. Chapter 3, *The Real Secret*, identifies four core elements influencing one’s dharma and offers insights for realigning life with one’s true purpose.

Report an issue with this product or seller

Print length	Language	Publication date	Dimensions	ISBN-10
1 274 pages	English	April 13, 2013	7.5 x 0.62 x 9.25 inches	098844495X

Follow the author

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[Read sample](#) [Audible sample](#)

[See all details](#)

A new practice guide to weave rituals and practices to awaken the remembrance of your true self.



The Luminous Self: Sacred Yogic Practices and Rituals to Remember...
by Tracee Stanley
★★★★★ (37)

Other

News Article

System ID: [592738](#)

[Alanna Marie Zabel](#)

<https://haligonia.ca/alanna-zabel-aziam-active-wear-founder-89592/>



Posted: Feb 13, 2014



Captured: Jun 04, 2025

Before DOI

Alanna Zabel AZIAM Active Wear Founder

https://haligonia.ca/alanna-zabel-aziam-active-wear-founder-89592/

favorites | New tab



HOME ABOUT US CONTACT US SOCIALS NEWSLETTER



Alanna Zabel AZIAM Active Wear Founder



February 13, 2014, 7:39 am

Interview with AZIAM Activewear founder Alanna Zabel.



This is the [Alanna Zabel](#), celebrity yoga instructor and author of the book *As I Am: Where Spirituality Meets Reality*.

Alanna was just named one of "Hollywood's Hottest Trainers" by Shape Magazine (January 2014) and in the past has been voted "Best Yoga Instructor in LA" by *Los Angeles Family Magazine*. Her celebrity clientele includes Adam Levine and Kelly Lynch.

Alanna has a 21-Day Detox/Cleanse, program called *The Dharma Zone* to not only cleanse the body from post-holiday indulgences, but also to purify the mind of old patterns that may keep one from making less healthy choices. This program which covers exercise, diet, nutrition, meditation, and lifestyle choices is intended to help people find their true self and purpose.

In addition, Alanna is the founder of [AZIAM](#) (pronounced As-I-Am), a modern lifestyle brand inspired by the ancient practice of [Yoga](#), which includes the [AZIAM Active Wear](#) line. The [AZIAM Active Wear](#) line features luxurious fabrics, innovative designs, all while still remaining dedicated to being the best garment for one's practice of yoga, making it one of the most sought after premium activewear brands on the market.

Check out what this inspirational women had to say to the [Mother & Fitness](#) readers.



Why is health and fitness important to you?

There is a continually evolving cycle of energy within and around us. When our energies stagnate, we risk separating ourselves from this Universal flow. Exercise and a clean diet help me to feel most connected to who I am, thereby making each moment of my life more powerful.



What do you believe is the most common issue women face when it comes to their health?

Hormonal fluctuations and/or imbalances. Not only do hormonal imbalances affect mood, energy levels and weight retention, but they also impact our health and risk for certain diseases. Some of the best ways to keep your hormones balanced is 1) moderate and consistent exercise 2) healthy diet with minimal additives (whole food) 3) low stress and 4) good sleep.

Why should women become involved in yoga?

The media and many of today's societies innocuously place pressures onto women that are not natural. There are expectations to have a specific ratio of bust/waist/hip measurements that are not realistic. Yoga helps a person connect with who they truly are, and to be comfortable in their own skin. This often helps a woman disregard external pressures that deter her from being most true to who she is.

Can you explain some reasons why spirituality is important for women.

I believe that all beings are innately spiritual. Our societies, however, have shifted our values away from these natural spiritual qualities and towards consumerism, vanity, status and sensationalism instead. Yoga and meditation re-connect people with their natural, spiritual states. In general, one reason that women tend to focus more on spirituality than men is that they connect to creation energy during child-

Other

 News Article

 System ID: [591945](#)

 [Alanna Marie Zabel](#)

 <https://www.doyou.com/alanna-zabel-this-is-how-i-yoga/>



Posted: Mar 30, 2014



Captured: Jun 02, 2025

Before DOI

I'm Alanna Zabel, And This Is How I Yoga

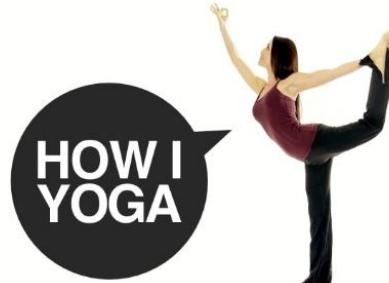


doyou

I'm Alanna Zabel, And This Is How I Yoga

By Anna Coventry | Last updated March 30, 2014

[Yoga](#) [Yoga for Beginners](#)



Alanna Zabel is the founder of AZIAM Yoga . She holds a double BA in Psychology and Child Development, with a minor in Theatre & Dance from the University at Buffalo. Voted "Best Yoga Instructor in LA" by Los Angeles Family Magazine in 2011 and one of "Hollywood's Hottest Trainers" by Shape Magazine in 2013, Alanna is a certified yoga, fitness, Pilates and dance instructor who is passionate about teaching holistic and organic wellness.

dy

ONE OF HOLLYWOOD'S Fittest TRainers By Shape Magazine in 2013, Alanna is a certified yoga, fitness, Pilates and dance instructor who is passionate about teaching holistic and organic wellness.

Alanna is the designer for AZIAM Active Wear and the author of *As I Am: Where Spirituality Meets Reality*. She has also written and illustrated seven childrens yoga books, including *The Seven Doors*, a childrens book teaching Deepak Chopra's Seven Spiritual Laws of Success. She has been featured in Self, Fitness, People, InStyle, Women's Health, Men's Health, Details, C - California Lifestyle and Yoga Fit magazines, as well as having been featured in several yoga/fitness productions.

Name: Alanna Zabel

Occupation: Yoga Instructor

Location: Santa Monica, CA

Favorite yoga style: Vinyasa Flow

Favorite yoga pose: Twisting Triangle

Yoga is... a concise system of how to live true to who you are.

What Do You Love Most About Yoga?

I love that the practice of Yoga is designed to align us with the organic reality of the Universe.

How Has Yoga Changed Your Life, Personality And Physique?

I am more aligned with my true purpose, and I am mindful not to get in the way of this powerful force seeking to be realized.

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How Has Yoga Changed Your Life, Personality And Physique?

I am more aligned with my true purpose, and I am mindful not to get in the way of this powerful force seeking to be realized.

Regarding my personality, I like to laugh and I really enjoy humor. Yoga hasn't changed this too much (I am still told quite often that I laugh in my sleep). One aspect of my personality that has simmered is that I let go of injustice quicker than I had done before. I have to remind myself that the world we live in is far from perfect, nor is it aligned with Universal perfection. I seek to divert my energies to creating something positive instead of fighting what I had perceived as negative.

Having always been athletic, my body shape is still on the muscular side. I have maintained my musculature, but with a more lean look. Yoga's fluid movements help the body's systems to find their balance.

What Everyday Thing Did You Get Better At Because Of Yoga?

Non-reactivity.



How Do You Keep Your Yoga Practice Interesting And Challenging?

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Challenging?

Start a clothing line. While I was teaching and practicing full time, my practice was more effortless. It is much easier to be relaxed and happy when you are practicing and teaching yoga 4-5 times a day, alternating practices with hikes and tea with friends. When the synchronistic opportunity of my active wear line fell into my lap, I was challenged to live yoga off the mat, and deal with people who were not sourcing from Yogi principles. This is where I am challenged daily, and this gives me a much greater understanding for my students so that I can be a better teacher for them.

What Book, Website Or Person Inspires You?

Autobiography of a Yogi, Paramahansa Yogananda

What Do You Listen To While You Do Yoga?

This varies, depending on what I am focusing on that particular day. If I am seeking a general maintenance flow, I like trance music with a rhythmic beat (similar to Asana 2: Moving Meditation). Other times I prefer silence or the organic sounds of nature as a means to draw my awareness deeper into the present moment.

What's The Best Advice You've Ever Received?

Regarding yoga About 20 years ago, I took a workshop with Shandor Remete (Shadow Yoga). He was very adamant about practicing first thing in the morning, before bathing, eating or drinking. I was used to an Ashtanga Yoga morning ritual (bath, tea, etc.), but I found great value in his advice.

I will be honest in that I only practice it about once a month, because I do enjoy the valuable benefits of pre-practice, bathing and preparation. Practicing when you first

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before bathing, eating or drinking. I was used to an Ashtanga Yoga morning ritual (bath, tea, etc.), but I found great value in his advice.

I will be honest in that I only practice it about once a month, because I do enjoy the valuable benefits of pre-practice, bathing and preparation. Practicing when you first awake gives you much greater insight as to how your body is feeling and aligning. His thought was that these realities could become masked by external practices and substances applied to warm up the body. This advice has shaped how I approach my realistic perspective and organic process to both meditation and yoga.

Regarding meditation After six consecutive Vipassana courses, I was really expanding my awareness to realms that made me uncomfortable back in worldly "reality".

I was hearing other people's thoughts and my senses were so extremely heightened that I was becoming anxious. A fellow yoga teacher, Steve Ross, gave me the greatest advice that completely grounded me to relax into my experience. He said, "People meditate their entire lives to get what you are experiencing and you are afraid of it. You are not going to lose 'Alanna', you are not going to lose your laugh, your funkiness, your spirit." This really grounded me to settle into my experience, even if it was an extremely atypical experience.

Regarding professional life and writing Arianna Huffington was generous enough to connect me with her book agent while I was in the process of editing my manuscript. After reading my manuscript, she advised me to separate it into three books. The first expressing my philosophy and program (current book, *As I Am*), the second detailing my unbelievable experience in India in 2004, and the third book sharing how to apply these principles and Universal laws into modern living.

We are currently in the editing process of the second book.

Other

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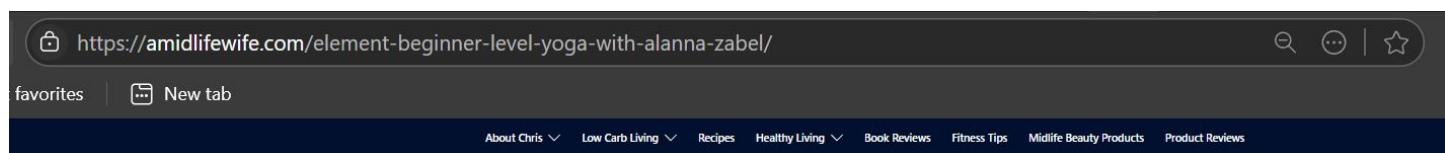
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 [Alanna Marie Zabel](#)

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A Serene Workout: Element- Beginner Level Yoga with Alanna Zabel.

 A screenshot of a web browser window. The address bar shows the URL <https://amidlifewife.com/element-beginner-level-yoga-with-alanna-zabel/>. The page content is visible below the header.

A Serene Workout – Element: Beginner Level Yoga with Alanna Zabel

BY AMIDLIFEWIFE • JANUARY 31, 2016 • FITNESS PRODUCTS, GIVEAWAYS, HEALTHY LIVING

* An item was received for the purpose of a review

If there's one thing I regret it is not staying in shape as an adult. I allowed myself to lose the foundation of exercise and well-being while committing myself to work and my family for too many years. Today, at 50 plus and a midlife wife, I am paying price for not taking care of myself better.

Because of going issues I've been having with my back and body weight, limited mobility has been really affecting me lately. Adding yoga to my workout regime has been in the back of my mind for several months. Yoga is known for its ability to develop strength and flexibility, which is so important for women as we grow older.

I'm excited to share with you my review on the *Element: Beginner Level Yoga* program I was sent to try out. This fitness DVD includes two different programs – the Foundation Program which teaches you to pose as used in many of the yoga positions. And the second is the Slow Flow program which allows you to build strength and flexibility. The instructor also includes a 10 minute guided meditation program at the end for relaxation, health and wellness benefits.

Element: Beginner Level Yoga with Alanna Zabel
By Anchor Bay Entertainment
Release Date: December 2015

Filmed in a serene garden overlooking the Pacific Ocean, these two beginner level yoga programs are designed to help you receive all of the benefits that yoga has to offer and feel like you are getting one-on-one instruction in the comfort of your home.

The Foundations Program is based on common



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Filmed in a serene garden overlooking the Pacific Ocean, these two beginner level yoga programs are designed to help you receive all of the benefits that yoga has to offer and feel like you are getting one-on-one instruction in the comfort of your home.

The Foundations Program is based on common Hatha postures that are the basis of most yoga practices. It will help you improve your flexibility, build strength and release stress as you increase your confidence with yoga.

The Slow Flow Program links postures together in a way that is easy to follow. It will help increase your muscle tone, boost your energy level, improve your balance and leave you feeling rejuvenated.

The Bonus Guided Meditation requires nothing more than the focus of your mind—yet the results can be powerful. Meditation has been known to help people to relax, feel more centered, be more present in every moment and live life to the fullest.



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My Thoughts on Element: Beginner Yoga

I have to say this is the perfect fitness DVD start with for anyone that wants to learn yoga. No matter your age or fitness level, a relaxing, serene, slow moving stretching workout, for lack of a better word, is going to greatly improve your mobility and strength. I have to say the *Foundation program* is my favorite so far. It slowly moves through different poses and the instructor, Alanna, offers alternate methods for reaching your stretching limit.

Other

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System ID: [592113](#)

[Alanna Marie Zabel](#)

<https://2lazy4gym.com/2016/01/31/element-cardio-conditioning-yoga/>

Posted: Jan 31, 2016

Captured: Jun 02, 2025

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Element: Cardio & Conditioning Yoga

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ELEMENT: CARDIO & CONDITIONING YOGA

Posted on January 31, 2016 by 2lazy4gym in 30 Minute Workouts, Alanna Zabel, Bodyweight Training, Element, Shorter DVD Workouts, Yoga

I happened to be browsing the workout DVDs at the library and I saw they had a few brand new DVDs—workouts that had just been released in December 2015! Element's Cardio Conditioning Yoga was one of them. Since I am so enamored of most the Element workouts I've done so far, I decided to give this one a try, even if it isn't Ashley Turner (my favorite Element yoga trainer).

These yoga workouts are led by Alanna Zabel, founder of AZIAM Yoga (I have no clue what this is) and creator of Yoga Barre (I don't know what that is either—I did look it up on Amazon and it isn't a DVD series). She has been teaching yoga, fitness and pilates for over 23 years. She apparently is sought after by Hollywood-types. I found her workouts very well done and effective. I still don't like her nearly as much as I like Ashley Turner, but I do like her and I love these workouts she created, so I will buy this DVD. These workouts are done voice over like all Element workouts I've done. And Alanna does cue very well. However, at one point during the Cardio Yoga she just stopped cuing. It was nothing but music. She was going through a sun salutation that she had already cued before, but I still didn't like it. We don't know that is what is going to happen and I don't want to have to be craning my neck to watch the tv all of the time. I obviously do look at the tv during the workout but I also rely on cuing. But this only happened for a short period. The rest of the workout was cued. It didn't happen at all during Conditioning Yoga. Like all Element workouts this one is set in a beautiful garden by the Pacific ocean. Lots of green trees and bushes, flowering vines. Gorgeous and relaxing.

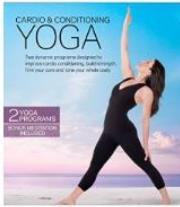
This DVD contains two yoga workouts, each approx. 30 minutes long. A "cardio" yoga and a conditioning yoga. It also has a bonus meditation section that is 10 minutes long. The cardio yoga isn't exactly "cardio." I wore my Fitbit and that workout never got my heart rate into the cardio range. However, it did work me hard. I was sweating and I felt it. It was a very good dynamic flexibility workout. I'm sure my heart rate was higher than it is with most of the more relaxing yoga workouts I do. And despite the fact she says in her intro that you don't hold poses very long in this workout, you do. Not all of them. You do flow between poses, but you also sometimes hold some poses for a nice (and needed) stretch. This happens primarily near the end. Overall, I enjoyed it. It worked me hard and then relaxed me at the end. I loved the Conditioning Yoga workout. This was a wonderful mix of yoga and bodyweight strength w/ some stretching yoga. She manages to combine yoga w/ some lower body mat work! I really loved it.

element

CARDIO & CONDITIONING YOGA

2 YOGA PROGRAMS

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Cardio Yoga is 34:30 minutes long. You start with some warm up moves-rolling shoulders, stretching shoulders by lacing fingers behind back and stretching them, and side bends. The workout actually begins when you move to the end of the mat and forward fold. Step back into a deep lunge w/ hands on ground and alternate straightening legs w/ bending them (so lunge to pyramid). Get into plank and lower to stomach. Do cobra. Do upward facing dog. Downward facing dog. Return to forward fold. Plank walks-starting in bent knee forward fold, step feet back to plank and step them back up to forward fold; keep repeating. Tricep push ups. Down dog to forward fold. Chair pose with arms stretched and laced overhead. Lift one heel and straighten and return to chair pose with heel raised; repeat this several times. Warrior 3 to crescent pose; alternate these two poses several times. Repeat chair series and warrior 3/crescent pose series on other side of body. Forward fold to plank. Tricep push ups. *Warrior series:* Down dog to 3 legged dog. Bring knee to forehead then extend back to 3 legged dog; do this several times. Bring leg between hands into lunge and raise into warrior 1. Open into warrior 2. Straighten legs while raising both arms overhead, return to warrior 2; repeat this several times. Place elbow on bent leg and extend other arm over head (side angle pose). Raise to reverse warrior. Return to side angle pose but this time lower hand to floor and raise other arm overhead. Return to reverse warrior but this time straighten front leg. Half moon pose. In half moon, raise and lower leg. Return to warrior 2. Turn feet so you are in a pile/sumo squat (standing frog pose). Raise arms overhead. Straighten legs while bringing arms to side, then lower to standing frog pose while bringing arms overhead again; alternate these two moves. From here Alanna returns to warrior two and goes through the sun salutation with zero cuing (so very irritating). Repeat Warrior series on other side of body. Come into plank, lower halfway and hold. Lay on mat; cobra then down dog. Forward fold. Stand and bring one leg behind you. With both legs straight and hands on hips, arch back and neck. Lower torso into flat back, arms straight at sides, palms facing ground. Lower one hand to floor beside front foot and raise other arm overhead while turning

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ground. Lower one hand to floor beside front foot and raise other arm overhead while turning head/torso into twisting triangle pose. In this position, lower hand to foot and raise arm/hand again, twisting body/torso to sky; keep raising and lowering arm. Return to forward fold. Repeat on other side of body. Stand in center of mat, legs wide, feet turned in. Fold forward, hands to ankles (wide leg forward bend); hold this pose. From this pose, hold right ankle then left ankle. Return to plank, lower to floor, do cobra to down dog to forward fold. Sit on bottom, knees bent, hands behind knees and round back. Roll to floor and raise feet off floor, knees bent and do crunches, hands behind head. Bring elbows to opposite knees. This turns into bicycles. Laying on back still, bring knees into chest then cross one leg over the other while in this position, holding ankles with hands and pulling ankles toward floor (reclining cow face pose). Corpse pose. Stretch arms overhead then come to sitting. Workout ends sitting cross-legged w/ hands resting on knees.

Conditioning Yoga is 32:30 minutes long. You start seated cross-legged, eyes closed and focus on breathing and posture. Get onto all 4s and do cat and cow. This changes; you still do a cat, but when doing cow, you raise your hands off the ground while still rounding your back, but lowering your bottom a few inches above heels. At the end of this series you hold in the final position, on knees, bottom a few inches off heels and back rounded; you put your hands behind head and pulse up and down in this position. Continue the pulsing but twist elbows side to side. Straighten body while still on knees and do camel pose. Come to all 4s then raise knees of floor so you are holding yourself on hands and toes; keep alternating from knees to toes. Push back to downward facing dog. For the next series you will go from a plank then push back into position that is like a child's pose but with knees raised off ground (I don't know the name of it and she didn't say the name). First you will alternate between plank and this pose, then you will add a tricep push up while in plank. At this point you start a long series that you will repeat on the other side of the body. Return to down dog then transition to Warrior 2. Rotate heel into standing frog (plie squat w/ arms out straight to side). Raise arms into wide V and raise one heel. Hold in this position. Return to warrior 2 then lower to side angle. Transition into side plank. Get on all 4s. Extend one leg and opposite arm; hold this pose. Lower arm but keep leg raised out straight. Lower onto opposite elbow, and face body forward. Raise and lower straight leg, touching the toe to mat then raising high. Bend knee and circle knee/leg/hip, bringing knee almost to elbow then pushing leg almost straight behind you before bending to bring it up and around again-so full range of motion in the hip. Straighten leg again, still raised slightly higher than hip; bend knee, bringing knee in to elbow then pushing leg out straight again; so this several times. At the last rep hold w/ knee to elbow (hydrant position) and pulse knee/leg up and down. Lower knee so you are on all 4s then go into forearm plank and hold. Lower to stomach and do cobra or upward facing dog. Down dog. *Repeat series on other side of body. End series in child's pose. Sit on bottom, knees bent, feet flat on floor; lean torso back and place hands on floor behind you, palms facing your body. From this position push torso up into table/crab. Raise and lower torso and at the bottom of the move you will bend elbows so you are also working triceps. Hold in table/crab. Sit on bottom and straighten legs; fold forward, holding foot w/ hands; hold. Lay flat on back, legs straight, and bring right knee into chest. Lift forehead toward right knee and lift left foot a few inches off floor and hold. Straighten right leg and grab calf w/ both hands, pulling

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Posted: Apr 11, 2018

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Captured: Jun 05, 2025

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The most recent post to the account. See you Friday at @mysticjourneybookstore in Venice, CA for a Synchro Soul Dharma Talk and Book Reading! ☺☺☺ @ Venice, California

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1:51 PM · Apr 11, 2018





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The most recent post to the account. J O I N U S ☺ As our incredible 21-day Dharma Zone Retreat comes to a close on Thursday, the divine Alexia Chellun @alexiachellun is offering our closing Live Acoustic Concert while delighting us with her enlightened perspectives of Spirituality + Music ☺ . Please join us at 6pm PST - donations accepted #LinkInBio or DM your email to sign up and join us.

A screenshot of a Facebook video player. The video content is a promotional video for a 'SACRED SOUND Live ACOUSTIC CONCERT' featuring Alexia Chellun. The video shows a close-up of an acoustic guitar and a person sitting on a couch. Text overlays include 'SACRED SOUND', 'Live ACOUSTIC CONCERT', 'Just Before I Sleep', 'MAY 21, 2020', '6 PM PST', 'www.aziam.com', 'AZIAM', and 'Alexia Chellun'. The Facebook interface includes a header with 'Import favorites' and 'New tab', and a sidebar with a profile picture, a message from 'As I Am' (May 18, 2020), and a comment section.

As I Am
May 18, 2020

JO 14:14-15. As our incredible 21-day
Prayer Zone Retreat comes to a close on
Thursday, the divine Alexia Chellun
@alexchellun is offering our closing Live
Acoustic Concert while delighting us with
her enlightened perspectives of Spirituality +
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Please join us at 6pm PST + donations
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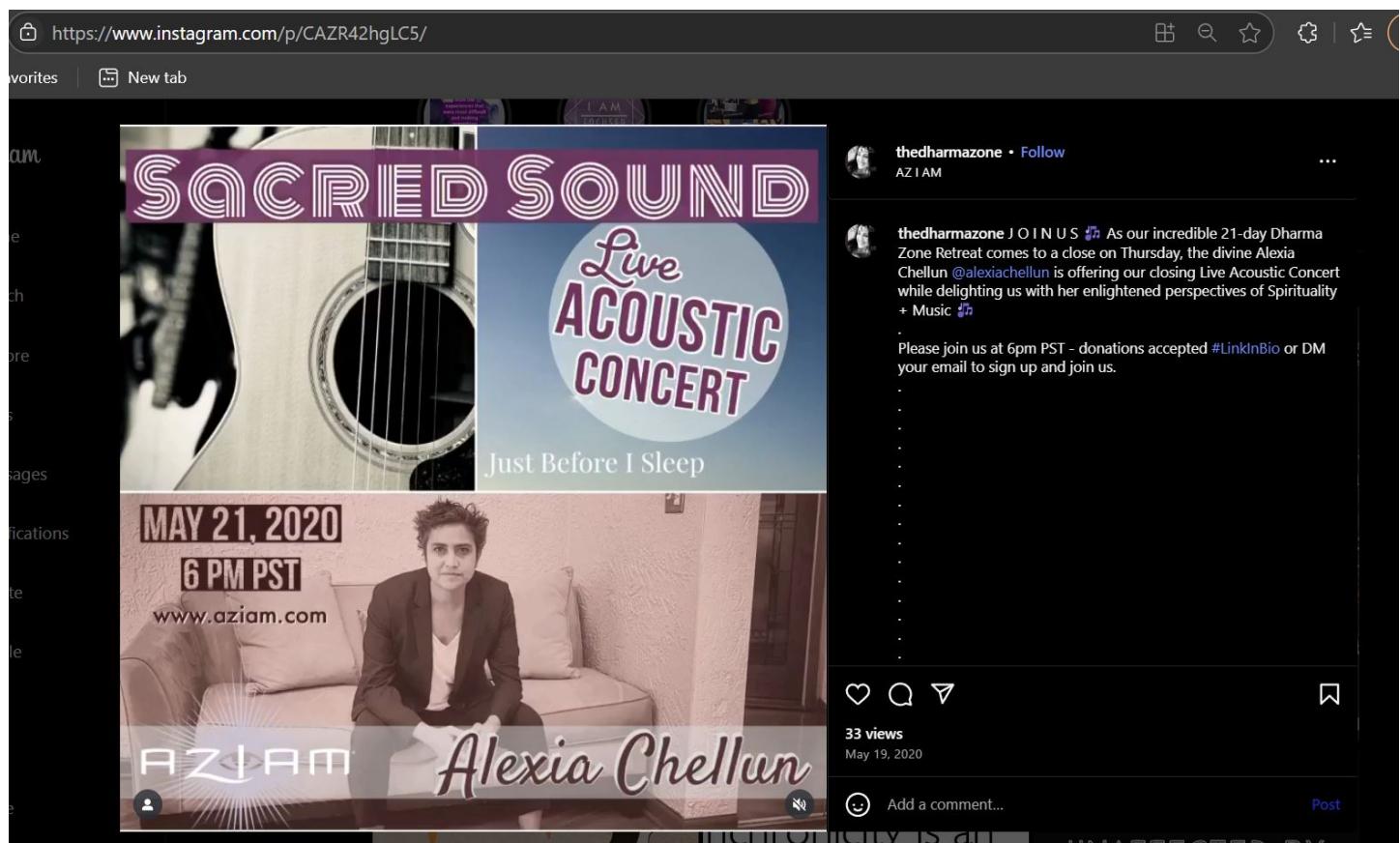
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	System ID: 592114		Captured: Jun 02, 2025
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News article regarding employment.







How Alanna Zabel's New Toy Helps Kids Cope with COVID

by [Dani Walpole](#) — October 22, 2020 in Interviews Reading Time: 6 mins read 

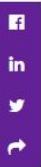


 Alanna Zabel, author toy inventor, and founder of [Az I Am](#), wants to make coping tools available to as many kids as possible. With her [new mask-wearing kangaroo plush toy](#), "Dr. Bounce" and its accompanying book, *Bounce Back*, she hopes to help them deal with their fears.

In the era of COVID-19, the world can be a scary place for kids. They may struggle to comprehend the virus, miss playing with their friends, or be fearful of what's next for their

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In the era of COVID-19, the world can be a scary place for kids. They may struggle to comprehend the virus, miss playing with their friends, or be fearful of what's next for their families. When children have these worries and no way to cope with them, their frustration and confusion can manifest itself through symptoms of anxiety, sadness, and even trouble sleeping.

However with the proper resources and coping skills, it's possible for many children to overcome their worries and spend more time just being kids.

In the world of *Bounce Back*, medical marsupials take the mainstage. The book stars Dr. Rooby Bounce, a frontline medical worker who happens to be a kangaroo, and her son Josey, who has a lot of worries about the pandemic.

In her experience outside of AZIAM yoga, Alanna Zabel has created children's yoga books including the [AZIAM girls series](#).

We spoke with Alanna to find out what motivated her to create the world of Dr. Bounce, and how the toy will encourage kids to focus on the positive.

Hi Alanna! What was your inspiration for creating Dr. Bounce?

Alanna Zabel: I have watched children struggling with the COVID pandemic and lockdowns. They feel that something was taken from them. They are struggling with anxiety. They are afraid.

My motivation was to create a character as a source of inspiration for kids to know that through challenges they will grow stronger and bounce back from adversity!

A lot of your projects are focused on children. What kind of skills and knowledge do you think children should be learning when it comes to health and wellness?

AZ: Funny enough, I was laughed at 25 years ago by much of my yoga community when I began writing children's yoga books. A very prominent teacher chuckled, "Children can't comprehend yoga, Alanna. It's a waste of time." Then, ten years later, after he had children of his own, he also wrote a children's yoga book. ([These kids books can help your child learn about kindness.](#))

I am a firm believer that children are more connected to truth than adults. The latter have been molded to fit in and follow the limiting rules of our world. Planting seeds of consciousness and kindness into the powerful and pure potential of a child is one of the most effective means of making the world a better place for us all.

I believe that children should be practicing inclusivity to minimize the bully culture that pervades most communities in our world. One of the biggest lessons that I have learned living in the land of Hollywood is that anyone can look a part. Anyone can put on makeup and a costume and play a role in order to acquire status, wealth and fame. Yet, very few can be comfortable

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I believe that children should be practicing inclusivity to minimize the bully culture that pervades most communities in our world. One of the biggest lessons that I have learned living in the land of Hollywood is that anyone can look a part. Anyone can put on makeup and a costume and play a role in order to acquire status, wealth and fame. Yet, very few can be comfortable without all of those accessories, simply as they are.

Only when we accept ourselves in an unattached state can we learn to recognize and accept that same source in others. If we can teach this to children early, there is no doubt in my mind that it will greatly make a positive impact on humanity.

You have an extensive background in Yoga and dance. How has that influenced your perspective on what it means to be kind?

AZ: To me, [Yoga is about truth](#). The practice of Yoga also includes a concept called ahimsa – which means “to do no harm”. Yogis greet others and close our practices with the notion of “Namaste”: to see our own light within others, beyond the shells of humanity, the reactions of ego, and the influence of past action.

Can we greet each person with fresh and truthful eyes, recognizing soul over status or conditioning? Yet, how do we defend against those who are harming others? Kindness isn’t always rainbows and butterflies; it also includes the ability to stand up for what is right. Because deep down, we are defending an innate belief that all beings deserve justice and kindness.

Thankfully, in the last few years, kindness has become a trend. This is a great and needed trend to spread! However, the most powerful and sincere acts of kindness are often displayed in silence, when no one is watching, when it’s not “cool” or there are no accolades to be achieved by such actions. Otherwise, we’re contributing to the same imbalanced paradigm we claim to be against. When we can live from a space of sincere respect for all life, kindness is a natural result.

Why do you think it’s important to have access to mentally positive toys for kids, particularly now?

AZ: Ten years ago I secured the trademark GEN Z GIRLZ. I chose to manufacture my dolls and toys because no toy company cared to hear about toys for kids tied to positive messages. Those making decisions were instructed to support media related projects tied into film and music releases. After I successfully launched The World’s First Yoga Doll™ at Toy Fair, the industry changed. It was now acceptable for toy companies to focus on more positive psychology.

I have always had my eye on Generation Z, and I believe that this generation is primed and prepared to make the necessary changes that our planet needs. Through my work, I have seen firsthand how my toys, books, and programs make a great impact on [positive child development](#).

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I have always had my eye on Generation Z, and I believe that this generation is primed and prepared to make the necessary changes that our planet needs. Through my work, I have seen firsthand how my toys, books, and programs make a great impact on [positive child development](#).

I work to match fun play patterns with deeper, positive messages so that children are literally practicing these healthier states of being while having fun!

You have also created a kids book that is a complement to Dr. Bounce. Tell us more about that!

AZ: *Bounce Back* is a story around the kangaroo character, Dr. Bounce, and her family. Her husband, Boomer, is an outback firefighter and her son, Josey, is a blossoming hip hop artist and DJ.

We watch as Josey has to not only deal with the pandemic related lockdown of not going to school or seeing his friends, but also the fear that his ER doctor mother (Dr. Bounce) may get sick while treating others inflicted with the COVID-19 virus.

The story is a light-hearted, yet emotional journey as we watch Josey grow stronger and more compassionate. By the end of the story, when the community is joyously reunited, Josey shares the first song that he wrote during the lockdown, encouraging others to keep their heads up, and *Bounce Back*.

You can buy Dr. Bounce and *Bounce Back* by Alanna Zabel for the child in your life at [drbounceback.com](#). Find more of Alanna Zabel’s work at [aziam.com](#).

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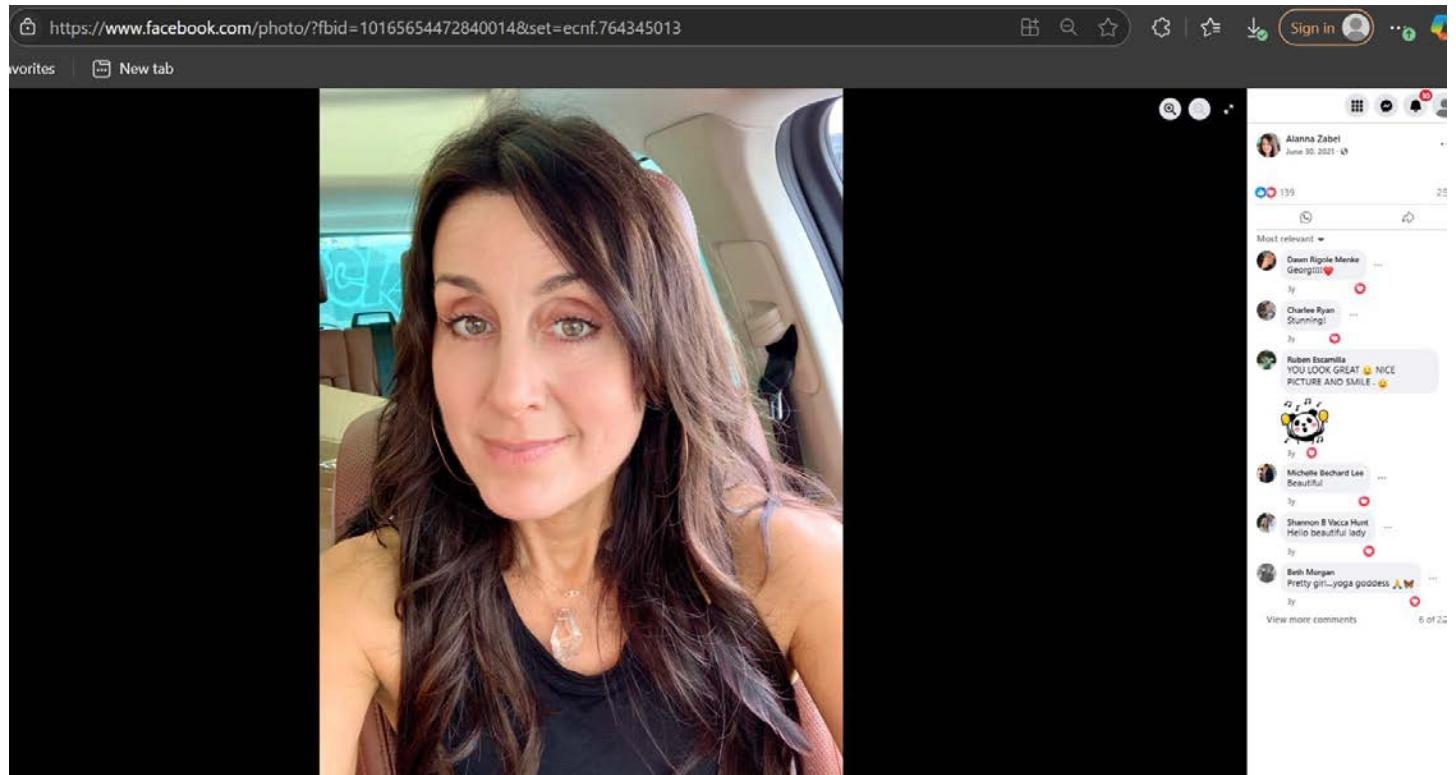


Posted: Jun 30, 2021



Captured: May 30, 2025

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🌐 Other

	Unicourt		Posted: Apr 07, 2022
	System ID: 592939		Captured: Jun 04, 2025
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	https://unicourt.com/case/ca-la23-alanna-zabel-vs-city-of-santa-monica-833917		

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ALANNA ZABEL VS CITY OF SANTA MONICA Also seen here: <https://trellis.law/doc/156934875/complaint>

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ALANNA ZABEL VS CITY OF SANTA MONICA

Case Summary

On 04/07/2022 **ALANNA ZABEL** filed a Civil Right - Other Civil Right lawsuit against **CITY OF SANTA MONICA**. This case was filed in Los Angeles County Superior Courts, Santa Monica Courthouse located in Los Angeles, California. The Judges overseeing this case are **MARK A. YOUNG** and **MARK H. EPSTEIN**. The case status is Other.

Case Details

Case Number *****	Filing Date 04/07/2022	Case Status Other	Case Type Civil Right - Other Civil Right
Court Los Angeles County Superior Courts	Courthouse Santa Monica Courthouse	County, State Los Angeles, California	

Judge Details

Presiding Judges

MARK A. YOUNG | MARK H. EPSTEIN

Party Details

Plaintiff

ZABEL ALANNA

Defendant

CITY OF SANTA MONICA

Attorney/Law Firm Details

Defendant Attorney

GAMS LANCE SCOTT

TikTok

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Posted: Jun 20, 2022

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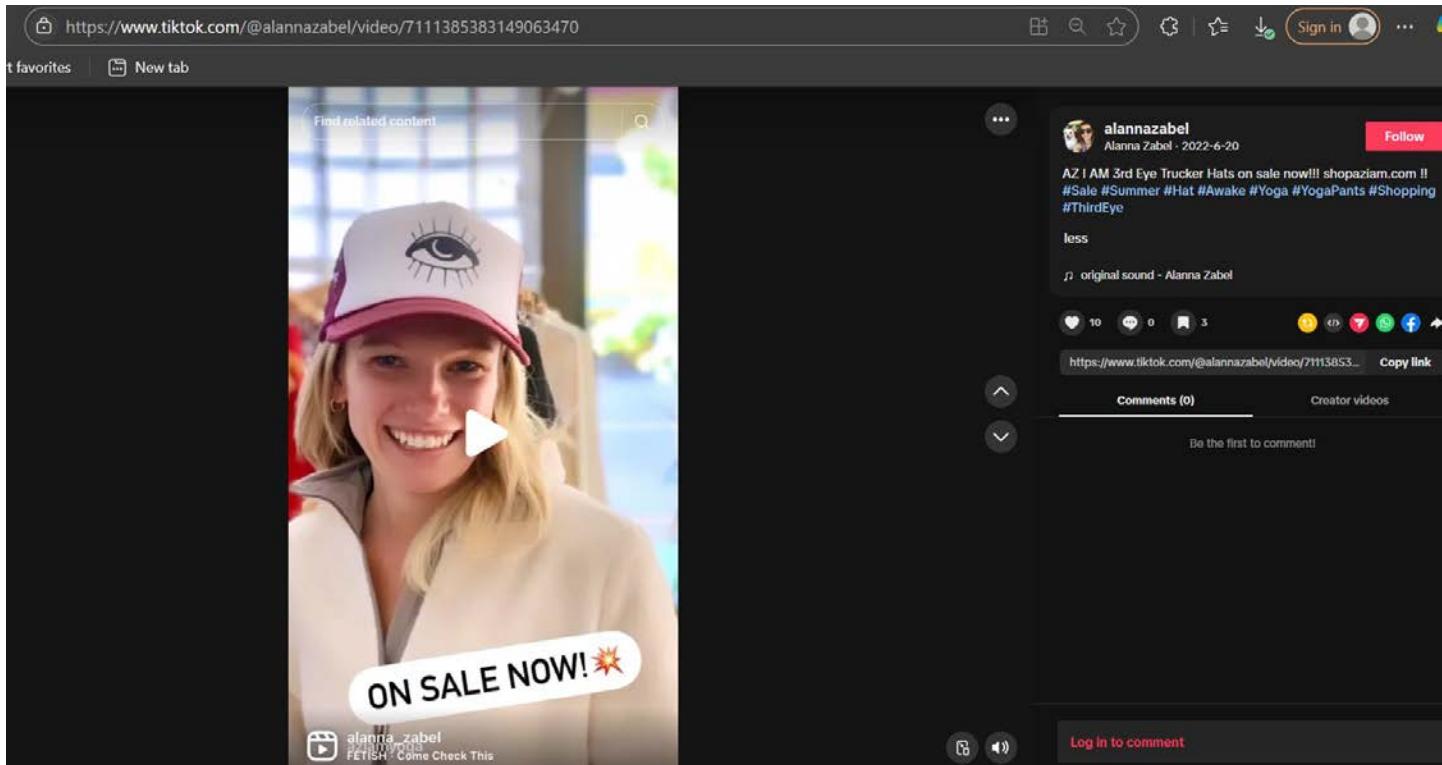


[Alanna Marie Zabel](#)

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Example of content to the account. AZ I AM 3rd Eye Trucker Hats on sale now!!! shopaziam.com !! #Sale #Summer #Hat #Awake #Yoga #YogaPants #Shopping #ThirdEye



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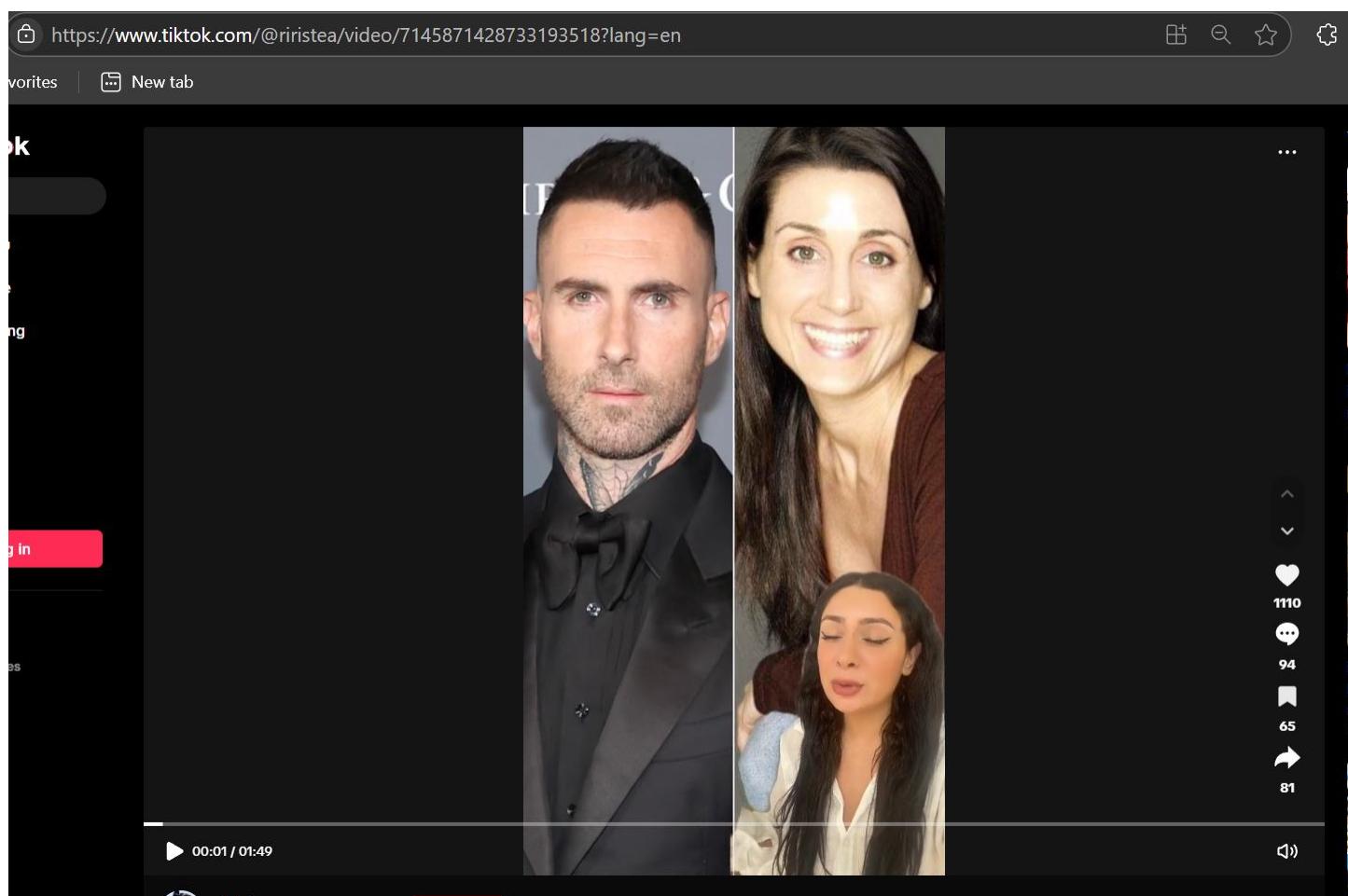
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Adam Levine's Former Yoga Instructor Alanna Zabel Attempts To Expose His Past Behavior! #AlannaZabel

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Why does she look like his twin lol
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 felicity_love30 
I think she's just trying to say he has a history of sending inappropriate texts & being disrespectful.
2022-9-21  114 

 Nic
so a flirty text is ALL that happened... exposed? lol

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Other

 News Article



Posted: Sep 22, 2022

 System ID: [592117](#)



Captured: Jun 02, 2025

 [Alanna Marie Zabel](#)

↗ <https://www.usmagazine.com/celebrity-news/news/alanna-zabel-wants-to-heal-after-exposing-adam-levin-es-texts/>

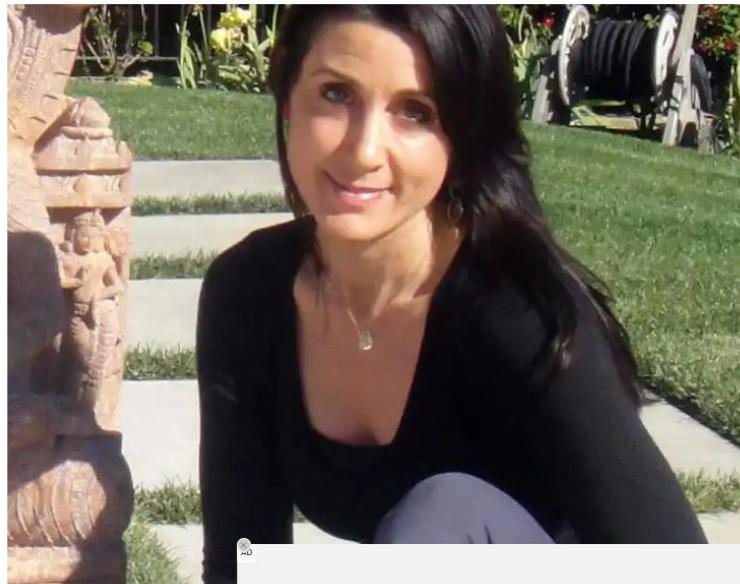
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Adam Levine's Former Yoga Teacher Alanna Zabel Is Ready to 'Heal' After Claiming He Wanted to See Her 'Naked' Pre-Cheating Scandal (Exclusive)

Adam Levine's Former Yoga Teacher Alanna Zabel Is Ready to 'Heal' After Claiming He Wanted to See Her 'Naked' Pre-Cheating Scandal (Exclusive)

By [Johnni Macke](#) | September 22, 2022

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AD



Courtesy of Alanna Zabel/Instagram



Ready to move forward. [Adam Levine](#)'s former yoga instructor [Alanna Zabel](#) wants to put his past flirty texts behind her after claiming he once revealed he wanted to "see her naked."

"I was blindsided, you know, working with a celebrity and not really realizing how it was affecting my other relationships," Zabel exclusively told *Us Weekly* on Thursday, September 22. "I was spending so much time ... so I think anybody in my situation has had similar experiences."

[Related: Everything to Know About Adam Levine's Cheating Scandal: What He's Said »](#)

The [AZ I AM founder](#) previously opened up about an alleged text exchange with Levine, 43, while she was working with him between 2007 and 2010. She claimed in a Tuesday, September 20, Instagram Story that the Maroon 5 frontman once told his friends that she had the "best ass in town and it was cute."

Zabel also alleged that [the "Moves Like Jagger" crooner](#) texted her, saying, "I want to spend the day with you naked." She noted that his messages ultimately led to a physical confrontation with her then-boyfriend.



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The fitness instructor, however, doesn't blame Levine for her exes' actions, [saying in a separate Instagram post](#) that the rocker "was not responsible for my abusive ex-boyfriend" and Levine's "texts was not wrong IMO [in my opinion]."

[Related: Adam Levine's Scandal: Meet the Women Accusing Him of Cheating »](#)

She doubled down on her comments, telling *Us* on Thursday, "In a way [Adam] did me a favor. I didn't realize what a sociopathic asshole I was dating."

While Zabel noted that she was dating someone [when she received Levine's sexy texts](#), she said it wasn't her "position to say" [who the musician was linked to at the time](#). She did, however, tell *Us* that as "far as [she] knows" he was romancing someone back then.

Zabel is one of five women who have recently come forward with [stories of steamy text messages they allegedly received from the California native](#). [Sumner Stroh](#) first raised eyebrows on Monday, September 19, when she claimed in a TikTok video that she had a year-long fling with Levine while he was married to his wife, [Behati Prinsloo](#).

Stroh further alleged that once [the "Sugar" crooner](#) found out that the Namibia native, 34, was expecting their third child he asked the influencer if he could name the baby after her. (Prinsloo confirmed earlier this month that [she is pregnant](#). The couple already share two daughters: [Dusty Rose, 5, and Gio Grace, 4](#).)

Zabel, meanwhile, told *Us* on Thursday that [her story is "different" than that of the other women](#) speaking out against Levine. She insisted that she had a "great relationship with Adam" until the alleged messages made her former boyfriend react so negatively.

"I've been holding it in for a long time, so for me ... I'm in a different phase of life and it's time to heal," the wellness expert explained, noting that she was "naive" and had a "bit of Stockholm syndrome" from the altercation. "And when you're in that phase and you just want to share the truth and you just don't care what people think anymore, it's part of the healing process, that's all."

Zabel revealed that [she does believe what the other women have said about Levine](#) after receiving her own set of messages in the past. Once she read Stroh's alleged account, she recalled "finally" being able to "let myself believe the reality of who he is."

Levine, for his part, has denied ever having an affair with married to Prinsloo, but [he did take accountability on Tuesday for texting other ladies while married](#).

[Related: Adam Levine's Best Quotes About Marriage, Behati Before Cheating Allegations »](#)

"I used poor judgment in speaking with anyone other than my wife in ANY kind of flirtatious manner. I did not have an affair, nevertheless, I crossed the line during a regrettable period of my life," the former Voice coach said in a social media statement. "In certain instances, it became inappropriate. I have addressed that and taken proactive steps to remedy this with my family."

Zabel told *Us* that she saw what [the "Animals" singer](#) wrote and "hopes" that he continues to use his platform for good and releases a second statement. "I think he has an opportunity to be a really big adult and set an example," she said on Thursday.

Personally, Zabel confessed that [she does "regret" posting her story](#) but only because she had "no idea" that it would blow up. "It's been really overwhelming and upsetting," she explained, noting that not everyone has been receptive of her alleged account of what transpired.

When all is said and done, the yogi said she wishes Prinsloo "the best" amid all the drama and is happy that she may have helped someone else face their demons.

"The most important thing is just to let people know that it's OK to share their story," Zabel added. "I hope everybody can come onto the brighter side of this."

With reporting by Diana Cooper

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Before DOI

Thank you so much for the Birthday Love!!♥ I have been deep in some Elvis synchronicity and ended up in Sedona interviewing the man who traveled with Elvis as his spiritual advisor. Wow doesn't cover it, just wow! 3 1/2 hours of deep, personal conversation where tears were shed and intricate details of his and Elvis' life has been extraordinary. More to come as I share this beautiful #SynchroStory at a future time. Thank you for being kind and loving humans - grateful to know you all!♥♥ I can't believe I'm 30!!

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Alanna Zabel's Post

Alanna Zabel is in Sedona, AZ. · October 13, 2022 · 39 comments

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Krisinda and I just went to the Rock and Roll Museum where notes are displayed by Elvis regarding his sessions with his spiritual advisor! ...

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 [Alanna Marie Zabel](#)

↗ <https://www.dailymail.co.uk/news/article-11609461/Former-Adam-Levine-yoga-instructor-survived-1992-attack-defends-University-Idaho-roommate.html>

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Ex-Buffalo University student who found sorority sister in blood-soaked room defends Idaho roommate as people question why she waited SIX hours to call cops after coming face-to-face with killer: 'I live with guilt'



Ex-Buffalo University student who found sorority sister in blood-soaked room defends Idaho roommate as people question why she waited SIX hours to call cops after coming face-to-face with killer: 'I live with guilt'

- Alanna Zabel, 50, found her sorority sister and roommate close to death in 1992
- A psychologist told Zabel that her delayed response was a 'coping mechanism'
- Zabel defended University of Idaho quadruple murder survivor Dylan Mortensen
- Mortensen waited six hours before calling cops after allegedly seeing the killer
- She is under pressure to reveal why she failed to call cops earlier on Nov 13 2022

- A psychologist told Zabel that her delayed response was a 'coping mechanism'
- Zabel defended University of Idaho quadruple murder survivor Dylan Mortensen
- Mortensen waited six hours before calling cops after allegedly seeing the killer
- She is under pressure to reveal why she failed to call cops earlier on Nov 13 2022

By ANEETA BHOLE FOR DAILYMAIL.COM
PUBLISHED: 11:36 EDT, 7 January 2023 | UPDATED: 19:04 EDT, 7 January 2023



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A woman who found her college roommate **near to death in her blood soaked room in 1992** has defended the survivors of the University of Idaho quadruple murder - saying she too had a delayed response.

Alanna Zabel, 50, revealed the 'eerie similarities' of the attack she survived more than 30 years ago and exclusively told DailyMail that living with 'survivors guilt' has haunted her throughout her life.

She has slammed **critics of Dylan Mortensen**, who lived through the murder of her four friends on November 13 along with Bethany Funke, saying people 'don't know how they'd react' in a similar situation.

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Idaho victims Kaylee Goncalves, Madison Mogen, both 21, Xana Kernodle and her boyfriend **Ethan Chapin**, both 20, **were stabbed to death while in bed at a house in Moscow, Idaho** - Mortensen and Funke the only survivors.



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Alanna Zabel, 50, found her college roommate near to death in her blood covered room in 1992 and has defended the delayed reaction of University of Idaho quadruple murder survivor Dylan Mortensen

Idaho murders suspect is being extradited from Pennsylvania

Watch the full video

NEWSNATION MORNING AMERICA

HALTER UNDER INVESTIGATION AFTER ADMITTING TO KICKING HIS FUTURE WIFE IN 1991

0:00 / 3:09

Zabel lived in a house with five sorority sisters off campus from the University of Buffalo and said she can relate to the 'anguish' Mortensen and Funke are feeling.

She said that she too had a delayed response and felt guilty that she went to sleep despite hearing muffled heavy breathing in her roommates room - and only called cops the next day.



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'Someone was stalking us and broke in one night while we were out partying and drinking late,' she said.

'They brutally beat and raped my housemate. I found her six hours later and she nearly died.'

The 50-year-old said she had 'heard heavy breathing' from her roommates room but had assumed that she was with her boyfriend.

The next morning at around 9 am, Zabel entered the victim's room to ask her to move her car and said that she had been overpowered by the stench of vomit.

'I didn't see any blood at first, even though the room was covered in it,' she said.



© Courtesy of Alanna Zabel
Emily (left) lived on the second level of the Buffalo home with Zabel (center), a girl named Keri and the victim, who remained nameless. While Kristin (right) lived in basement with another roommate named Donna



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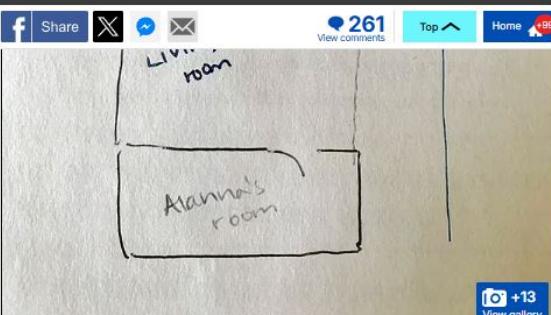


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Supplied by Alanna Zabel

Zabel made a hand drawn image of the floor the girl's lived on, noting that her room was on the other side of the living room from where the gruesome attack took place

'I only saw liquid, her hair caked on her face, tongue sticking through her teeth.'

'I called 911 to report my housemate unconscious and assumed she had choked on her vomit from drinking too much. I then called [her] parents.'

It was only when the paramedics arrived and commented on the amount of blood in the room that Zabel noticed the room covered with it.

'The psychologist said it was a protective mechanism. The wall had what looked like red broom marks,' she said.

'[The victim's] hair was soaked in blood, so was the bed and the floor. They think he used a hammer.'

Zabel has noted the 'eerie similarities' to the University of Idaho case.



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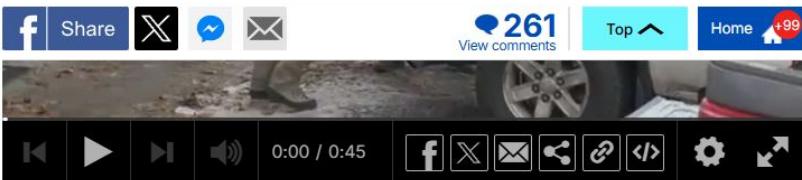
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This week a probable cause affidavit revealed that Mortensen had heard several scuffles throughout the night her roommates were murdered and opened her door.

Mortensen told police that she saw a suspect dressed in all black with a mask covering his face and heard one of her housemates say, 'there's someone here.'

She also heard the suspect say, 'it's ok, I'm here to help you' as the person wandered through the house committing the atrocity.

Police confirmed that a 911 call was made by one of the surviving roommates at 11.58am who requested help for an unconscious person – though it has not been confirmed who spoke to police.

Mortensen is now under pressure to reveal why she failed to call the authorities earlier, with some arguing that she may have been 'frozen' by fear.

Zabel said she can relate having also had a delayed response as she pieced together the horrific 1992 attack.



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HOLD FOR RUTH - Pictured: Dylan Mortensen, Xana Kernodle, Bethany Funke, Kaylee Goncalves, and Madison Mogen. The four University of Idaho students knifed to death in the early hours of Sunday morning were killed so brutally, blood was left oozing through the walls of their rented home, DailyMail.com can reveal.

'For those coming down on the roommate who saw him inside the house and didn't call police, I understand completely, and I too am in anguish that she hadn't,' she said.

'But I can also say that you don't know how you would react or respond in a similar situation until you're there.'

Zabel said having been through a similar situation living with the guilt of not calling 911 sooner haunts her.

'I've lived with the guilt of not calling 911 sooner my entire life. I never saw the attacker or saw signs of the break in until I found my housemate the next morning,' she said.

'I can imagine the guilt this surviving roommate in Idaho must be feeling. I too called 911 reporting an unconscious person because I didn't understand the extent of what was happening.'

She went on to say when you're living in an environment, like college, where having strangers in your house become normal it's hard to 'fathom' a tragedy like this.

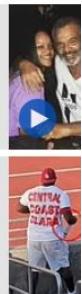
'You don't want to believe it to be true. Being so young I can imagine she went into shock, it's a true defense mechanism for survival,' she said.

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Idaho murders suspect Bryan Kohberger arrives in court

Russian drivers were 'tricked by Kyiv' to deliver...

EXCLUSIVE How pregnant Rihanna is coping with the devastating loss of her dad



High school track star left heartbroken after being disqualified for this 'unsportsmanlike' celebration... but do you agree?



DEAR JANE: Friends always joked about my abnormal appearance. Then my mother admitted the truth... it was worse than I could've imagined

Eating specific type of bread linked to deadly colon cancer, shock study finds



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A memorial was set up for the college students who were slain in their beds following Thanksgiving break 2022

'I am praying for her healing and all families involved in this senseless tragedy. I request people not to judge her, she's going to be judging herself for the rest of her life.'

Goncalves, Mogen, Kernodle and Chapin's blood-soaked bodies were found by cops just before noon after Mortensen and Funke - two housemates who survived the slayings - awoke around 11am to find their friends dead.

The savage killings shocked Moscow - a small college town in Idaho with a population of just 26,000 - that had not seen a murder since 2015.

Police this week unsealed an arrest affidavit revealing why they've pointed the finger at **Bryan Kohberger**, 28, more than a month after four students were slain in their beds.

The explosive document show the painstaking work by Moscow Police and the **FBI** tracked down the 28-year-old criminal justice graduate student.

He was denied bail during a brief court appearance in Moscow on Thursday, shortly after the affidavit outlining some of the case against him was shared online.

The papers included details on how Kohberger's DNA was found on a knife sheath close to the bodies of Mogen and Goncalves.

Keyless Goncalves' parents on Bryan Kohberger and death penalty



wife Melania

I've fixed thousands of brains and seen proof we have a soul... just look at conjoined twins, even trees

Cutthroat housing market in lakeside city sees it bursting with bargains - and an average home is just \$225K

Antiques Roadshow guest stunned into silence as he learns eye-watering value of watch bought for just £21

King of the Hill voice actor 'shot and killed by neighbor' during heated argument

Mom of missing girl Alisa shares heartbreak after discovering what her daughter told three 'pedophiles' before she vanished

Shirtless vacation photo of NBA superstar Steph Curry sparks concern from fans

TikTok

[@kjerstyna3](#)



Posted: Jan 11, 2023

System ID: [592217](#)



Captured: Jun 03, 2025



[Alanna Marie Zabel](#)

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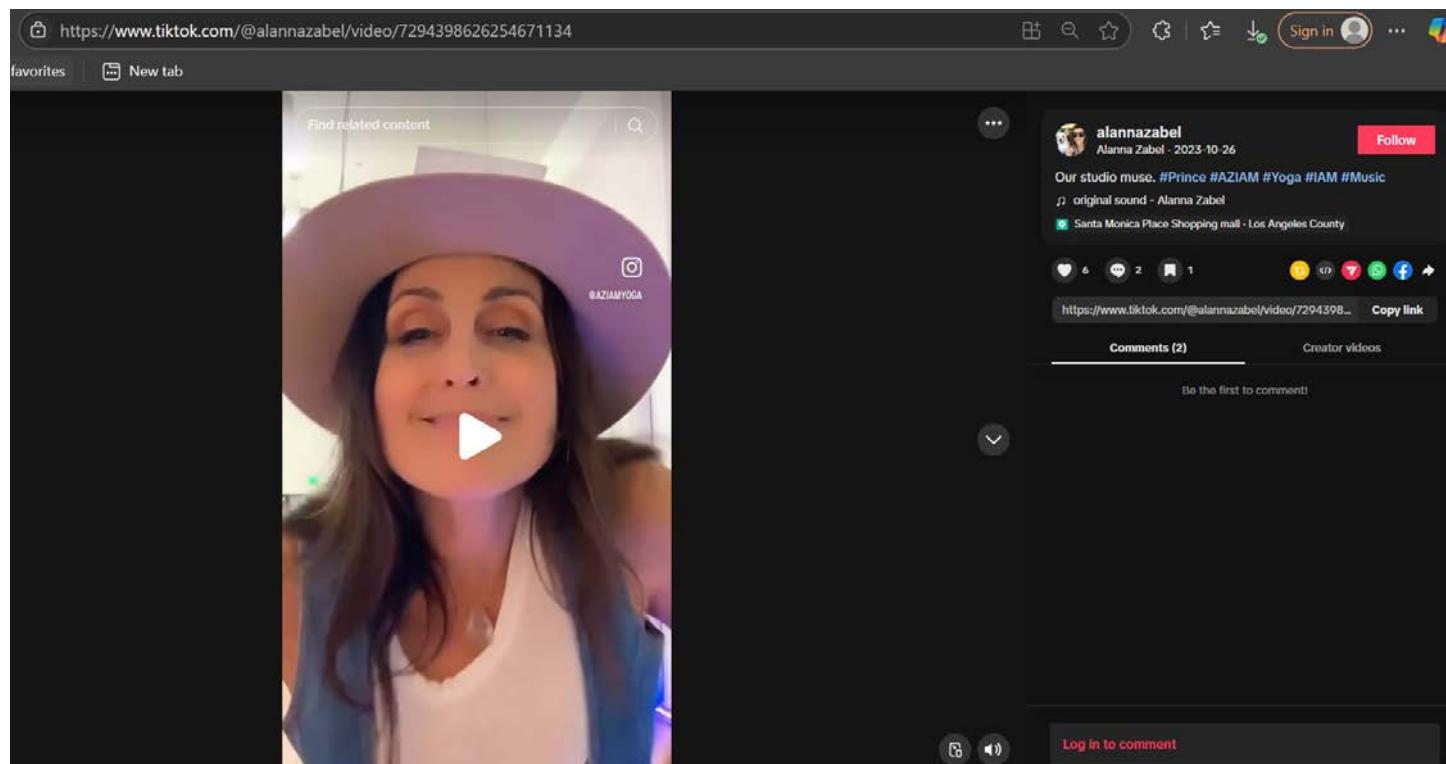
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The most recent post to the account. Our studio muse. #Prince #AZIAM #Yoga #IAM #Music



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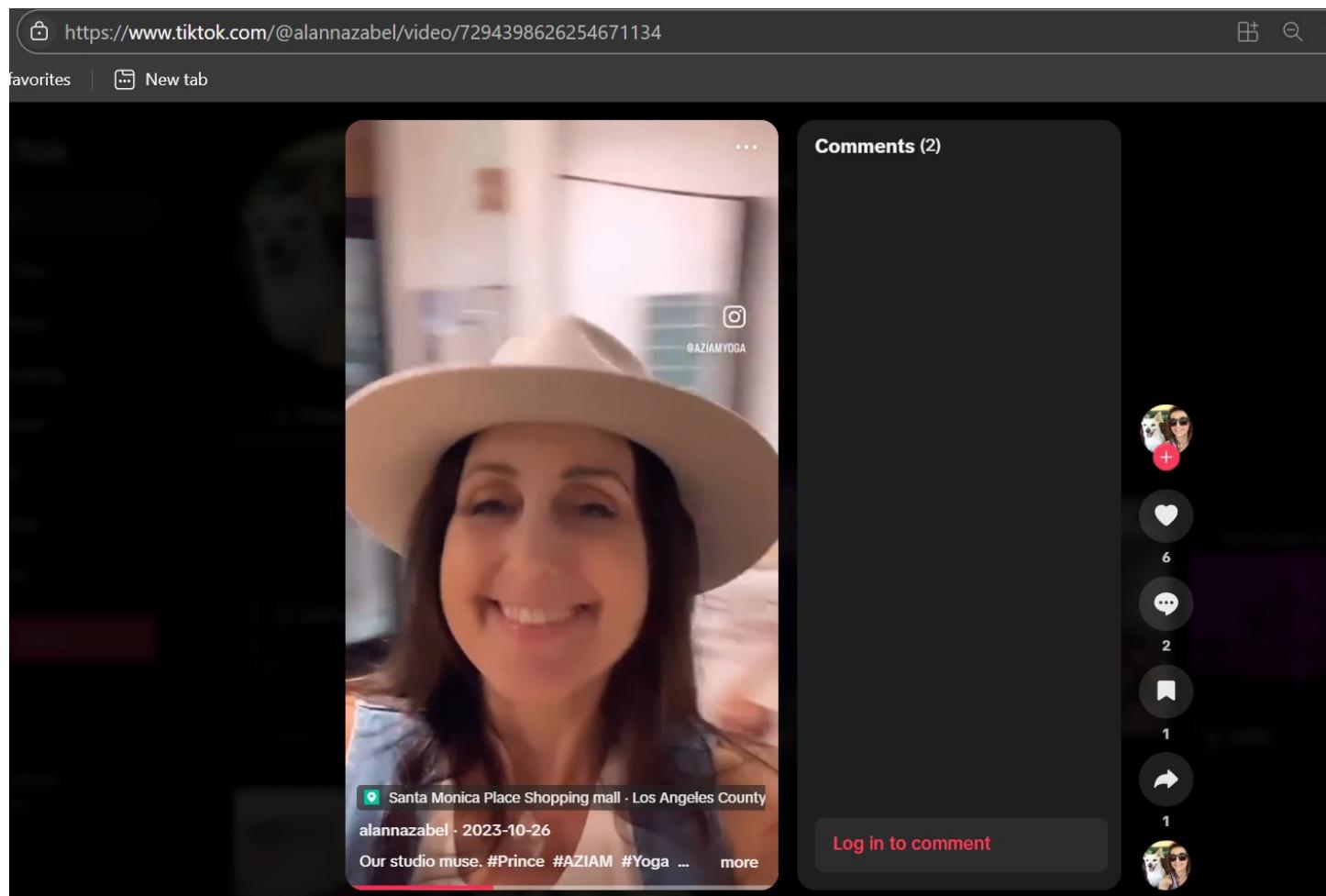
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Just a moment of stillness & mindfulness on this busy Friday!

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Arrived in Niagara early, stopped at Fort George and met some Brits (so fitting), now at the house setting up for this incredible weekend Goddess Retreat.

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Alanna Zabel

From Buffalo, New York

aziam.com

huffingtonpost.com/alanna-zabel

goodreads.com/alannazabel

Photos



Alanna Zabel's Post

Alanna Zabel is at Niagara on the Lake Heritage District. April 5, 2024 - Niagara-On-The-Lake - 

Arrived in Niagara early, stopped at Fort George and met some Brits (so fitting), now at the house setting up for this incredible weekend Goddess Retreat. 



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Bethel Marcus

Had a horrible day in court fighting over the contractor on my house. I wish I was joining you. I need a little ohhhmmmm, right this very minute! Have a beautiful weekend! Thinking of you...

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Alanna Zabel April 8, 2024 · 31 Photos

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Tyrone Singleton ...



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Jessica O'Brien Beautiful! ...

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Nicole Becker I'm so glad your experience was even better than you had imagined. You're such a special person. I'm so glad we had the chance to reconnect in Buffalo. My sisters ...

10 comments

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Posted: May 07, 2024

System ID: [592644](#)



Captured: Jun 03, 2025

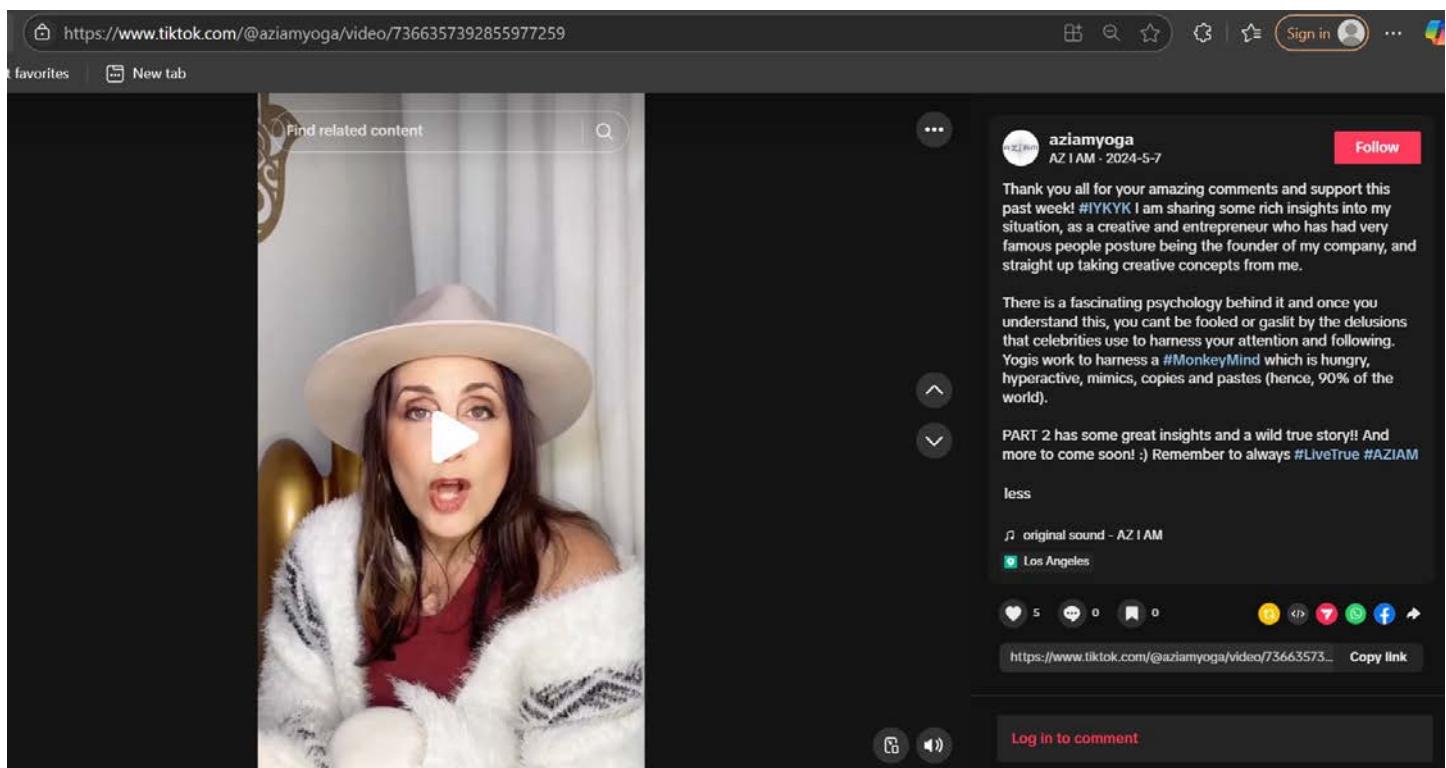


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An example of content posted. Thank you all for your amazing comments and support this past week! #IYKYK I am sharing some rich insights into my situation, as a creative and entrepreneur who has had very famous people posture being the founder of my company, and straight up taking creative concepts from me. There is a fascinating psychology behind it and once you understand this, you cant be fooled or gaslit by the delusions that celebrities use to harness your attention and following. Yogis work to harness a #MonkeyMind which is hungry, hyperactive, mimics, copies and pastes (hence, 90% of the world). PART 2 has some great insights and a wild true story!! And more to come soon! :) Remember to always #LiveTrue #AZIAM



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Meet Alanna Zabel | Founder, AZ I AM



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LOCAL STORIES

Meet Alanna Zabel | Founder, AZ I AM

July 29, 2024 · [Leave a reply](#)

We had the good fortune of connecting with Alanna Zabel and we've shared our conversation below.

Hi Alanna, do you have some perspective or insight you can share with us on the question of when someone should give up versus when they should keep going? Navigating the decision of whether to keep going or to give up is a deeply challenging process that requires a blend of persistence (ironically), strategic thinking, and intuition. As a business owner and entrepreneur, I recognize the immense value of tenacity, focus and having an unstoppable mindset. These qualities often drive success and help overcome numerous challenges. However, it's equally important to understand that there are moments when drastic changes, pauses, or restructuring become necessary. It doesn't necessarily mean that it is the end, per se, but it may be a surrendered pause.

In my experience, the key lies in being adaptable and open to reassessing the

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conversation below.

Hi Alanna, do you have some perspective or insight you can share with us on the question of when someone should give up versus when they should keep going? Navigating the decision of whether to keep going or to give up is a deeply challenging process that requires a blend of persistence (ironically), strategic thinking, and intuition. As a business owner and entrepreneur, I recognize the immense value of tenacity, focus and having an unstoppable mindset. These qualities often drive success and help overcome numerous challenges. However, it's equally important to understand that there are moments when drastic changes, pauses, or restructuring become necessary. It doesn't necessarily mean that it is the end, per se, but it may be a surrendered pause.

In my experience, the key lies in being adaptable and open to reassessing the situation. This involves a careful evaluation of the current circumstances, considering factors such as market conditions, financial health, team morale, and overall business performance. When faced with significant obstacles, it is essential to analyze whether the current path is sustainable or if a new approach is required. Making these executive decisions is part of good leadership, ensuring the long-term viability and success of the business.

As a spiritual person, I also believe in the importance of listening to the situations at hand. This involves being mindful of the subtle cues and signals that may not be immediately apparent through traditional analysis. I look back at my struggle whether or not to renew a commercial lease in late 2019. My business was doing well, the location was incredible, but something was telling me not to renew the lease. Thankfully, I listened and I took a pause, because four months later COVID hit the US, and I did not have the burden of a commercial lease during the worst part of the pandemic. By combining strategic analysis with intuitive insight, I feel that I can make more holistic decisions that align with both the practical and energetic aspects of my business.

A little over a year ago, I was helping a neighbor to find their lost dog. I kept pondering, "At what point do we give up?" Well, we don't ever give up, ever. Our approaches may likely change, but we never give up. Around the same time, I was dealing with my second brick and mortar location in Santa Monica, which opened a year into the pandemic. Unfortunately, about two years into my lease, the owner of the building passed away. He was not only my landlord, but a good friend. We had a very short lease agreement, due to COVID and his awareness of a development deal I had with a network for a television show around my business. With both variables being uncertain, it was refreshing to have a landlord who was also flexible with terms. After his passing, a historically unethical individual took charge of our lease. I spent an additional year and a half asking for roof leaks to be fixed, and new terms to be drafted; for a renewed sense of security and trust, which I had with the original owner. This person intentionally dragged out these conversations, solely to keep me in the space as long as possible, leading me to believe we could find a positive solution, without taking any action to back it up. Once again, I had built a great business with a wonderful community, but I had to make the executive decision to close that location due to how negative and challenging it was dealing with this individual, and the most obvious — being unable to operate business with 2" of water

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Every person connected to your business contributes energy to it, and that contributes to the health of your business. Consider all variables and choose wisely. During the last week at this space, a member came to one of our final classes. He said something that has stuck with me since. He said, "Alanna, as gorgeous as your studio is, we don't come here for the space. We come here for you, for the classes." It was powerful for me, and it reminded me of our human bodies. It is the spirit that resides in the body that makes us who we are. A new space is easy to obtain, but the spirit that you bring is what creates your value. We never know when an ending comes, but always be prepared to transition to the next phase or the next form your business takes. Every single day that I walked through my business, I not only pinched myself for how proud I was of what I had built, but I also trained myself to be unattached, knowing that one day I would give it all away without any regrets. Ultimately, the decision to keep going or to pivot is not about abandoning persistence but about being wise and discerning in the face of changing circumstances. It's about knowing when to hold on and when to embrace change, always with the goal of steering the business towards its highest potential while enjoying the journey!

Ironically and unexpectedly, I began my business thirty years ago leading yoga retreats. I created Goddess Detox Retreats in 1998, guiding groups of women on spiritual adventures and fasting retreats. Since closing the Santa Monica location, I have been running weekly retreats and events, which feels so deeply rewarding and back to my roots. I know that this will lead me to the next iteration of AZ I AM's physical presence, but in the meantime, we are back to manufacturing sustainable products for Women with our Modern Goddess® collections, as well as our sustainable wellness brand for kids, AZ I AM Kidz, while running powerfully transformative Detox Retreats in southern California and beyond. We hope that you can join us! Much love to you on your wellness journey and business endeavors!



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After a long time away from my readers, I am back! And with the release of the new iteration of AZ I AM's physical presence, but in the meantime, we are back to manufacturing sustainable products for Women with our Modern Goddess® collections, as well as our sustainable wellness brand for kids, AZ I AM Kidz, while running powerfully transformative Detox Retreats in southern California and beyond. We hope that you can join us! Much love to you on your wellness journey and business endeavors!



What should our readers know about your business?

At the heart of AZ I AM is a reverence for Nature and all things natural. When starting the business, we were very successful with manufacturing apparel and toys. Since 2020, due to COVID, we have not manufactured as frequently as we had, for several reasons. 1) We had used a specific toy factory in China that ensured our products were made from recycled plastics and phthalate-free materials. Unfortunately, they closed during the pandemic, and it is incredibly challenging to find a sustainable factory in China. Even though the demand for sales was there (and still is), I could not make the unethical decision to sell toxic products, especially if children would be playing with them. Other companies may have no issues with this, but I, however, care more about the integrity of my life and work than I do about a quick profit by selling a pair of leggings made from toxic nylon (which is plastic thread) or a plastic doll – all the while promoting authenticity and natural harmony. 2) The fashion industry is deeply oversaturated and fast fashion is causing immense waste for our planet. I would be denying the origin of what my business stands for, simply for financial gain.

While we continue to manufacture sustainably, our focus is back to teaching, writing, and production of uplifting content.

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Any places to eat or things to do that you can share with our readers? If they have a friend visiting town, what are some spots they could take them to?

I would take my friend to a Korean spa in Korea town first thing in the morning, followed by a light breakfast at Urth Cafe in West Hollywood. In the afternoon, we'd go to Malibu or Topanga for a nice hike, followed by lunch at the Malibu Country Mart.



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The Shoutout series is all about recognizing that our success and where we are in life is at least somewhat thanks to the efforts, support, mentorship, love and encouragement of others. So is there someone that you want to dedicate your shoutout to?

I'd like to dedicate this piece to the beautiful Santa Monica AZ I AM community who made our space so incredible. We got through COVID together! Our ever deepening relationships with our members, incredible staff, and rotating event facilitators made the experience absolutely unforgettable. I AM Grateful!

Website: <https://www.aziam.com>

Instagram: <https://www.instagram.com/aziamyoga>

LinkedIn: <https://www.linkedin.com/aziam>

Twitter: <https://www.twitter.com/aziam>

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<https://www.tmz.com/2024/09/18/lauren-sanchez-sued-by-yoga-instructor-over-childrens-book/>

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-  Hailee Steinfeld and Josh Allen Marry, Lock Lips in California Wedding
-  President Trump Teases Potential Pardon for Diddy If Mogul's Convicted



Lauren Sanchez has a hot yoga instructor ... so hot she's suing the future Mrs. Bezos over her recently-released children's book.

Alanna Zabel claims in a new lawsuit, obtained by TMZ, she was Lauren's yoga instructor from 2007-2010. Zabel says in 2022, she reached out to LS, sharing a book concept about a cat that flies to Mars. She says she contacted Lauren in part because they had previously discussed a partnership to write a children's book -- "Dharma Kitty Goes to Mars."



AZ/AM Books/Simon & Schuster

According to the suit, proceeds from the book would go to Bezos Earth Fund and Bezos Academy.

Zabel says she actually published the book in late 2022, and in January 2023, Lauren announced she planned to write a children's book about a fly that flies to space.



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AZ/AM Books/Simon & Schuster

According to the suit, proceeds from the book would go to Bezos Earth Fund and Bezos Academy.

Zabel says she actually published the book in late 2022, and in January 2023, Lauren announced she planned to write a children's book about a fly that flies to space.



Zabel says it's a blatant rip-off and done in retaliation for her resigning as her yoga instructor years before. Zabel says she quit because of Lauren's "continual and outrageous acts of jealousy."

Now in the lawsuit, which Zabel filed without an attorney, she does not specify what those alleged "acts of jealousy," from 14 years ago, were ... except to claim Lauren "has always demonstrated a desire to appear like [Zabel], an authentic, independent, free-spirited, hard working and public service oriented yoga instructor."



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HOT GALLERIES VIEW



https://www.tmz.com/2024/09/18/lauren-sanchez-sued-by-yoga-instructor-over-childrens-book/

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LAUREN SANCHEZ THROUGH THE YEARS

LAUNCH GALLERY

Lauren's book, which was released this month -- "A Fly Who Flew to Space" -- contains over 60% of similar content and story, according to the lawsuit.



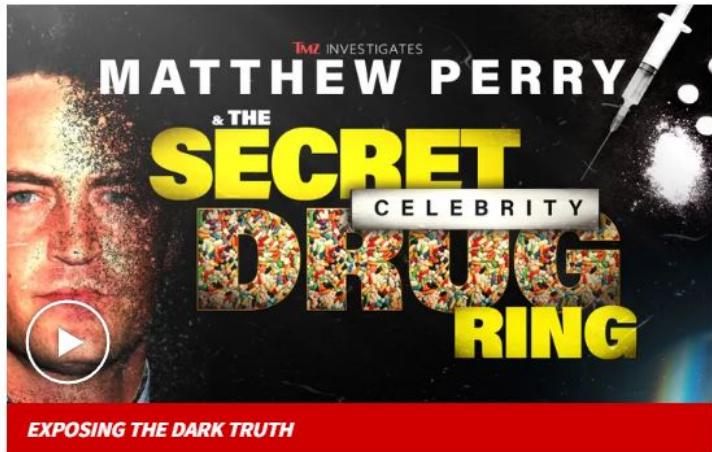
TMZ.com

It is worth noting there have been more than a dozen other children's books published this year where the main character is either an insect or goes to space -- so, hardly seems like a unique concept.



year where the main character is either an insect or goes to space -- so, hardly seems like a unique concept.

HOT GALLERI



Zabel says the "betrayal and theft" caused her severe emotional harm.

We reached out to Lauren's rep, so far no word back.

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 System ID: [591962](#)

 [Alanna Marie Zabel](#)

 <https://www.jezebel.com/dirt-bag-alive-girl-plagiarism>



Posted: Sep 19, 2024



Captured: Jun 02, 2025

Before DOI

Alive Girl Is Accused of Plagiarism by Her Former Yoga Instructor



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Alive Girl Is Accused of Plagiarism by Her Former Yoga Instructor

"The actions of defendant constitute intentional infliction of emotional distress as they were extreme and outrageous, carried out with the intent to harm plaintiff, driven by personal jealousy, and a personal desire to posture publicly as 'philanthropic and caring,'" the filing accuses.

By [Andra Heinrichs](#) | September 19, 2024 | 10:14am
Photo Credit: Michael Simon

DIRT BAG • [LAUREN SÁNCHEZ](#)  2



This week, Lauren Sánchez aka soon-to-be Mrs. Jeff Bezos aka "alive girl" was hit with a lawsuit from none other than...her former yoga instructor.

In the filing, Alanna Zabel, who claims to have taught Sánchez privately from 2007 to 2011, alleged that she and her former client engaged in "oral and written discussions spanning sixteen years" about Zabel's

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This week, Lauren Sánchez aka soon-to-be Mrs. Jeff Bezos aka "alive girl" was hit with a lawsuit from none other than...her former yoga instructor.

In the filing, Alanna Zabel, who claims to have taught Sánchez privately from 2007 to 2011, alleged that she and her former client engaged in "oral and written discussions spanning sixteen years" about Zabel's idea for a children's book entitled, *Dharma Kitty Goes to Mars*, which was published in 2023. The book, as I'm sure you can imagine, tells the harrowing story about a cat who flies to the Red Planet. Well, last week, Sánchez released her own children's book, *The Fly Who Flew To Space*, about a fly who—hold onto your hats, everyone—flies to space.

Most Popular

- Hugh Jackman's Ex-Wife, Deborra-Lee Furness, Calls Their Split a 'Traumatic Journey of Betrayal'
- Woman Accused of Microaggressions Disputes Claims With...More Microaggressions
- You're Doing Great, Pete Hegseth!

According to Zabel's suit, Sánchez is a copy cat—in literary work *and* likeness.

"In a nutshell, defendant has always demonstrated a desire to appear like plaintiff, an authentic, independent, free-spirited, hard working and public service oriented yoga instructor," Zabel said in the filing, attorney. By her account, she trusted Sánchez with "the intellectual property and concept" of her book and now, as Sánchez promotes her own book, feels betrayed.

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book and now, as Sánchez promotes her own book, feels betrayed.

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- Behold: Lauren Sánchez's Bachelorette Party from Hell
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"The actions of defendant constitute intentional infliction of emotional distress as they were extreme and outrageous, carried out with the intent to harm plaintiff, driven by personal jealousy, and a personal desire to posture publicly as 'philanthropic and caring,'" Zabel said. Though the women remained cordial in recent years, Zabel also noted the reason for which she suspended her yoga services was Sánchez's "gossiping" and that she "couldn't handle her personality anymore." Zabel, I must remind, also accused Maroon 5's Adam Levine, of sexting her back in 2022. As it turned out, Levine was sending similarly cringe messages to a lot of women.

For her part, Sánchez has yet to publicly comment on the matter and is instead, celebrating the release with the Kardashians. Go figure.

Ariana Grande, Chappell Roan, and Billie Eilish are on the *Saturday Night Live* docket this fall. [Variety]

Speaking of! Eva Mendes liked that Beavis and Butt-head skit, too. [The Hollywood Reporter]

Don't tease me like this, Christina Aguilera and Sabrina Carpenter. [Page Six]

Prince Harry and Meghan Markle: "At The Archewell Foundation, we recognize that civic engagement, no matter one's political party, is at the heart of a more just and equitable world." Ugh. [Daily Mail]

Colin Farrell, we have so much in common, it's crazy...[People]

If we ever learn what happened behind the scenes of *Don't Worry Darling*, it won't be because of Florence "Miss Flo" Pugh, which is a shame because her perspective is the only one I give a shit about anymore. [British Vogue]

Other

 News Article

 System ID: [591971](#)

 [Alanna Marie Zabel](#)

↗ <https://www.scmp.com/magazines/style/entertainment/article/3279608/why-lauren-sanchezs-former-yoga-instructor-suing-her-alanna-zabel-says-jeff-bezos-fiancee-stole-her>

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Why is Lauren Sánchez's former yoga instructor suing her? Alanna Zabel says Jeff Bezos' fiancée stole her book idea – but what is behind the beef?

ENTERTAINMENT

Why is Lauren Sánchez's former yoga instructor suing her?
Alanna Zabel says Jeff Bezos' fiancée stole her book idea – but
what is behind the beef?

STORY FAYE BRADLEY

Sep 23, 2024



Lauren Sanchez with her book 'The Fly Who Flew to Space' – which yoga instructor and author Alanna Zabel says is based on an idea she came up with. Photo: Getty Images, ALJ-104

FAME AND CELEBRITY + FOLLOW

f x p d m s

When the former Fox News anchor released her debut children's book earlier this month, her former yoga instructor said it was a move motivated by 'personal jealousy'.

When the former Fox News anchor released her debut children's book earlier this month, her former yoga instructor said it was a move motivated by 'personal jealousy'.

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Lauren Sánchez's former yoga instructor, Alanna Zabel, was not happy when she learned the former Fox News anchor had released a children's book, *The Fly Who Flew to Space*, earlier this month. Zabel claims that Sánchez stole her idea for the book, according to a complaint obtained by Page Six.



Zabel alleges that she engaged in 'oral and written discussions spanning 16 years' with the former journalist about the concept of the book. The yoga instructor added that she even reached out to Sánchez's fiancé Jeff Bezos to discuss 'giving proceeds of sales from the book to Bezos Earth Fund and Bezos Academy'.

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"The actions of defendant constitute intentional infliction of emotional distress as they were extreme and outrageous, carried out with the intent to harm plaintiff, driven by personal jealousy, and a personal desire to posture publicly as 'philanthropic and caring,'" Zabel wrote in her filing without the help of a lawyer. "In a nutshell, defendant has always demonstrated a desire to appear like plaintiff, an authentic, independent, free-spirited, hard working and public service oriented yoga instructor," she continued.

Zabel first threatened to take legal action back in March when Sánchez made an announcement about her upcoming book.

Here's what to know about Alanna Zabel.

Alanna Zabel is a yoga, Pilates and fitness expert



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Alanna Zabel is a yoga, Pilates and fitness expert

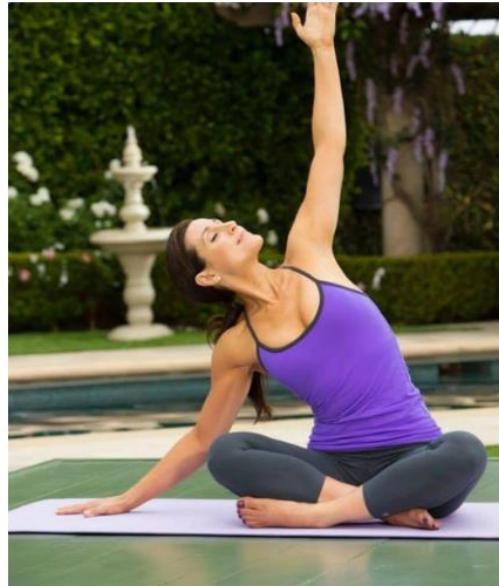


Alanna Zabel has been in the fitness industry for more than 25 years. Photo: @alannazabel /X

Zabel is a wellness expert. According to her website, Az I Am, she has over 25 years' experience in the fitness and well-being space. With a BA in psychology and human services, she is a yoga and fitness instructor, a sound healer, and the creator of Yoga Barre. She taught Lauren Sánchez yoga from 2007 to 2011.

She has an activewear brand



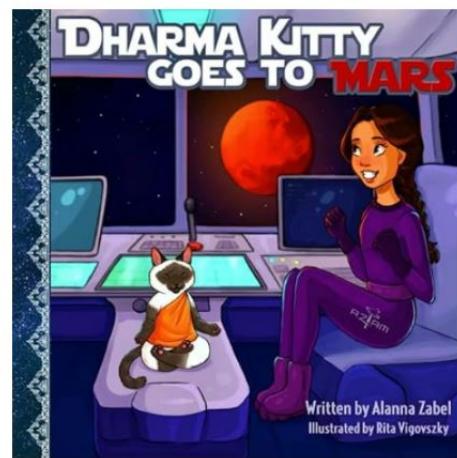


Alanna Zabel has her own range of activewear. Photo: Alanna Zabel/Spotify

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Zabel also has her own activewear brand. Per her website, she runs Az I Am Active Wear, which features a mix of printed leggings, hoodies, tops and more.

Alanna Zabel is an author



Alanna Zabel's children's book *Dharma Kitty Goes to Mars* was published in 2022. Photo: Amazon

Advertisement

Before Sanchez released her book, *The Fly Who Flew to Space*, Zabel published her own children's book, *Dharma Kitty Goes to Mars* in 2022. She has also penned other children's stories and books on spirituality, as seen on Amazon.

She has a number of celebrity clients

She has a number of celebrity clients

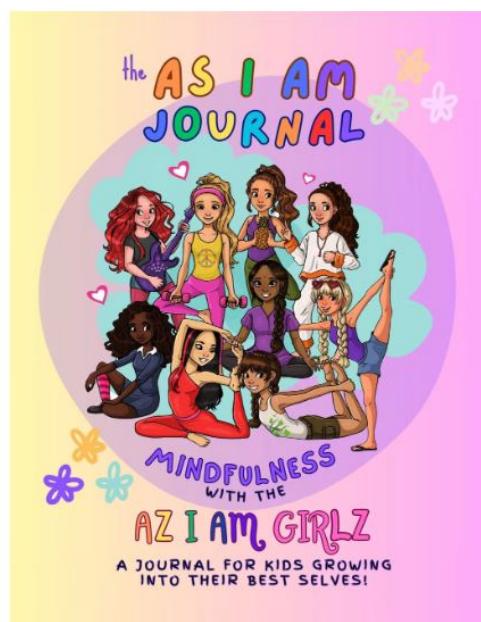


Alanna Zabel originally moved to LA to get into acting. Photo: AZ I AM

Zabel is known to have a roster of A-list clients. Per the Daily Mail, she's worked with [Maroon 5's Adam Levine](#) (more on that later) and New Age guru Deepak Chopra.

Deepak Chopra.

She hails from New York



Alanna Zabel's books include the *As I Am* journal "for kids gracing into their best selves". Photo: @alanazabel/X

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The yoga instructor and author is originally from Buffalo, New York, as told to The LA Girl. She was originally an actress and moved to Los Angeles for her big break. "I was living in NYC and booked an ABC Movie of the Week, which for a young actress was kind of a big deal," she told the outlet. "Every day I am grateful for the weather and natural surroundings we are blessed with in LA - ocean, mountains and sunshine," she added.

She "exposed" Adam Levine ...



In September 2022, Alonzo Zabel accused singer Adam Levine of sending her inappropriately suggestive texts – as did several other women. Photo: AFP/Getty Images/TNS

This is not the first time Zabel has been in the news for her celebrity connections. In September 2022, she was one of the five women to accuse Levine – who is married to Victoria's Secret supermodel Behati Prinsloo – of sending her suggestive messages.

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This is not the first time Zabel has been in the news for her celebrity connections. In September 2022, she was one of the five women to accuse Levine – who is married to Victoria's Secret supermodel Behati Prinsloo – of sending her suggestive messages.

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Zabel stated that the "Moves Like Jagger" singer had sent her a text that read, "I want to spend the day with you naked," which in turn led to a violent altercation with her then boyfriend, per the LA Times.

She opened up about her experience in an interview with Us Weekly in September 2022: "I was blindsided, you know, working with a celebrity and not really realising how it was affecting my other relationships."

TAGS Fame and celebrity Jeff Bezos Law Meditation & Mindfulness Books and literature Millionaires and billionaires Icons and influencers Get to Know



FAYE BRADLEY FOLLOW

Faye Bradley is a Hong Kong-based contributing online editor for Style by SCMP, where she covers topics in luxury, pop culture, celebrity, influencer, entertainment, travel, trending news, food and drinks, and lifestyle. As a freelance writer, her work has been featured in CNN Style, Business Insider, Michelin Guide, Travel + Leisure Asia, China Daily, Design Anthology, Banda Luxury, Skyscanner, and Hong Kong Tourism Board. With a BA (Hons) in art and design from the University of Leeds, she is the co-founder of Paradigm Haus, a print publication that covers artists, creatives and entrepreneurs the world over, and the founder of CSP Times, a digital luxury lifestyle website. She is also an editor for luxury wellness travel publication Compare Retreats.

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Posted: Dec 04, 2024

System ID: [592641](#)



Captured: Jun 03, 2025



[Alanna Marie Zabel](#)

↗ <https://www.tiktok.com/@aziamyoga/video/7444681518733200670>

Before DOI

The most recent post to the account. Part 1: Excited to hold my first print copy of #KnockItOff ! This project was an unexpected tsunami of needing to express the epidemic of fake-ness in the world right now, illuminate deceptive tactics used by corporations and influencers, call out some abusers from my past in ways that can help others avoid similar, and to commit to keeping it real. . 100% of the feedback so far starts with “wow, you pulled me right in!” which is exciting. . Available in Paperback, Hardcover, ebook, and the audiobook is currently being edited (available next week!). #LinkInBio I can’t wait to hear your thoughts on #KnockItOff and I will be posting more gems from this book on its page @knockitoffbook so if this content vibes with you, follow me there too and let’s keep the conversation going! ❤️ - Alanna . .



aziamyoga
AZ I AM - 2024-12-4

Part 1: Excited to hold my first print copy of #KnockitOff ! This project was an unexpected tsunami of needing to express the epidemic of fake-ness in the world right now, illuminate deceptive tactics used by corporations and influencers, call out some abusers from my past in ways that can help others avoid similar, and to commit to keeping it real.

100% of the feedback so far starts with "wow, you pulled me right in!" which is exciting.

Available in Paperback, Hardcover, ebook, and the audiobook is currently being edited (available next week). #LinkinBio

I can't wait to hear your thoughts on #KnockitOff and I will be posting more gems from this book on its page

less

original sound - AZ I AM

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Alanna Zabel v. Wendy Lauren Sanchez

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Alanna Zabel v. Wendy Lauren Sanchez

California Central District Court

Judge:	Fernando L Aenlle-Rocha	Case Filed:	Dec 13, 2024
Referred:	Stephanie S Christensen	Terminated:	Jan 16, 2025
Case #:	2:24-cv-10764		
Nature of Suit	820 Property Rights - Copyrights		
Cause	17:501 Copyright Infringement		

Docket | Parties (2)

Docket last updated: 12 hours ago

Thursday, January 16, 2025

27  misc | Report of Determination of Copyright Action (CLOSE) (AO-121) | Thu 01/16 1:14 PM
REPORT ON THE DETERMINATION OF AN ACTION Regarding a Copyright. (Closing) (lc)
Alt. 1  order js-6

26  order | For Order Dismiss Case | Thu 01/16 1:04 PM
ORDER DISMISSING ACTION by Judge Fernando L. Aenlle-Rocha: The court, having considered Plaintiff's Request for Dismissal24 , and finding good cause therefor, hereby ORDERS: 1. All dates and deadlines governing this action are VACATED. 2. The ex parte application for extension of time23 , is DENIED as moot. 3. The court DISMISSES the action without prejudice. (MD JS-6. Case Terminated) (lc)

Tuesday, January 14, 2025

24  motion | Dismiss Case | Thu 01/16 10:06 AM
REQUEST FOR DISMISSAL filed by plaintiff Alanna Zabel. (lc)

Sunday, January 12, 2025

https://www.pacermonitor.com/public/case/56222867/Alanna_Zabel_v_Wendy_Lauren_Sanchez

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ORDER DISMISSING ACTION by Judge Fernando L. Aenlle-Rocha: The court, having considered Plaintiff's Request for Dismissal24 , and finding good cause therefor, hereby ORDERS: 1. All dates and deadlines governing this action are VACATED. 2. The ex parte application for extension of time23 , is DENIED as moot. 3. The court DISMISSES the action without prejudice. (MD JS-6. Case Terminated) (lc)

Tuesday, January 14, 2025

24  motion | Dismiss Case | Thu 01/16 10:08 AM
REQUEST FOR DISMISSAL filed by plaintiff Alanna Zabel. (lc)

Sunday, January 12, 2025

23  11 pps | motion | Order | Tue 01/14 3:46 PM
EX PARTE APPLICATION FOR EXTENSION OF TIME PURSUANT TO RULE 6(b) that all deadlines and obligations be stayed for four weeks, including a respond to notify Defendant's counsel (Oliver Rocos) of Plaintiff's first amended complaint, with that response currently due by January 16, 2025. With this stay, Plaintiff requests moving that deadline to February 15, 2025 filed by plaintiff Alanna Zabel. (lc)

Friday, January 10, 2025

19  order | For Order | Fri 01/10 1:43 PM
ORDER DENYING PLAINTIFF'S REQUEST TO SEAL DOCUMENT (EXHIBIT B OF THE ORIGINAL COMPLAINT) (SEE DOCUMENT FOR SPECIFICS)11 by Judge Fernando L. Aenlle-Rocha. (lc)

Thursday, January 09, 2025

18  order | Initial Order upon Filing of Complaint - form only | Thu 01/09 2:43 PM
INITIAL STANDING ORDER upon filing of the complaint by Judge Fernando L. Aenlle-Rocha. (tf)

17  order | Proceed In Forma Pauperis with Declaration in Support (CV-60) | Thu 01/09 12:21 PM
ORDER ON REQUEST TO PROCEED IN FORMA PAUPERIS (NON-PRISONER CASE) by Judge Fernando L. Aenlle-Rocha: On the question of indigency, the Court finds that the party who filed the Request is not able to pay the filing fees. The Request is GRANTED4 . (lc)

Wednesday, January 08, 2025

16  misc | Report on Filing of Copyright Action (Initial Notification) (AO-121) | Wed 01/08 1:12 PM
REPORT ON THE FILING OF AN ACTION regarding a copyright (Initial Notification) filed by Alanna Zabel. (bm)

Tuesday, January 07, 2025

45  motion | Motion for Preliminary Injunction and/or Temporary Restraining Order | Wed 01/07 10:00 AM

X X

X [AZIAM](#)



Posted: Dec 26, 2024

X System ID: [592204](#)



Captured: Jun 03, 2025

● [Alanna Marie Zabel](#)

↗ <https://x.com/AZIAM/status/1872328069517832393>

Before DOI

Example of content to the account. ↗ Join our upcoming Detox Retreats, designed to reset your body, mind, and spirit: ↗ Detox Yoga Retreats, ↗ Virtual 21-Day No Sugar Detox Retreat ,↗ Sculpt Yoga Detox Retreats, ↗Digital Detox Fasting Retreats <http://mydetoxretreat.com> #DetoxRetreat #Yoga #NoSugarChallenge

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 [Alanna Marie Zabel](#)

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Before DOI

The past year I have created a peaceful and healing “WellBnB®,” as I call it. I run intimate detox retreats every weekend, as well as teacher training programs and deeper fasting experiences. I installed a sauna and cold plunge outside, a heated yoga room, as well as a treatment room for massage, reiki and other healing offerings. If you are an LA local and need a detox from the smoke and stress of the recent fires use the discount code LAFIRES for 40% off a detox (even if it is the One Day Detox option), or if you are traveling through LA and prefer a stay at a healing sanctuary, hit me up and I’d be happy to accommodate you.

https://www.facebook.com/alannazabel/posts/pfbid0gWN5kLR9Mb1uc98GpB52m6sCzftHBNQWDEMq6awUoTsa3ZYwWR54r...

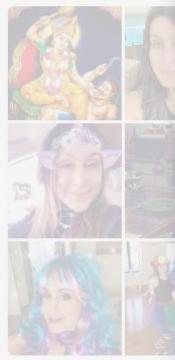
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Alanna Zabel's Post

Alanna Zabel January 12

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If you are an LA local and need a detox from the smoke and stress of the recent fires use the discount code LAFIRES for 40% off a detox (even if it is the One Day Detox option), or if you are traveling through LA and prefer a stay at a healing sanctuary, hit me up and I'd be happy to accommodate you.



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My WellBnB - AZ I AM

AZ I AM is a true innovator and leader in Detox and Fasting. Alanna Zabel has been leading Juice ...

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• [Alanna Marie Zabel](#)
↗ <https://x.com/AZIAM/status/1881182596128031001>

Posted: Jan 19, 2025
Captured: May 30, 2025

Before DOI

The most recent post to the account. Check out this side by side comparison of Alanna's children's book vs Lauren Sanchez ' children's book, which is the heart of the copyright infringement lawsuit against Lauren. Link: <https://alannazabel.substack.com/p/side-by-side-comparison-alanna-zabel?r=21q07o>

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Check out this side by side comparison of Alanna's children's book vs Lauren Sanchez ' children's book, which is the heart of the copyright infringement lawsuit against Lauren. Link: alannazabel.substack.com/p/side-by-side...

10:30 PM · Jan 19, 2025 · 30 Views

Q T L B ↑

Other

News Article

System ID: [592239](#)

[Alanna Marie Zabel](#)

<https://www.yogajournal.com/lifestyle/5-steps-for-living-your-best-life/?scope=anon>

Before DOI

5 Steps for Living Your Best Life

The screenshot shows a web browser window with the URL <https://www.yogajournal.com/lifestyle/5-steps-for-living-your-best-life/?scope=anon>. The page is titled '5 Steps for Living Your Best Life' and features a yellow callout box with text: 'Be one of the first to try our new activity feed! Tap "Home" to explore.' Below the title, it says 'Yoga teacher to the stars Alanna Zabel shares tips for aligning with your most authentic, powerful Self.' The article was updated on Jan 20, 2025. The author is listed as 'YJ Editors' with a 'Follow' button. There are 'High Five' and 'Share' buttons. A sidebar on the right promotes the 'Outside+' app and shows a photo of Alanna Zabel. Another sidebar shows 'Similar Reads' with links to '25 Dating App Bio Ideas for the Yoga Obsessed' and '50 Mindfulness Hacks for'.

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5 Steps for Living Your Best Life

Yoga teacher to the stars Alanna Zabel shares tips for aligning with your most authentic, powerful Self.

Updated Jan 20, 2025

YJ Editors [Follow](#)

High Five Share

Heading out the door? Read this article on the new Outside+ app available now on iOS devices for members! [Download the app.](#)

Alanna Zabel is one of the most in-demand yoga teachers in Hollywood. But when she's not training pro athletes and celebrity clients or designing clothes for her AZIAM label, Zabel is sharing the deeper lessons of [dharma](#) she has gleaned from years of study. Those lesson are outlined in her new book [As I Am: Where Spirituality Meets Reality](#), a user-friendly guide to living a Zen life that includes a 21-day-program to help re-align with your true Self.

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Yoga Diaries: The Yoga Teacher Who's Moving On But Hasn't Told Her Students Yet

We asked Zabel to share some of the ways that anyone can learn to live a more authentic, self-aware, and powerful life. Here's what she said:



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1) **Be here now.** On average we have 28,000 days in a human lifespan. That really isn't a lot. When we are present, we resume a natural flow to our life (or the "dharma zone" as I call it in my book). This flow is what happens when we let go of the limiting tethers of the past and future—where you forget about the outside world and are completely doing what you're doing, whether that's writing, drawing, practicing yoga, meditating, or any activity. Synchronicity occurs when we are in this zone, and our lives flow effortlessly. Knowing that our time is limited, it is wise to practice being present, and to enjoy each moment as it happens.

2) **Be Kind.** There is a strong correlation between well-being, happiness, and health among people who act with kindness toward others. It is difficult to be angry, resentful, or even fearful when we are showing unselfish love and compassion towards other beings. I love leading seva(service) yoga retreats because I see a massive shift in my retreaters when we begin our service activities. For example, it doesn't matter if they are cleaning dirty food bowls for elephants or shoveling dirt. They undoubtedly begin to settle into a deeper sense of happiness and presence.

3) **Listen to yourself.** Taking and following the advice from another person is assuming that: 1) They have lived through exactly the same predicament as you have (meaning that all the factors are exactly the same); and 2) They have the same wants and needs as you do. Neither of which is probably true. However, taking bits and pieces of advice from others can be helpful, but it is always most wise to [listen to yourself] and make certain that your actions are in line with who you are and what you want for your life.

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3) **Listen to yourself.** Taking and following the advice from another person is assuming that: 1) They have lived through exactly the same predicament as you have (meaning that all the factors are exactly the same); and 2) They have the same wants and needs as you do. Neither of which is probably true. However, taking bits and pieces of advice from others can be helpful, but it is always most wise to [listen to yourself] and make certain that your actions are in line with who you are and what you want for your life.

4) **Spend time alone in silence.** Alone time has a long list of benefits, which include boosting your immune system, strengthening your relationships, and improving your outlook on life. Try taking 30 minutes every week where you turn the power off externally and amp it up internally. For example, turn off your phone and email. Spend [time] sitting somewhere peaceful, where you can focus on your breathing and being present. The happy contradiction is that alone time like this will carry over to your other relationships and endeavors. When you connect to yourself in a deep and true manner, you start feeling more positive and powerfully charged. It's easier, in this state, to connect to others with a bigger way and with greater joy.

5) **Avoid gossip and drama.** Judgment is making a "good" or "bad" assessment based on how we think things should be. This makes it very limiting to maintaining presence and realistic awareness. We begin to judge other people based on past judgments and our perspective of reality becomes tainted. I'm running a [30-day Don't Judge Challenge](#) starting May 15. This group event and practice is meant to get us into the habit of not letting life's imperfections drag us down while refining the practice of non-judgment.



TAGS

* YOGA BUZZ * YOGA TEACHERS

f Facebook

f [alannazabel](#)

 Posted: Feb 02, 2025

f System ID: [592286](#)

 Captured: Jun 03, 2025

● [Alanna Marie Zabel](#)

↗ <https://www.facebook.com/alannazabel/posts/pfbid02KbNDU5gCXNduBraoyk2VLhMyFZRnorGpvBpWYgxytTTAx5B2B6fH75dbshdgNVN7I>

Before DOI

Post indicates Subject is single. ISO Italian male willing to marry for citizenship

Alanna Zabel

Photos



ISO Italian male willing to marry for citizenship 😊

37

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Dawn Rigole Menke When you find him ask him if he has a brother! 17w Like

Brad Saltzman Thanks for your posts on Facebook! I'm Italian. I am a role model I've been parading for Hugo Boss and almost all the Italian designers in the last 20 years. I just moved here and I'm trying to get married for a green card. I'm an excellent cook—I pro... See more 17w Like See Original (Italian) 2 😊

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Alanna Zabel Brad Saltzman show me the rigatoni! 17w Like 2

Brad Saltzman Alanna Zabel 😊😊😊😊 17w Like

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John Lancaster Beck For the first time in my life I find myself wishing I was Italian instead of Irish 17w Like 3

Sonia Bhalla Haha brilliant - see if he has a friend, am also searching! 17w Like

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 [Alanna Marie Zabel](#)

 <https://atlantablackstar.com/2025/02/07/jeff-bezos-fiancee-lauren-sanchez-bill-clinton/>

Before DOI

'She's a Master of Seduction': Former Friend of Jeff Bezos' Fiancée Alleges Lauren Sánchez Has Eyes for Bill Clinton In Bombshell Blog Post

'She's a Master of Seduction': Former Friend of Jeff Bezos' Fiancée Alleges Lauren Sánchez Has Eyes for Bill Clinton In Bombshell Blog Post

By Nicole Duncan-Smith | Published on: February 7, 2025 Comments (0)

In a jaw-dropping exposé, Lauren Sánchez's former friend and yoga instructor Alanna Zabel has stepped forward with shocking allegations about Jeff Bezos' fiancée.

The instructor alleges that Sánchez's daring outfit choices at some of the recent high-profile political events were less about turning heads for her billionaire partner and more about reigniting an old crush on none other than former President Bill Clinton, whom she suspected would be in attendance.

Zabel wrote in a [blog](#) on her site, "I have a personal theory about Lauren's choice of provocative fashion at political events."

"When Lauren first met Bill Clinton back in 2009, she admitted to me that she had a crush on him. So, as a joke, I called her 'Monica' for a few weeks," revealed the ex-friend, who served as Sanchez's personal yoga instructor for years.

"I personally believe that her choice of such provocative dress, both at the White House state dinner in April 2024 and the inauguration in January 2025, has a lot to do with her anticipation of seeing Bill Clinton," Zabel alleged.



<https://atlantablackstar.com/2025/02/07/jeff-bezos-fiancee-lauren-sanchez-bill-clinton/>

favorites

New tab



ATLANTA BLACK STAR

s

"When Lauren first met Bill Clinton back in 2009, she admitted to me that she had a crush on him. So, as a joke, I called her 'Monica' for a few weeks," revealed the ex-friend, who served as Sanchez's personal yoga instructor for years.

"I personally believe that her choice of such provocative dress, both at the White House state dinner in April 2024 and the inauguration in January 2025, has a lot to do with her anticipation of seeing Bill Clinton," Zabel alleged.



Lauren Sanchez's Former Friend and Yoga Instructor Drops Bombshell Claims About Lauren Sanchez's Alleged Crush on Bill Clinton (Photos: [@laurenwsanchez](#) / Instagram; [@clintoncenter](#) / Instagram)



Lauren Sanchez's Former Friend and Yoga Instructor Drops Bombshell Claims About Lauren Sanchez's Alleged Crush on Bill Clinton (Photos: @laurenwsanchez / Instagram; @clintoncenter / Instagram)

Sánchez and Zabel's friendship reportedly soured after an unspecified incident at Sanchez's 40th birthday party and because Zabel accused Sánchez's new children's book, "The Fly Who Flew to Space," of being a ripoff of her work.

The beef has been so tender that Zabel has [filed a lawsuit against Sánchez](#), accusing her of stealing the concept for a children's book about space exploration that she had pitched to Bezos' team.

Zabel further claimed to have documentation to back her statements, adding, "I still have the emails!"

The yogi's claims arrive on the heels of backlash surrounding Sánchez's attention-grabbing look at former President Trump's January 2025 inauguration.

Dressed in a white Alexander McQueen suit paired with a lace bra, Sánchez's ensemble stirred up a storm on social media. Many critics blasted it as inappropriate for the formal occasion. Adding fuel to the fire, viral photos surfaced showing Facebook CEO Mark Zuckerberg seemingly [sneaking a glance in her direction](#) during the event.

The former judy didn't stop there. She delved into Sánchez's insecurities, describing her as a master manipulator when it comes to public perception.

"She's a master of seduction but terrified of actually being seen," Zabel shared in her unverified claim. "She doesn't even have sex without full-body camouflage makeup. The majority of her seduction is done with revealing clothing that still covers her and very dim lighting."

According to Zabel, Sánchez has also enlisted a high-powered PR team notorious for controlling narratives and staging photos to maintain her image.

"They have arrangements with certain news outlets, ensuring no negative stories are published about Lauren in exchange for exclusive scoops," Zabel claimed.



"They have arrangements with certain news outlets, ensuring no negative stories are published about Lauren in exchange for exclusive scoops," Zabel claimed.

She outlined the strategy as "Stage it, Photoshop it, Sell it, Bait the public into believing it—all for fake attention and manufactured fame."

This might also be behind her new wardrobe change and makeover, revealed at the top of the year, after months of her style being slammed for being classless and trashy.

Sánchez and Bezos have been under the media spotlight since their relationship went public in 2019. Their romance, revealed amid both parties' divorces, became even more sensational after leaked intimate texts were traced back to Sánchez's brother. Despite the controversies, Bezos reportedly remains unaware of any alleged image manipulation tactics, according to The Cut.

"Jeff doesn't pay attention to media stories or read comment sections. Lauren's having a field day crafting this illusion of desirability in the press," Zabel claimed. "She uses this to fuel Jeff's desire for her, making him believe others want her too—it's all part of her seduction game, which she's mastered."

Zabel's decision to air these allegations seems to stem from more than just past grievances.

"I'm calling this out because I'm tired of attention-starved individuals manipulating the public with smoke and mirrors," Zabel stated firmly. "It's all an illusion, like a Wizard of Oz act, and it's time someone pulled back the curtain on Lauren's tactics."

She ended with a warning, "Lauren should think twice about crossing someone who knows her secrets. Trust me—I have more to share."

Sanchez has yet to respond to the unsubstantiated allegations or rumors that she's interested in the former Head of State.

Instagram

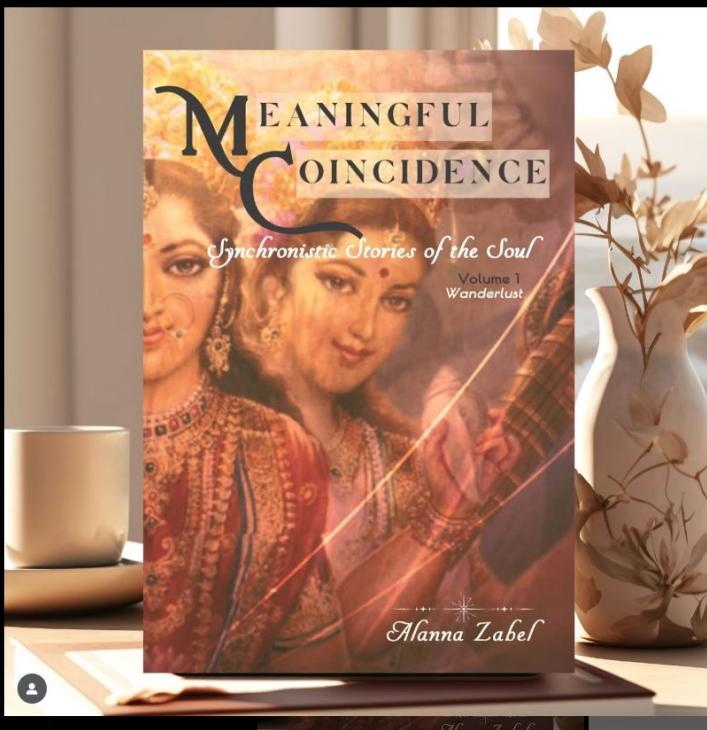
① [meaningfulcoincidence](#)
② System ID: [592115](#)
③ [Alanna Marie Zabel](#)
↗ <https://www.instagram.com/p/DGYtQqNSHy2/>

📅 Posted: Feb 22, 2025
📅 Captured: Jun 02, 2025

Before DOI

The most recent post to the account. Our title #MeaningfulCoincidence is picking up interest with readers again! This timeless book is more than just a travelogue, this book is an inward glance at the power of our unique psyches from a Jungian perspective of archetype and symbol. It is a portal to deeper awareness, and a reminder that life is not random, but a beautifully orchestrated dance of meaning, mystery, and divine order. Alanna's raw humanity, spiritual insights, and poetic storytelling invite you to trust the flow of life, embrace the unknown, and awaken to the extraordinary guidance that is always present. Described as Autobiography of a Yogi meets Eat Pray Love, this book weaves together mysticism, adventure, and deep personal reflection. If you're seeking inspiration to break free from a mundane, forced existence, to reconnect with your soul's calling, or simply to be reminded of the divine play unfolding in every moment, this book will open your heart and ignite your wanderlust-for both the outer world and the infinite depths within. I had the incredible honor of teaching private yoga to the legendary Louise Hay when I lived in San Diego. I sure miss her authentic spirit, and I am forever grateful for her wonderful testimonial: "Alanna's spirituality flows through her life and writing." -Louise Hay

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aziamyoga and meaningfulcoincidence

aziamyoga Our title **#MeaningfulCoincidence** is picking up interest with readers again! This timeless book is more than just a travelogue, this book is an inward glance at the power of our unique psyches from a Jungian perspective of archetype and symbol. It is a portal to deeper awareness, and a reminder that life is not random, but a beautifully orchestrated dance of meaning, mystery, and divine order. Alanna's raw humanity, spiritual insights, and poetic storytelling invite you to trust the flow of life, embrace the unknown, and awaken to the extraordinary guidance that is always present.

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I had the incredible honor of teaching private yoga to the legendary Louise Hay when I lived in San Diego. I sure miss her authentic spirit, and I am forever grateful for her wonderful testimonial:



Liked by siberiangreenfoods and others

February 22



⑥ Threads

⑥ [@aziamkidz](#)



Posted: Feb 26, 2025

⑥ System ID: [591767](#)



Captured: Jun 02, 2025

👤 [Alanna Marie Zabel](#)

↗ https://www.threads.net/@aziamkidz/post/DGi2eRMJ77M?xmt=AQF0wlJommQPzCaspfMkrFP5yA|48Y9g_QRRwJY44wN1TEE

Before DOI

The most recent post to the account. It's Yoga Time! 🧘‍♀️ #KidsYoga #Mindfulness #AZIAM #AZIAMKidz #KidsJournal #Journal

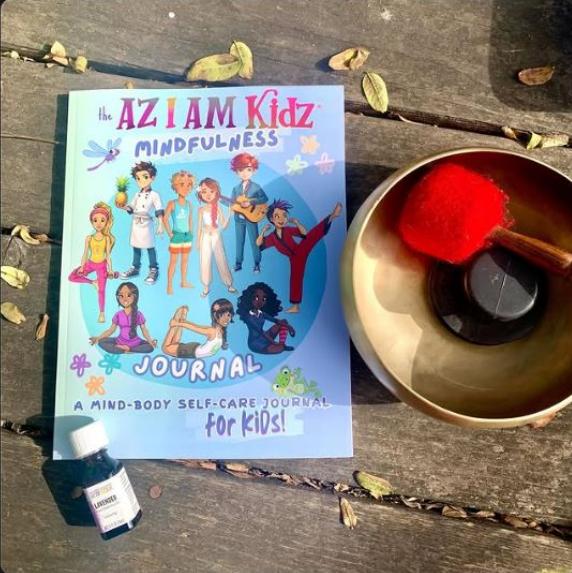
https://www.threads.com/@aziamkidz/post/DGi2eRMJ77M?xmt=AQF0wlJommQPzCaspfMkrFP5yAJ48Y9g_QRRwJY44wN1TEE

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aziamkidz 02/26/25

It's Yoga Time! 🧘 ❤️ ☺ #KidsYoga #Mindfulness #AZIAM #AZIAMKidz #KidsJournal #Journal



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X [alannazabel](#)



Posted: Mar 10, 2025

X System ID: [592621](#)



Captured: Jun 03, 2025

● [Alanna Marie Zabel](#)

↗ <https://x.com/alannazabel/status/1898982296243339275>

Before DOI

The Illusion of Socialites

https://open.substack.com/pub/alannazabel/p/the-illusion-of-socialites?r=21q07o&utm_campaign=post&utm_medium=web&showWelcomeOnShare=true #WhiteLotus #TwoFacedWomen #SocialClimber
#KnockItOff #Author #AlannaZabel

1

https://x.com/alannazabel/status/1898982296243339275

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Alanna Zabel
@alannazabel

The Illusion of Socialites open.substack.com/pub/alannazabel...
#WhiteLotus #TwoFacedWomen #SocialClimber #KnockItOff #Author
#AlannaZabel



2:20 AM - Mar 10, 2025 · 54 Views



X X

X [alannazabel](#)



Posted: Mar 16, 2025

X System ID: [592209](#)



Captured: Jun 03, 2025

• [Alanna Marie Zabel](#)

↗ <https://x.com/alannazabel/status/1901343868190445592>

Before DOI

The most recent post to the account. 8 Deceptive Tactics of Corporations and Influencers

<https://open.substack.com/pub/alannazabel/p/8-deceptive-tactics-of-corporations>

https://x.com/alannazabel/status/1901343868190445592

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X

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← Post

Alanna Zabel @alannazabel

8 Deceptive Tactics of Corporations and Influencers open.substack.com/pub/alannazabel...

8 Deceptive Tactics of Corporations and Influencers
Don't Believe the Hype

ALANNAZABEL.SUBSTACK.COM



2:44 PM · Mar 16, 2025 · 17 Views

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 System ID: [591617](#)



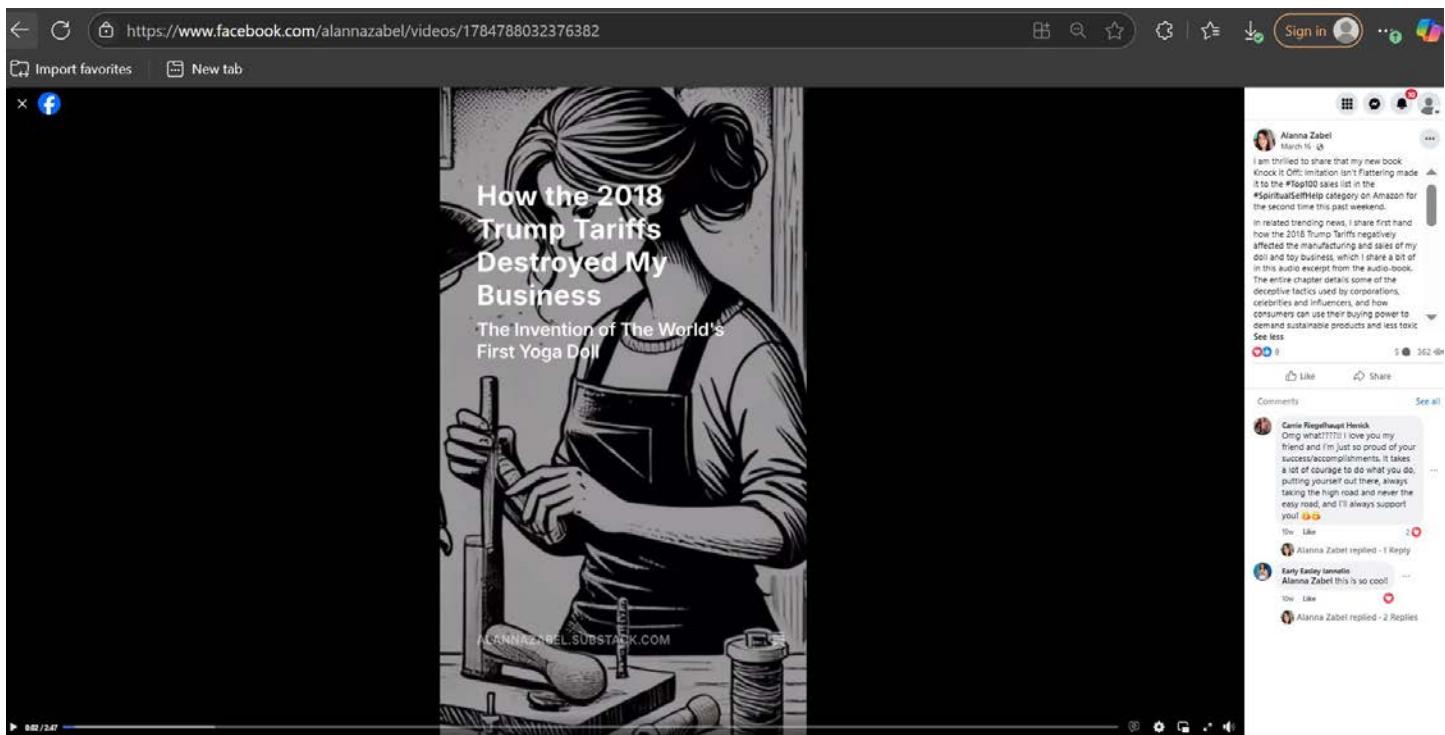
Captured: May 30, 2025

 [Alanna Marie Zabel](#)

 <https://www.facebook.com/alannazabel/videos/1784788032376382>

Before DOI

I am thrilled to share that my new book Knock It Off!: Imitation Isn't Flattering made it to the #Top100 sales list in the #SpiritualSelfHelp category on Amazon for the second time this past weekend. In related trending news, I share first hand how the 2018 Trump Tariffs negatively affected the manufacturing and sales of my doll and toy business, which I share a bit of in this audio excerpt from the audio-book. The entire chapter details some of the deceptive tactics used by corporations, celebrities and influencers, and how consumers can use their buying power to demand sustainable products and less toxic manufacturing processes. Support small businesses, protect your data, don't fall for manipulative tactics used by most influencers and corporations (astroturfing, photoshopping, paid sponsorships, dishonest claims about the benefits of their products). It is important to remember that individual self worth is far more important than a new pair of plastic leggings. #ShopWisely *Excerpt from the audiobook Knock It Off!: Imitation Isn't Flattering by Alanna Zabel, Chapter 8: The Predators (Corporate Deception). <http://www.knockitoffbook.com> A special shout out to my friend Carrie Riegelhaupt Henick who is seen here helping me set up for Toy Fair in 2016 (!!) as well as being so supportive while I was writing Knock It Off! It is not easy pushing against mass delusion, but together we are unstoppable, and only together can we succeed. #ShopWisely



[Link to download video](#)

Instagram

aziamkids

System ID: [592589](#)

[Alanna Marie Zabel](#)

https://www.instagram.com/p/DIO-FPgJ9Z_/



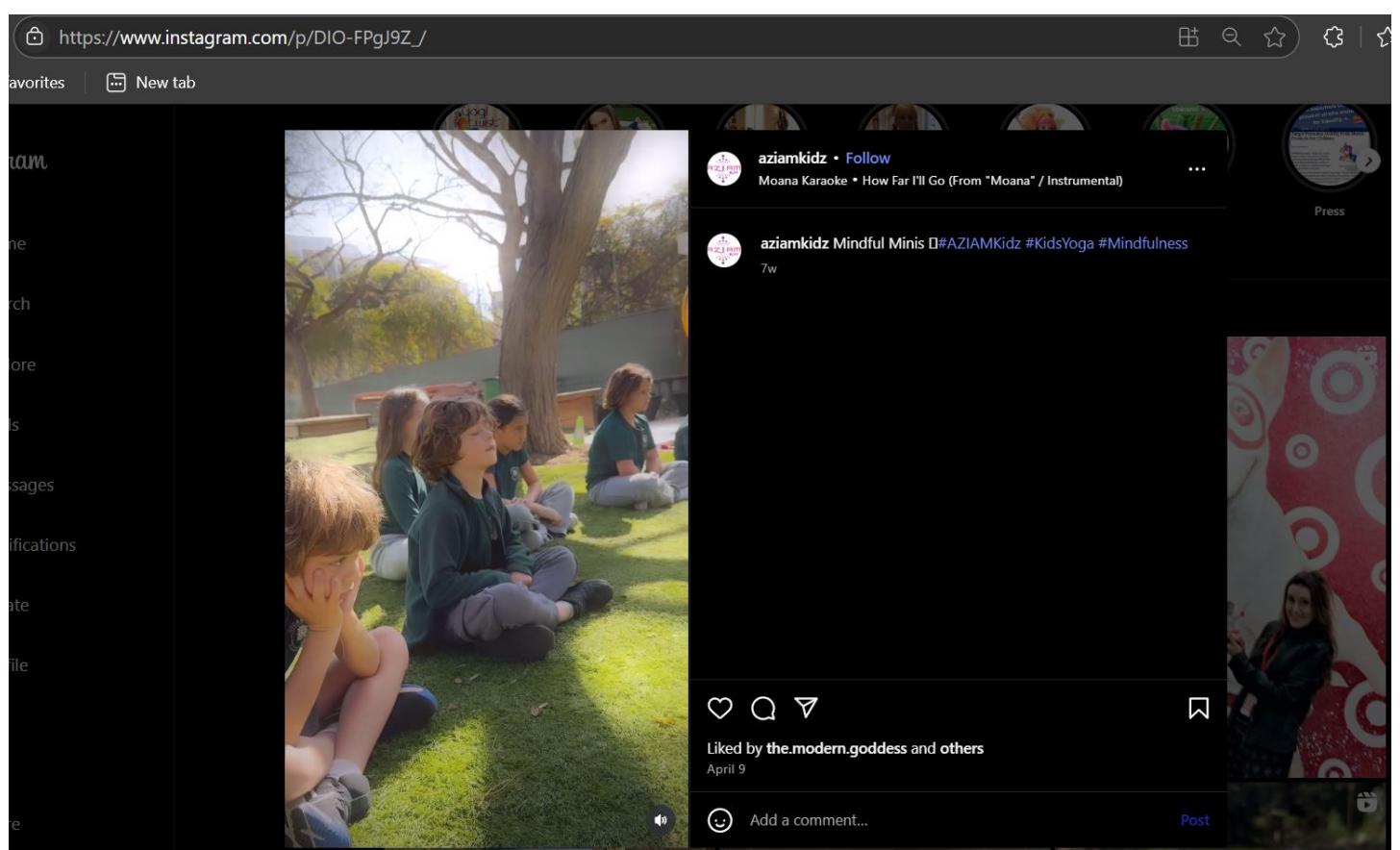
Posted: Apr 09, 2025



Captured: Jun 03, 2025

Before DOI

An example of content to the account. Mindful Minis [#AZIAMKidz #KidsYoga #Mindfulness](#)



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f [alannazabel](#)



Posted: Apr 15, 2025

f System ID: [591540](#)



Captured: May 30, 2025

• [Alanna Marie Zabel](#)

↗ <https://www.facebook.com/alannazabel/posts/pfbid02a7V2XuswpeWpK2RJn9ZjCYFLrCdBaj7gjok25Cdk2GtSU6e4QkQMf4BN2FfSusfqI>

Before DOI

I mean, I've had people obsessed with me before, but this is a whole other level ... She didn't simply knock off my book and the design for my character's space suit, she's trying to BE an AZ I AM Girl

#GetYourOwnLife #LaurenSanchez

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<https://www.facebook.com/alannazabel/posts/pfbid02a7V2XusweWpK2RJn9ZjCYFLrCdBaj7gjok25Cdk2GtSU6e4QkQMf4BN2FfSus...>

Alanna Zabel

huffingtonpost.com/alannazabel

goodreads.com/alannazabel

Photos

Life events

Started New Job at Meaningful Coincidence: Synchronistic Stories of the... August 13, 2017

Alanna Zabel's Post

Alanna Zabel April 15 ·

I mean, I've had people obsessed with me before, but this is a whole other level ... She didn't simply knock off my book and the design for my character's space suit, she's trying to BE AN AZ I AM Girl #GetYourOwnLife #LaurenSanchez

AZ I AM Kidz

April 15 ·

Why do you think #LaurenSanchez simply cannot admit that she not only copied our children's book Dhama Kitty Goes to Mars, but was also inspired by the AZ I AM Girlz as seen by her recent faux space mission, including the selection of her "all girl cast" being as multi cultural as our AZ I AM Girlz? We're getting ready to release all the evidence proving 15 years worth of Lauren's admiration for AZ I AM and all of Alanna Zabel's creative projects. #StayTuned

1-4: Lauren even copied Praty's space suit as seen in our book #DharmaKittyGoesToMars

5-6: The AZ I AM Girlz in our book #MonoRisasCoconut

7-8: The AZ I AM Girlz in our book #AsanasFirstYogaClass

#DontBeACopycat #Poser #AZIAMIAM #GetYourOwnLife #GiveCreditWhereIt'sDue #CopyrightInfringement #Mars #SpaceTravel #AZIAMIAGirlz

f Facebook

f [alannazabel](#)

f System ID: [591539](#)

👤 [Alanna Marie Zabel](#)

↗ <https://www.facebook.com/alannazabel/posts/pfbid02z3KsDR3uYVd4U4zjtQwsDArubbydG28BAyiWWDykTTL74kRjzAL61RfBn8u8ezF2dl>



Posted: Apr 23, 2025



Captured: May 30, 2025

After DOI

The most recent post to the account.

Alanna Zabel shared a memory.
April 23 · 3.6K views

2 Years Ago
See your memories >

Alanna Zabel is at Antelope Valley California Poppy Reserve.
April 23, 2023 · Lancaster, CA · 3.6K views

Pissin' on some poppies! 

Intro

AZ I AM® founder, author of As I Am, creator of The World of AZ I AM

Author at As I Am

Author at Meaningful Coincidences

Inventor at AZ I AM Kidz

Creator at The One Day Detox

Chief Executive Goddess at AZ I AM

Former Creative Director at ODC

Studied Theatre & Dance at UCI

Lives in Santa Monica, California

From Buffalo, New York

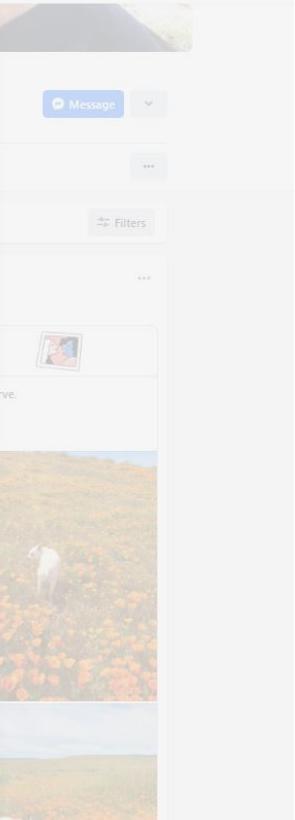
aziam.com

huffingtonpost.com/alanna-zabel

goodreads.com/alannazabel

Photos

Like 5 Send



Instagram

Flashyogi

System ID: [592252](#)

[Alanna Marie Zabel](#)

<https://www.instagram.com/p/DI9gUJzpyYT/>



Posted: Apr 27, 2025



Captured: Jun 03, 2025

After DOI

Yogi dogggg

https://www.instagram.com/p/DI9gUJzpyYT/

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flashyogi • Follow

flashyogi Yogi dogggg ❤ 5w

bethphotographyoncanvas Luckiest yogi doggie ever!!!! 🙌😊 5w 1 like Reply

View replies (1)

7 likes April 27

Add a comment... Post

A screenshot of an Instagram post on a mobile device. The post shows a white dog standing on a purple mat in a room with a red chair and a black chalkboard. The caption is "Yogi dogggg" with a heart emoji. The post has 7 likes and was made on April 27. There is a reply from "bethphotographyoncanvas" saying "Luckiest yogi doggie ever!!!!" with a thumbs up and smiling face emoji. The reply has 1 like. There is a "View replies" button with a count of 1. The Instagram interface shows the user's profile picture and name "flashyogi", a "Follow" button, and a menu icon. The bottom of the screen shows the Instagram navigation bar with icons for home, search, explore, messages, notifications, create, profile, and more.

Instagram

👤	Flashyogi	📅	Posted: Apr 30, 2025
👤	System ID: 592257	📅	Captured: Jun 03, 2025
👤	Alanna Marie Zabel		
↗	https://www.instagram.com/p/DJFZ5fuz3zq/?img_index=1		

After DOI

Subject is not seen in the photos however the post shows she was at Avila Beach. Avila Beach

#FlashYogi #DogsOfInstagram #ThisIs17

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flashyogi • Follow



flashyogi Avila Beach 🐶🦋🦋 #FlashYogi #DogsOfInstagram #ThisIs17

Edited · 4w



aziamyoga My boy!! ❤️

4w Reply



9 likes

April 30



Add a comment...

Post

Instagram

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- System ID: 592353
- Alanna Marie Zabel
- <https://www.instagram.com/p/DJINmMLJjr6/>



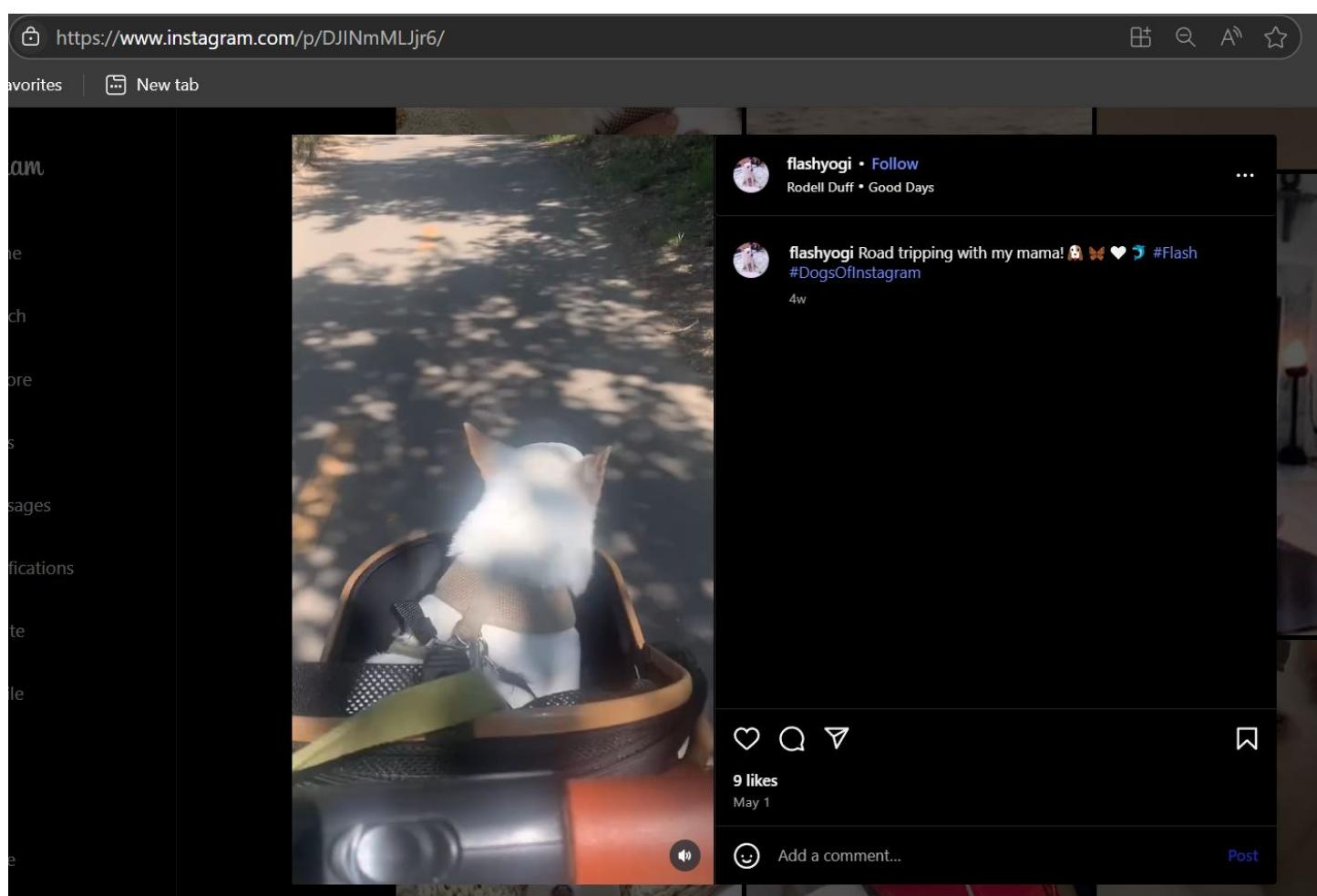
Posted: May 01, 2025



Captured: Jun 03, 2025

After DOI

Road tripping with my mama! 🐶 🚗 #Flash #DogsOfInstagram



[Link to download video](https://www.instagram.com/p/DJINmMLJjr6/)

Instagram



[Flashyogi](#)



System ID: [592362](#)



[Alanna Marie Zabel](#)



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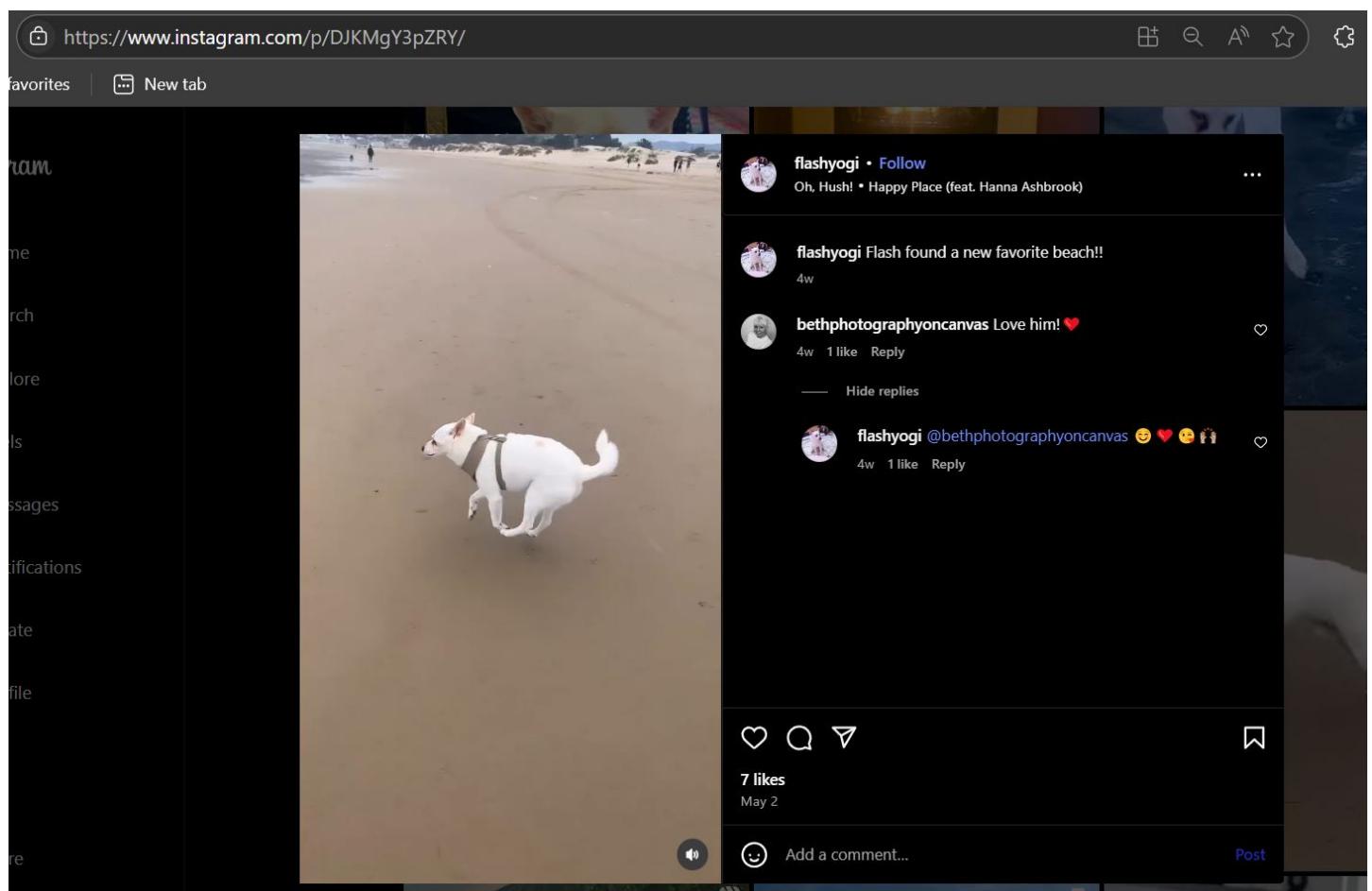
Posted: May 02, 2025



Captured: Jun 03, 2025

After DOI

Flash found a new favorite beach!!



[Link to download video](#)

Instagram

-  [Flashyogi](#)
-  System ID: [592247](#)
-  [Alanna Marie Zabel](#)
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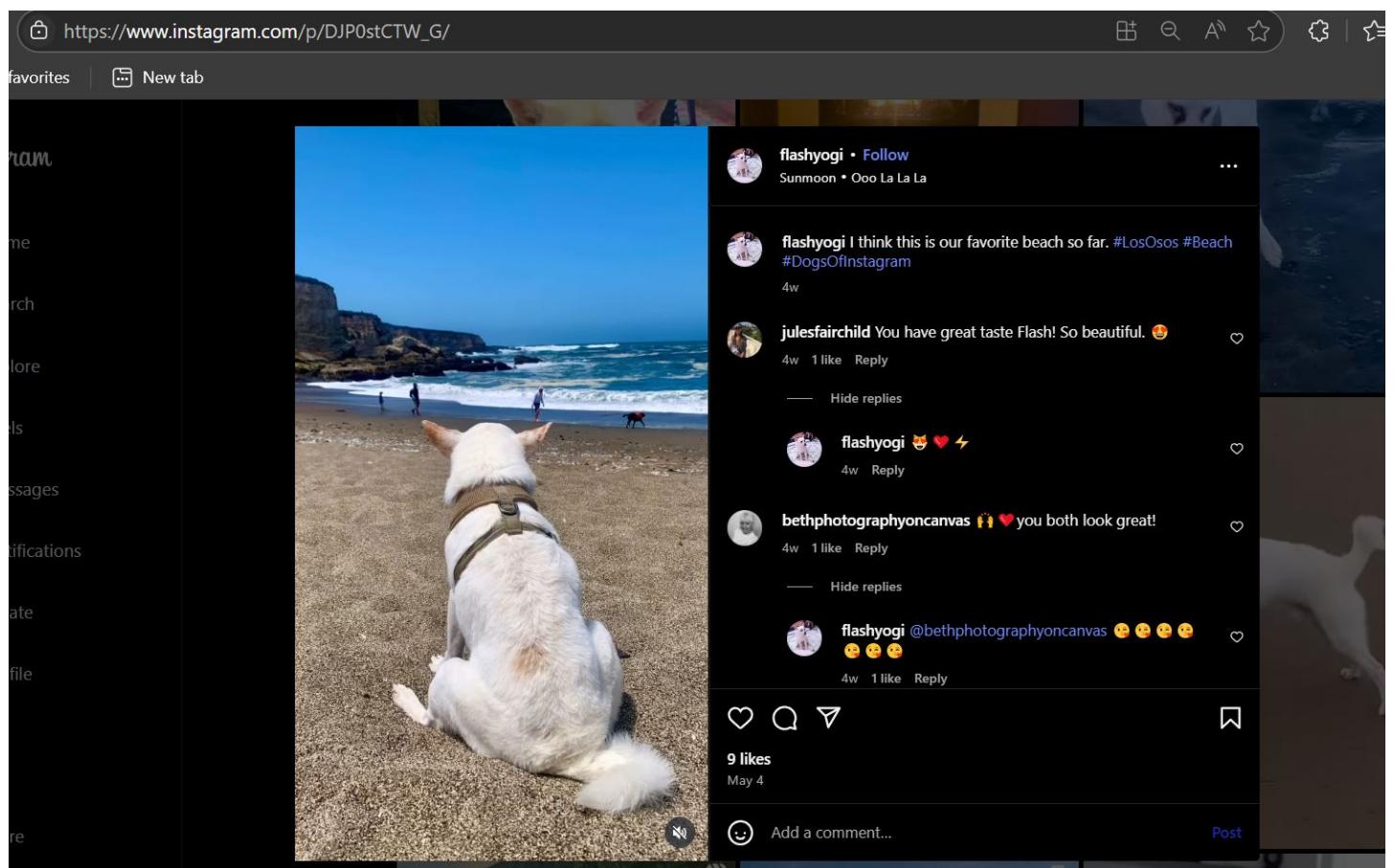
Posted: May 04, 2025



Captured: Jun 03, 2025

After DOI

I think this is our favorite beach so far. #LosOsos #Beach #DogsOfInstagram



A screenshot of an Instagram post on a mobile device. The post shows a white dog with a brown harness sitting on a sandy beach, looking out at the ocean. The caption reads: "I think this is our favorite beach so far. #LosOsos #Beach #DogsOfInstagram". The post has 9 likes and was made on May 4. There are several comments from other users, including "You have great taste Flash! So beautiful." and "you both look great!". The Instagram interface shows the user's profile picture, name, and bio: "flashyogi • Follow Sunmoon • Ooo La La".

[Link to download video](#)

Instagram

- Flashyogi
- System ID: 592249
- Alanna Marie Zabel
- <https://www.instagram.com/p/DJPPwWup6BE/>



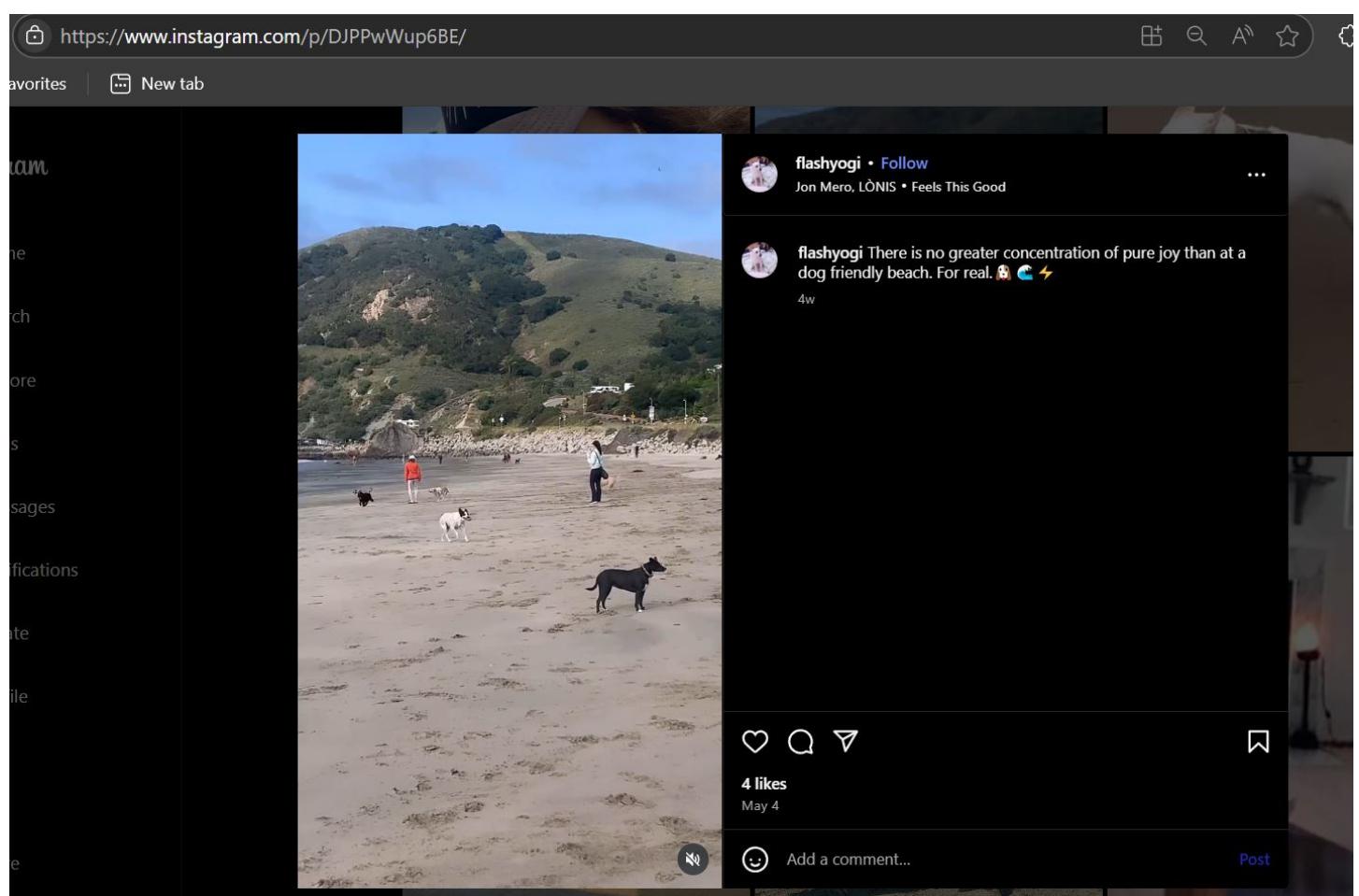
Posted: May 04, 2025



Captured: Jun 03, 2025

After DOI

There is no greater concentration of pure joy than at a dog friendly beach. For real. 🐶🌊⚡



[Link to download video](https://www.instagram.com/p/DJPPwWup6BE/)

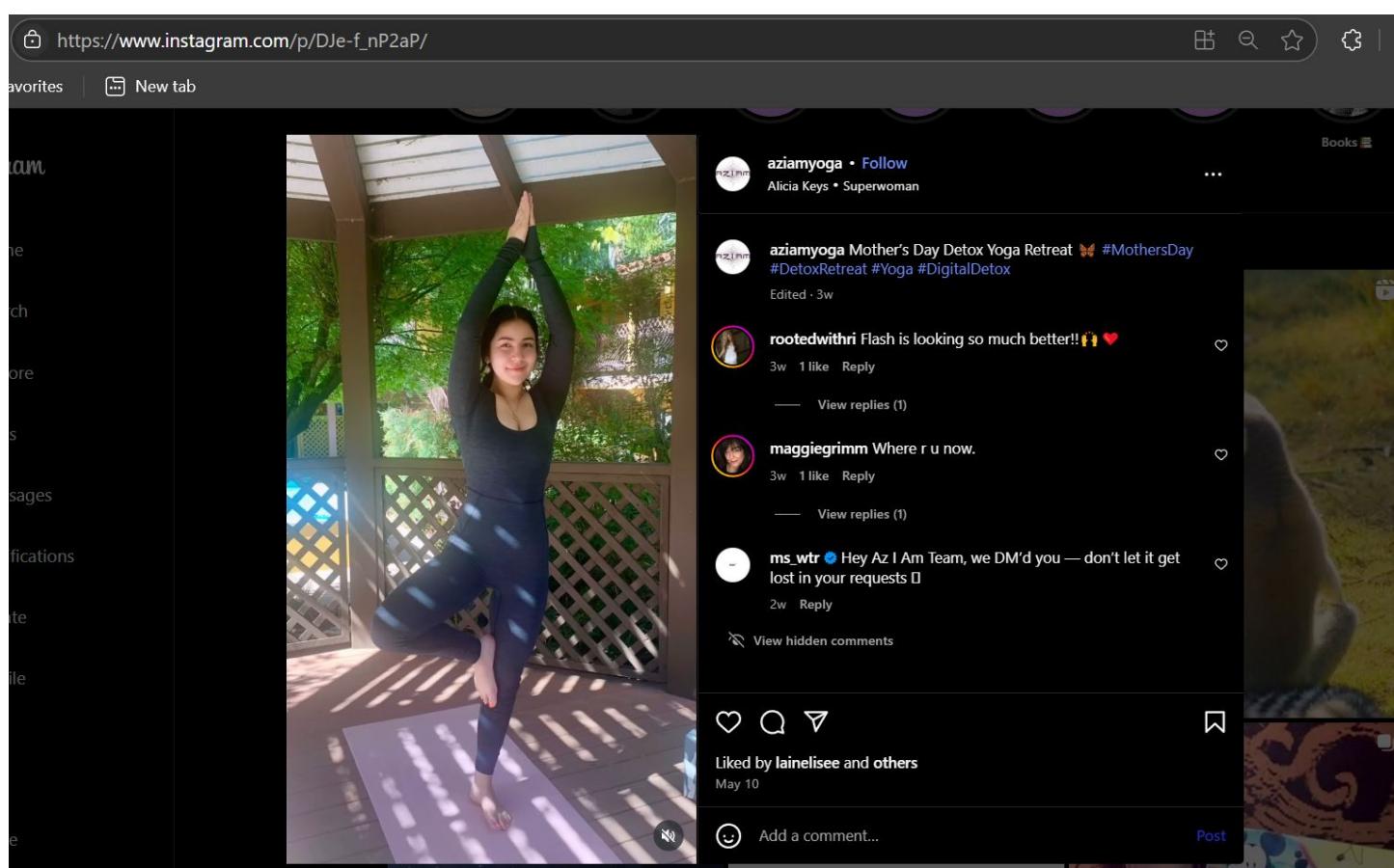
Instagram

aziamyoga
System ID: 592578
Alanna Marie Zabel
https://www.instagram.com/p/DJe-f_nP2aP/

Posted: May 10, 2025
Captured: Jun 03, 2025

After DOI

Mother's Day Detox Yoga Retreat  #MothersDay #DetoxRetreat #Yoga #DigitalDetox



[Link to download video](#)

Instagram

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-  [Alanna Marie Zabel](#)
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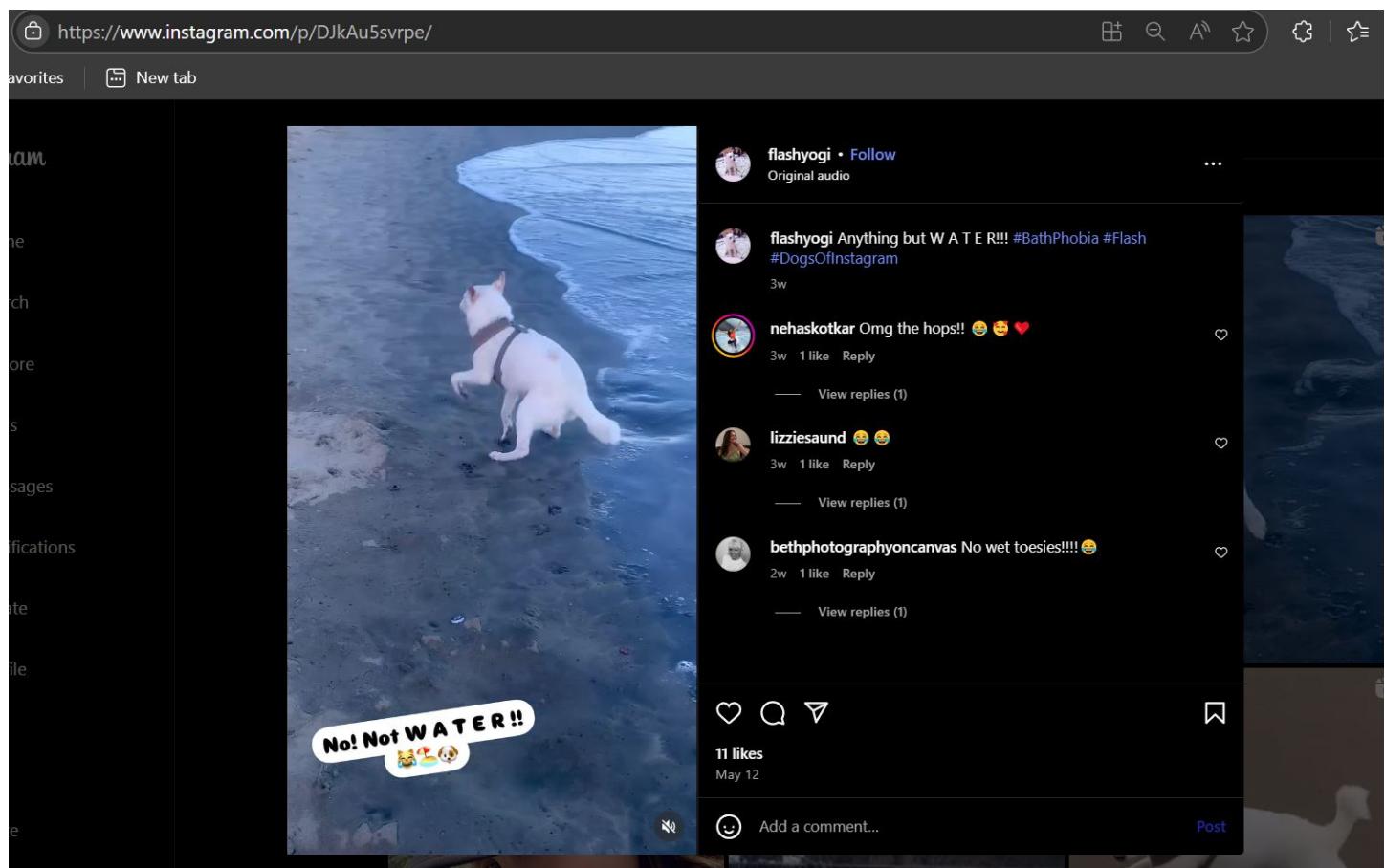


Posted: May 12, 2025



Captured: Jun 02, 2025

After DOI



https://www.instagram.com/p/DJkAu5vrpe/

flashyogi • Follow
Original audio

flashyogi Anything but W A T E R!! #BathPhobia #Flash #DogsOfInstagram 3w

nehaskotkar Omg the hops!! 😳🐶❤️ 3w 1 like Reply

lizziesaund 😳🐶 3w 1 like Reply

bethphotographyoncanvas No wet toesies!!!! 😳 2w 1 like Reply

11 likes May 12

Add a comment... Post

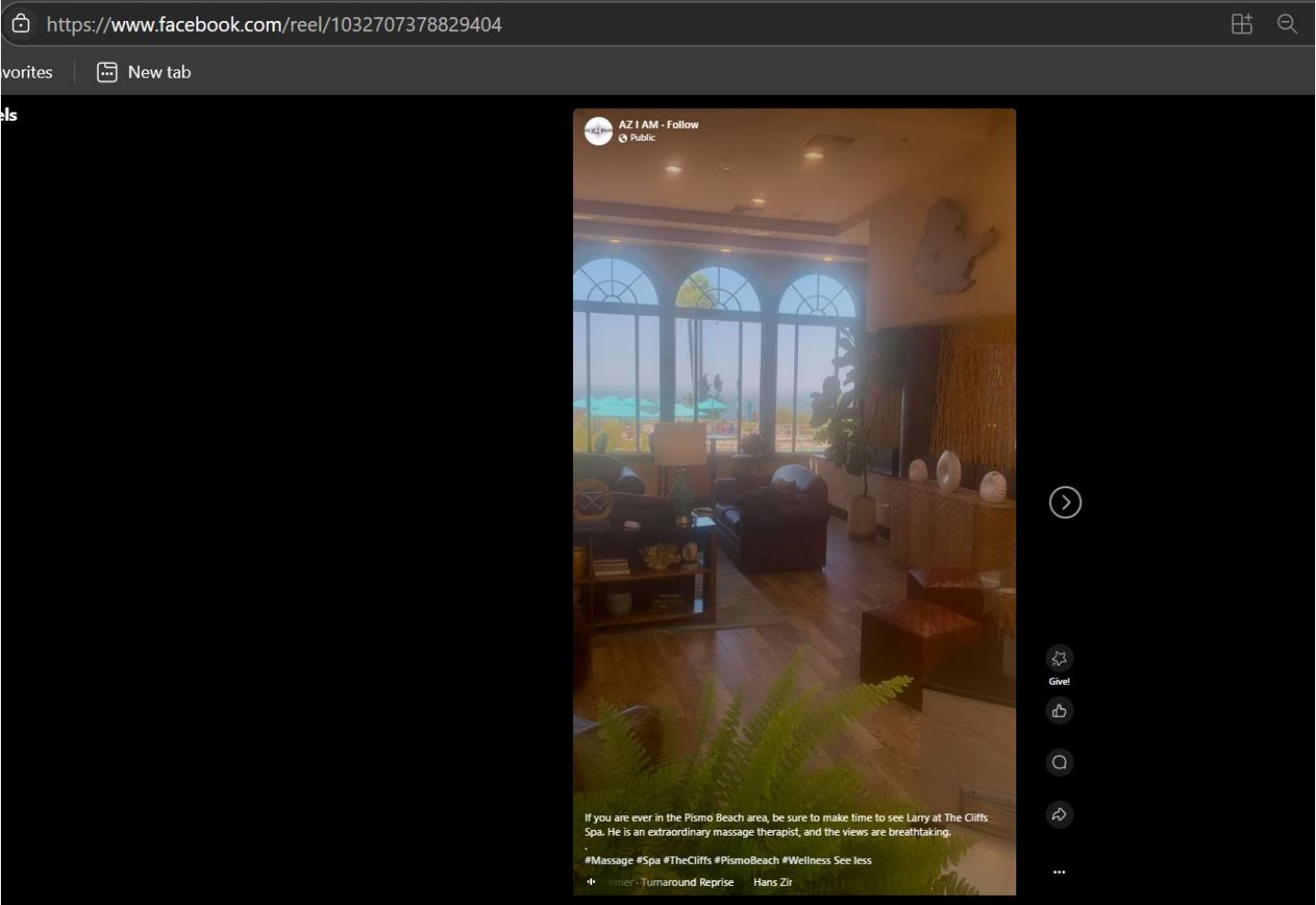
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 f	System ID: 591589	 Captured: May 30, 2025
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After DOI

If you are ever in the Pismo Beach area, be sure to make time to see Larry at The Cliffs Spa. He is an extraordinary massage therapist, and the views are breathtaking.



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Flashyogi

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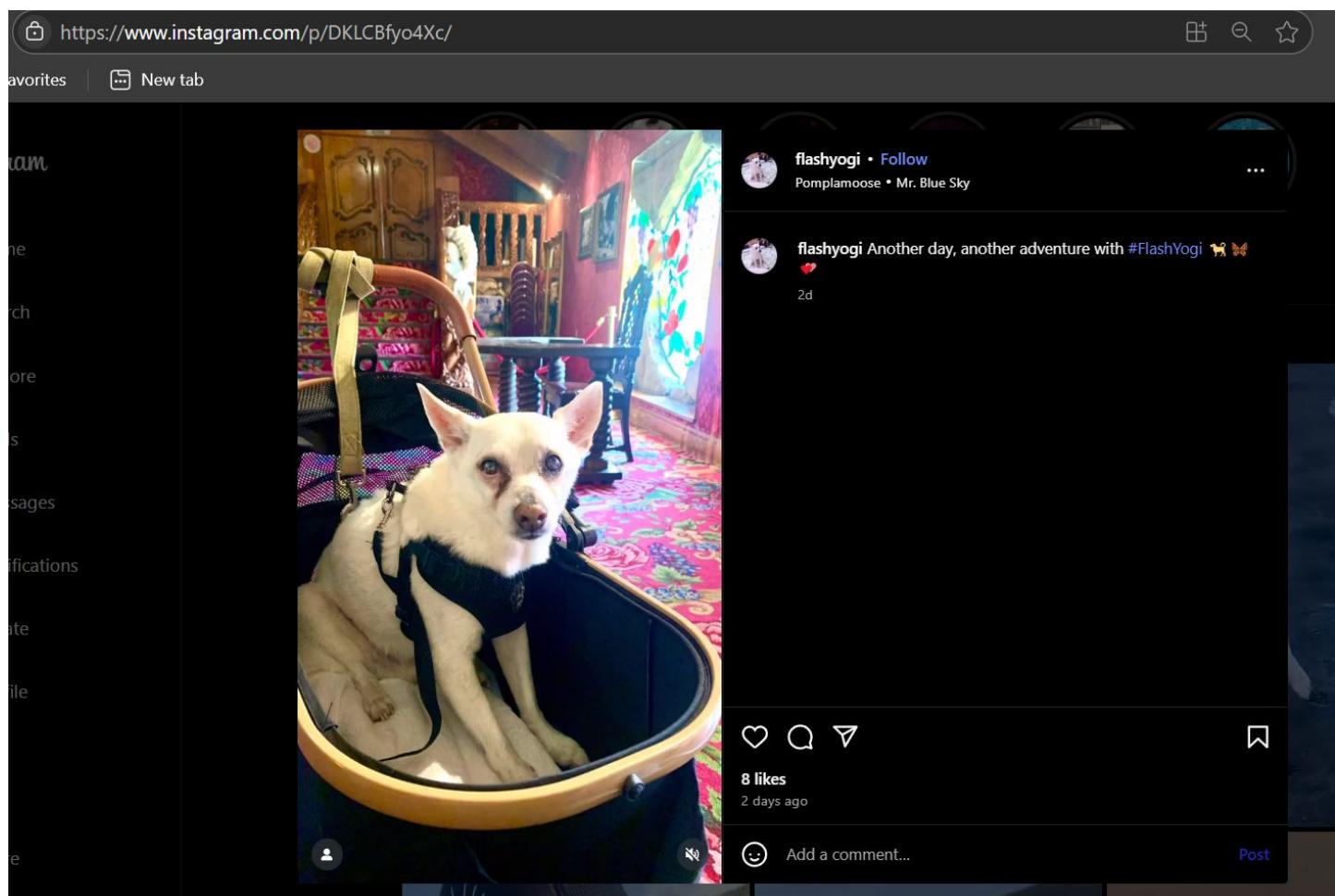
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The most recent post to the account. I hope whoever created a website showcasing photos sole-ly of my feet doesn't see this post. Just finished another powerful #DetoxRetreat #Blessed . #Sunday #Feet #AZIAM #AlannaZabel #Yoga

https://www.facebook.com/aziamyoga/posts/pfbid02PxqtPi4D7Ef8Zo5V3Yt4N8EvgrVAgUFBRk5SKm8jWpXhoU5YMZvkyKH2P...

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AZ I AM's Post

aziam Jun 1 at 5:39 PM

I hope whoever created a website showcasing photos solely of my feet doesn't see this post. 😊☀️

Just finished another powerful #DetoxRetreat 🌿 #Blessed

#Sunday #Feet #AZIAM #AlannaZabel #Yoga



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Other

	News Article		Posted: Jun 02, 2025
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	Alanna Marie Zabel		
	https://www.huffpost.com/author/alanna-zabel		

After DOI

Subject's contribution to Huff Post.



The screenshot shows the Huff Post homepage with a dark green header. The title 'HUFFPOST' is prominently displayed in white. Below the header, there is a navigation bar with links for NEWS, POLITICS, ENTERTAINMENT, LIFE, PERSONAL, VOICES, SHOPPING, and GAMES. The main content area features a profile for 'Alanna Zabel', identified as a 'CONTRIBUTOR' and 'Founder, AZIAM Yoga'. It includes a short bio, social media links (Facebook and Twitter), and a link to her full profile. At the bottom of the page, there are two recommended articles: 'Yoga and Sex' and '4 Factors That Influence Dharma'.

CONTRIBUTOR

Alanna Zabel

Founder, AZIAM Yoga



Alanna Zabel is the founder of AZIAM Yoga, the author of *As I Am: Where Spirituality Meets Reality*, creator of the *Yoga Barre™* technique and *The World's First Yoga Doll™* series. She has been teaching fitness, dance, and yoga for over 25 years. Voted Best Yoga Instructor In LA by Los Angeles Family Magazine In 2011 and one of Hollywood's Hottest Trainers by Shape Magazine In 2014, Alanna is passionate about teaching holistic and organic wellness while guiding others to discover their authentic self. Alanna has taught many Hollywood celebrities and professional athletes, including Adam Levine, Kelly Lynch, and Emeka Okafor. Alanna is a designer for AZIAM Active Wear. In addition, she has authored twelve childrens yoga books, including *The Seven Doors*, a childrens book teaching Deepak Chopra's Seven Spiritual Laws of Success. Alanna and AZIAM have been featured in *Self*, *Fitness*, *People*, *InStyle*, *Women's Health*, *Men's Health*, *Details*, *C - California Lifestyle*, *Yoga Journal* and *Yoga Magazine*, as well as *The Today Show*. For more information on Alanna, please visit www.aziamyoga.com

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December 6, 2017

[4 Factors That Influence Dharma](#)

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Alanna Zabel | 13 Sep 2017 | Paperback | Wanderlust

Meaningful Coincidence

No product reviews

Format

Paperback \$39.72

\$39.72

or 4 interest-free payments of \$9.93 with **afterpay**

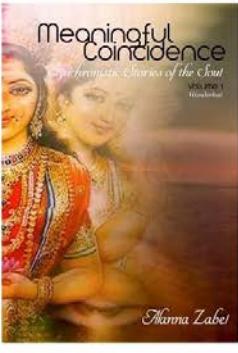
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- <https://www.totalfitnessdvds.com/Element-Beginner-Level-Yoga-p/481-y.htm>



Posted: Jun 02, 2025



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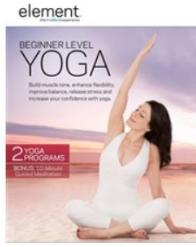
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Element Beginner Level Yoga

★★★★★ 1 Review

List Price: \$14.99

Our Price: \$9.99

You save \$5.00!

Quantity in Stock: 8

Product Code: 481-Y

Qty:

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https://theorg.com/org/aziam/org-chart/alanna-zabel

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THE ORG

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Aziam > Alanna Zabel

Ed



Alanna Zabel

Founder at Aziam

Contact

...

Alanna Zabel is a seasoned wellness expert with extensive experience in the fitness and wellness industry. As the owner of AZ I AM since October 1998, Zabel has created a bestselling fitness DVD in 2016 and designed the Modern Goddess™ activewear line, as well as invented the World's First Yoga Doll™ collections. Zabel has authored several works, including "Meaningful Coincidence: Synchronistic Stories of the Soul," and founded a studio dedicated to health and wellness. Previous roles include guest writer at HuffPost from February 2012 to June 2018, wellness specialist at Omni La Costa Resort & Spa where Zabel managed the Pilates and yoga department, and wellness coordinator at the Chopra Center for Wellbeing, where classes and trainings for diverse groups were formatted and instructed. Alanna Zabel earned a BA in Psychology from the University at Buffalo and studied at the University of Oxford.

Location: Santa Monica, United States

Links: [In](#)

Org chart

Aziam

Aziam, a wellness, fitness, and active wear company, creating unique...

Industries: Apparel & Fashion, E-Commerce

Headquarters: Los Angeles, United States

Employees: 11-50

Links: [X](#) [Facebook](#) [Twitter](#)

Related people: Yoni Kayman

Magnum Bikes

Org chart



Alanna Zabel
Founder

No direct reports



Teams

This person is not in any teams

OFFICES

Other

Employment

System ID: [592102](#)

[Alanna Marie Zabel](#)

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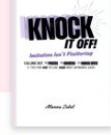
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AZ AUTHOR Alanna Zabel

Books by Alanna Zabel

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Audiobooks by Alanna Zabel

 Audiobook As I Am: Where

Other

 News Article

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 [Alanna Marie Zabel](#)

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Article about Subject and her retreat.

https://retreat.guru/teachers/7226-41/alanna-zabel

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Wellness > Santa Monica, California >



1 PHOTO

Alanna Zabel

About the Teacher

WHY STUDY WITH THEM?

AZ I AM® founder Alanna Zabel brings over 25 years of fitness/wellness experience, with a passion for helping others connect with their truest and most organic self. She holds a double BA in Psychology and Human Services, with a concentration in Child Development. Alanna is a Trauma-informed Yoga instructor, a registered ERYT-500 teacher trainer, a Sound Healer and Program Director/Trainer, the creator of Yoga Barre®, as well as a Stott Pilates and fitness instructor.

Committed to female empowerment, Alanna is a true visionary who created Goddess Detox Retreats in 1998. She is highly experienced at guiding groups of women on spiritual adventures and fasting retreats, while deepening their connection to their own Dharma and Divine Feminine.

In 2000, she founded her own unique YogaDance company based on combining the essential movements of yoga with modern dance. Her first performance was choreographed for a private party at Michael Jackson's

Alanna Zabel's Next Retreat



3-Day Goddess Detox Yoga Retreat in Santa Monica, CA

3 Days Package

AZ I AM Santa Monica, California

From \$575

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RETREAT LEADERS

Services, with a concentration in Child Development. Alanna is a Trauma-informed Yoga instructor, a registered ERYT-500 teacher trainer, a Sound Healer and Program Director/Trainer, the creator of Yoga Barre®, as well as a Stott Pilates and fitness instructor.

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In 2000, she founded her own unique YogaDance company based on combining the essential movements of yoga with modern dance. Her first performance was choreographed for a private party at Michael Jackson's home and performed at Neverland. Her performances have been requested at fashion shows, conferences and private parties.

With a flare for style and design, Alanna launched the premium AZ I AM® Active Wear collections. Beyond her accomplishments as an instructor, performer, program director, writer, and designer, Alanna is a creative force and a teacher with a passion for kids. In addition to fourteen children's books with yoga and wellness themes, she single-handedly created The World's First Yoga Doll® and Soul Model collections.

Voted "Best Yoga Instructor in Los Angeles" in 2011 by LA Family Magazine and one of "Hollywood's Hottest Trainers" by Shape Magazine in 2014, Alanna is passionate about teaching yoga through her classes, life and writing. She is the author of As I Am: Where Spirituality Meets Reality and Meaningful Coincidence: Synchronistic Stories of the Soul. Her children's book titles include The Seven Doors, a children's version of Deepak Chopra's best selling The Seven Spiritual Laws of Success. Alanna stars in five fitness DVDs: Yoga Total Body Makeover and Pilates Yoga Fusion, as well as Beginner Level Yoga for Toning, Flexibility + Stress Relief, Cardio + Conditioning Yoga, and Beginner Level Yoga which became a nationally bestselling fitness DVD in 2016.

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Upcoming Retreats



3-Day Goddess Detox Yoga
Retreat in Santa Monica, CA

3 Days Package

Other

 Amazon

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 [Alanna Marie Zabel](#)

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Subject's amazon book seller profile.



Posted: Jun 03, 2025



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Alanna Zabel

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About the author

Alanna Zabel is the founder of AZ I AM® Yoga & AZ I AM Studios, author of *As I Am: Where Spirituality Meets Reality and Meaningful Coincidence: Synchronistic Stories of the Soul*. She is a Trauma-informed Yoga instructor, a registered teacher trainer, a Sound Healer... [Read full bio](#)

Top Alanna Zabel titles for you

Dharma Kitty Goes to Mars! (AZ I AM Kiddz) ★★★★★ 7	Meaningful Coincidence: Synchronistic Sto... ★★★★★ 18	As I Am Journal: Modern Goddess Edition ★★★★★ 4	Sticky the Fly's Web of Lies ★★★★★ 3	Knock It Off!: Imitation Isn't Flattering ★★★★★ 16	Guruji's Gift ★★★★★ 1	The Only Way Out is In	Bounce Back! ★★★★★ 2
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Alanna Zabel

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Alanna Zabel



About the author

Alanna Zabel is the founder of AZ I AM® Yoga & AZ I AM Studios, author of *As I Am: Where Spirituality Meets Reality and Meaningful Coincidence: Synchronistic Stories of the Soul*. She is a Trauma-informed Yoga instructor, a registered teacher trainer, a Sound Healer and Program Director/Trainer, the creator of *Yoga Barre®*. She leads yoga retreats around the globe, including her Goddess Detox, Surf & Yoga and Seva Retreats.

Voted "Best Yoga Instructor in LA" by Los Angeles Family Magazine in 2011 and one of "Hollywood's Hottest Trainers" by Shape Magazine in 2013, Alanna is passionate about teaching holistic and organic wellness. Her children's book titles include *The Seven Doors*, a children's version of Deepak Chopra's best selling *The Seven Spiritual Laws of Success*. She stars in five fitness DVDs: *Yoga Total Body Makeover* and *Pilates Yoga Fusion*, as well as Beginner Level *Yoga for Toning, Flexibility + Stress Relief*, *Cardio + Conditioning Yoga*, and *Beginner Level Yoga* which became a nationally bestselling fitness DVD in 2016.

With a flare for style and design, Alanna launched the premium AZ I AM® Active Wear collections, *The Modern Goddess®*, and beyond her accomplishments as an instructor, performer, program director, writer, and designer, Alanna is a creative force and a teacher with a passion for kids. In addition to fourteen children's books with yoga and wellness themes, she single-handedly created *The World's First Yoga Doll®* and *Soul Model* doll collections.

Alanna has been featured in *Self*, *Fitness*, *People*, *InStyle*, *Yoga Journal*, *Shape*, *Women's Health*, *Men's Health*, *Details*, *Mantra Yoga + Health*, *Origin*, *C - California Lifestyle and Yoga Magazine*, as well as having been featured in several yoga/fitness productions.

For more information on Alanna, please visit [AziAm.com](#) or visit our studio in LA!

 Other



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Alanna Marie Zabel



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Alanna Zabel Goodreads Author

Born Buffalo, NY
Website <http://www.aziam.com>
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Genre Spirituality, Psychology, Children's
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Member Since August 2013
URL <https://www.goodreads.com/alannazabel>

edit data

AZ I AM® founder Alanna Zabel is an internationally recognized yoga instructor, studio founder, wellness expert, author, inventor, and entrepreneur, bringing over 25 years of experience helping others connect with their most authentic self. She holds degrees in Psychology and Health & Human Services, with a concentration in Child Development. Alanna is a trauma-informed yoga instructor, a sound healer, teacher trainer, the creator of Yoga Barre®, as well as a Pilates and fitness instructor.

Committed to female empowerment, Alanna is a true visionary. In addition to originating the "day retreat" format, she was the first to create Goddess Detox Retreats in 1998, guiding groups of women on spiritual adventures and fasting retreats. In 2000, she founded her own unique YogaDance company based on combining the essential movements of yoga with modern dance. Her first performance was choreographed for a private party at Michael Jackson's home and performed at Neverland.

With a flare for style and design and a stubborn commitment to sustainability, Alanna launched the premium AZ I AM® Active Wear collections single-handed created The World's Yoga Doll®, the world's first moveable fashion doll. Beyond her accomplishments as an instructor, author, designer, and activist, Alanna is a creative force and a teacher with a passion for kids wellness. In addition to three memoirs, Alanna has written fourteen children's books with yoga and wellness themes.

Voted "Best Yoga Instructor in Los Angeles" in 2011 by LA Family Magazine and one of "Hollywood's Hottest Trainers" by Shape Magazine in 2014, Alanna is passionate about teaching yoga through her classes, life and writing. She is the author of *As I Am: Where Spirituality Meets Reality and Meaningful Coincidence: Synchronistic Stories of the Soul*.

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ALANNA ZABEL'S BLOG 1 post

As I Am: Our Hypnotic Existence

Everything about our existence is hypnotic and contagious. Each experience we encounter and every relationship we have inputs information through mirrored feedback into our susceptible psyches. The accumulation of this data organizes as programs onto our susceptible minds. Our minds work like computers in that they simply output according to their programming. Yet we are live, energetic and magnet Read more of this blog post »

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The Tell
"I read this book in one sitting and found it somewhat uninspiring."

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Alanna Zabel and 12 other people liked BookNookLover's review of *The Tell: A Memoir*:



"I read this book in one sitting and found it somewhat uninspiring."

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Alanna Zabel and 36 other people liked Christie Lampe's review of *The Tell: A Memoir*:



"I struggled with this book. Maybe because *The Glass Castle*, another memoir, is one of my all time favorites, but I found myself skimming some pages on this one. It just didn't capture my attention or compel me in the way I expected given all the hype"

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by Alanna Zabel (Goodreads Author)

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Alanna Zabel rated a book **★★★★★**



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Alanna Zabel rated a book **★★★★★**



Mono Risa's Coconuts (AZ I AM Kidz)

by Alanna Zabel (Goodreads Author)

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System ID: 592645

Alanna Marie Zabel

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As I Am: Where Spiritual... by Alanna Zabel
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Sticky the Fly's Web of Lies by Alanna Zabel, Rita Vig...
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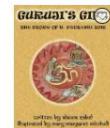
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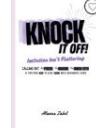
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#1 in Series
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Other

Crunch Base

System ID: [592226](#)

[Alanna Marie Zabel](#)

<https://www.crunchbase.com/organization/aziam>



Posted: Jun 05, 2025



Captured: Jun 03, 2025

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Business profile for AZ I AM.

https://www.crunchbase.com/organization/aziam

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Aziam CB Rank 307683 Heat Score 85 ↑

Aziam, a wellness, fitness, and active wear company, creating unique products and services, including DVDs, books, detox programs, and more.

Founded 2003 | Private | Los Angeles, California, United States | 11-50 | www.aziam.com/ | [f](#) [in](#)

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Overview

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Frequently Asked Questions

Overview

Get predictions on funding, acquisitions, IPOs and more.

86% ↳ Funding Prediction Chance of funding in 6 months

97 ↳ Growth Prediction Very likely to be acquired

Likely

Growth Score 0 — pts in past quarter

Heat Score 85 ↑ 7 pts in past quarter

Company Performance Metrics

3M 1Y 2Y 5Y 10Y

Heat Score Heat Trend Growth Score Growth Trend

Ask me about Crunchbase data

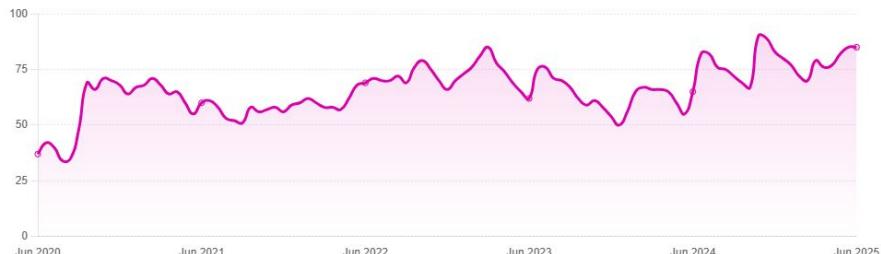
Overview

- ▶ Predictions & Insights
- ▶ People
- ▶ Technology

Frequently Asked Questions

— Heat Score ■ Heat Trend — Growth Score ■ Growth Trend

Score



>About These Metrics

Company Profile Activity

Emerging

Ask me about Crunchbase data

Key People

Alanna Zabel: Yoga and Fitness Expert, Founder, Owner, and CEO

Overview

- ▶ Predictions & Insights
- ▶ People
- ▶ Technology

Frequently Asked Questions

Company Profile Activity

Emerging

Among all Health Care companies

Low Activity High Activity

Key People



Alanna Zabel: Yoga and Fitness Expert, Founder, Owner, and CEO

Details

Operating Status
Active

Company Type
For Profit

Founders
Alanna Zabel

About the Company

Aziam is a wellness, fitness, and active wear company, creating unique products and services, including DVDs, books, detox programs, and retreats to guide its clients' personal yoga journey. In addition to its products, Aziam also offers Yoga Classes, Kids Yoga Camps, and hosts a worldwide community to share its clients' experiences.

The well-received launch of Aziam's Aziam Active Wear line has extended its organic philosophy into fashion. It is committed to making its premium garments with quality fabrics, cuts, and designs.

Aziam was founded in 2003 by Alanna Zabel, a registered ERYT-500 yoga instructor, Pilates and fitness instructor. Aziam is based in Los Angeles, C.A.

[^ Read Less](#)

Phone Number
310-260-2556

Contact Email
info@aziam.com

Diversity Spotlight

W

Ask me about Crunchbase data

Other

	Employment		Posted: Jun 06, 2025
	System ID: 591828		Captured: Jun 02, 2025
	Alanna Marie Zabel		
	https://www.collagevideo.com/collections/alanna-zabel		

After DOI

Subject's instructor biography.

https://www.collagevideo.com/collections/alanna-zabel

Import favorites | New tab

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ALANNA ZABEL

CLICK TO MEET THE INSTRUCTOR

Qualifications: Founder of AZIAM Yoga and the creator of Yoga Barre.

Personal History: Alanna Zabel is the founder of AZIAM Yoga, the author of *As I Am*, and creator of both *Yoga Barre™* and *The World's First Yoga Doll Collection™*. She has been teaching yoga, fitness, and Pilates for over 24 years. Voted "Best Yoga Instructor in LA" by Los Angeles Family Magazine in 2011 and named one of "Hollywood's Hottest Trainers" by Shape Magazine in 2014, she has also been featured in *Self*, *Yoga Journal*, *People* and on *The Today Show*. As one of the most sought after instructors in the country, Alanna's clients have included everyone from Hollywood executives and busy working moms, to 2005's NBA Rookie of the Year Emeke Okafor and Maroon 5's Adam Levine.

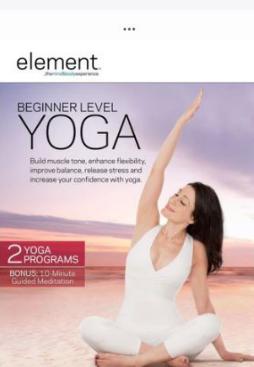
https://www.collagevideo.com/collections/alanna-zabel

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... Operator and Maroon 5's Adam Levine.

element



Element: Beginner Level Yoga
\$14.99

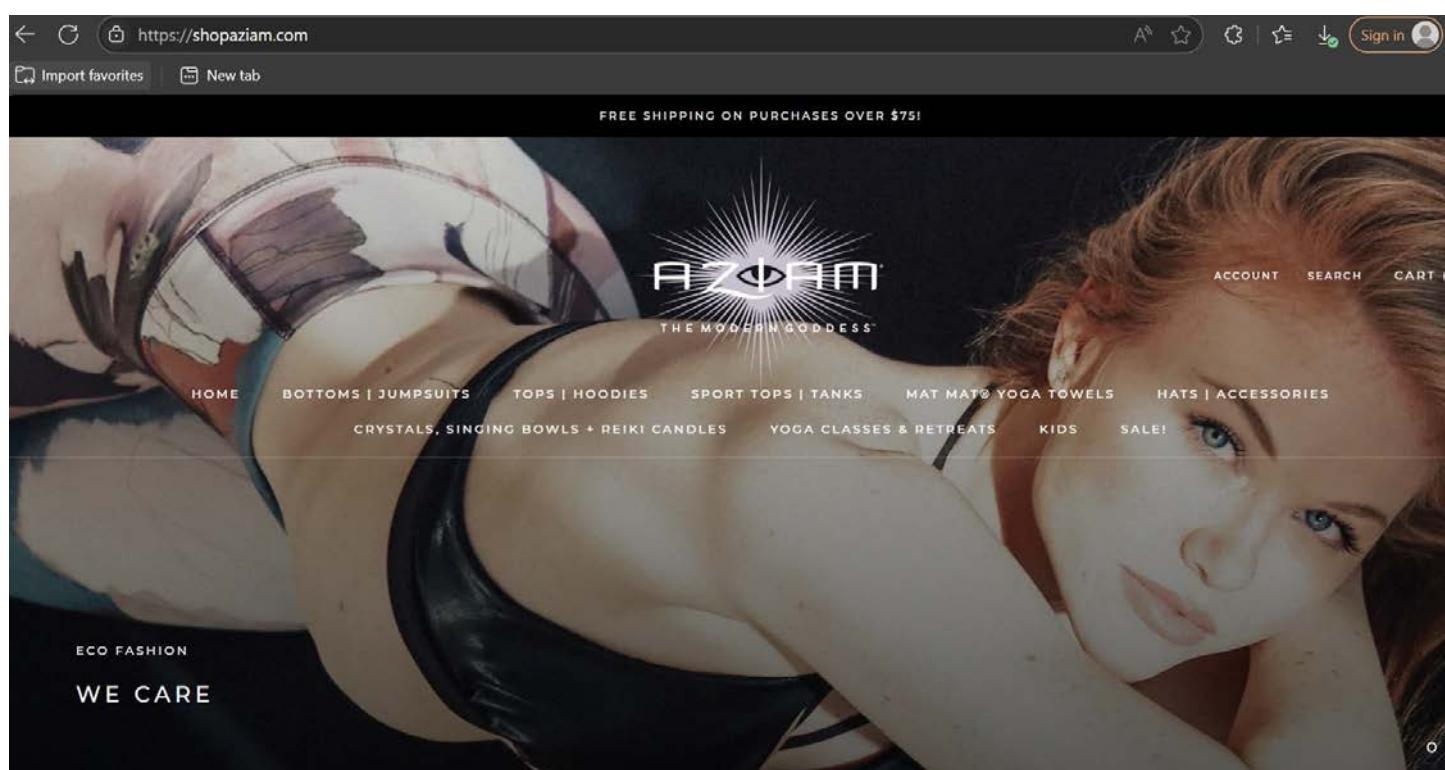
🌐 Other

🌐 Aziam Modern Goddess Website
🌐 System ID: [592769](#)
👤 [Alanna Marie Zabel](#)
↗ <https://shopaziam.com/>

📅 Posted: Jun 15, 2025
📅 Captured: Jun 04, 2025

After DOI

Subject's activewear website.



🌐 Other

- 🌐 Az I Am website
- 🌐 System ID: [591532](#)
- 👤 [Alanna Marie Zabel](#)
- ↗ <https://aziam.com/>

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https://aziam.com

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We Bring the Beat 🎶 & the Heat 🔥

AZ IAM is dedicated to guiding your journey of authentic Self-Realization through grounded realism, reliable instruction, powerful sound and modern style evolved from ancient teachings. Enjoy a class at one of our beautiful studios and experience inspiring classes led by exceptional instructors. Elevate your practice and nurture personal growth with our transformative workshops and events, indulge your wanderlust with our expansive Yoga Retreats, and rejuvenate with Massage, Acupuncture, or

ABOUT US



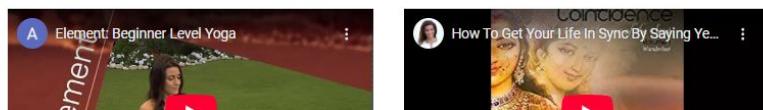
Alanna Zabel

AZIAM® founder Alanna Zabel is an internationally recognized yoga instructor, studio founder, wellness expert, author, inventor, and entrepreneur, bringing over 25 years of experience helping others connect with their most authentic self. She holds degrees in Psychology and Health & Human Services, with a concentration in Child Development. Alanna is a trauma-informed yoga instructor, a sound healer, teacher trainer, the creator of Yoga Barre®, as well as a Pilates and fitness instructor.

Committed to female empowerment, Alanna is a true visionary. In addition to originating the "day retreat" format, she was the first to create **Goddess Detox Retreats** in 1998, guiding groups of women on spiritual adventures and fasting retreats. In 2000, she founded her own unique **YogaDance** company based on combining the essential movements of yoga with modern dance. Her first performance was choreographed for a private party at Michael Jackson's home and performed at Neverland.

With a flare for style and design and a stubborn commitment to sustainability, Alanna launched the premium **AZIAM® Active Wear** collections, as well as single-handedly created **The World's Yoga Doll®**, the world's first moveable fashion doll. Beyond her accomplishments as an instructor, author, designer, and activist, Alanna is a creative force and a teacher with a passion for kids' wellness. In addition to three memoirs, Alanna has written fourteen children's books with yoga and wellness themes.

Voted "Best Yoga Instructor in Los Angeles" in 2011 by LA Family Magazine and one of "Hollywood's Hottest Trainers" by Shape Magazine in 2014, Alanna is passionate about teaching yoga through her classes, life and writing. She is the author of *As I Am Where Spirituality Meets Reality* and *Meaningful Coincidence: Synchronistic Stories of the Soul*. Her children's book titles include *The Seven Doors*, a children's version of Deepak Chopra's best-selling *The Seven Spiritual Laws of Success*. Alanna stars in five fitness DVDs: *Yoga Total Body Makeover* and *Pilates Yoga Fusion*, as well as *Beginner Level Yoga for Toning, Flexibility + Stress Relief*, *Cardio + Conditioning Yoga*, and *Beginner Level Yoga* which became a nationally bestselling fitness DVD in 2016.



Other

-  Business Records
-  System ID: [591825](#)
-  [Alanna Marie Zabel](#)
-  <https://www.bizapedia.com/ca/victore-inc.html>



Posted: Jun 17, 2025



Captured: Jun 02, 2025

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Business records for VICTORE, INC.

https://www.bizapedia.com/ca/victore-inc.html

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Bizapedia™

Home > U.S. > California > Santa Monica

VICTORE, INC.
California Secretary Of State Business Registration - Updated 4/7/2025

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VICTORE, INC. is a California Stock Corporation - CA - General filed on September 23, 2011. The company's filing status is listed as Converted Out and its File Number is 3411335.

The Registered Agent on file for this company is Alanna Zabel and is located at 949 Euclid St #10, Santa Monica, CA 90403. The company's principal address is 949 Euclid St #10, Santa Monica, CA 90403 and its mailing address is Po Box 267, Santa Monica, CA 90406.

The company has 1 contact on record. The contact is Alanna Zabel from Santa Monica CA.

 Like 33K

Company Information

Company Name:	VICTORE, INC.
Entity Type:	CALIFORNIA STOCK CORPORATION - CA - GENERAL
File Number:	3411335
Filing State:	California (CA)
Filing Status:	Converted Out
Filing Date:	September 23, 2011
Company Age:	13 Years, 9 Months
Registered Agent:	 Alanna Zabel 949 Euclid St #10 Santa Monica, CA 90403
Principal Address:	 949 Euclid St #10 Santa Monica, CA 90403
Mailing Address:	 Po Box 267 Santa Monica, CA 90406
Expiration Date:	October 22, 2012
Products/Services:	MANUFACTURING
Business Category:	Manufacturing
Governing Agency:	California Secretary of State

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Company Contacts

ALANNA ZABEL Chief Executive Officer  Po Box 267 Santa Monica, CA 90406
ALANNA ZABEL Chief Financial Officer  Po Box 267 Santa Monica, CA 90406
ALANNA ZABEL Director

Company Information

Company Name: [VICTORE, INC.](#)
Entity Type: CALIFORNIA STOCK CORPORATION - CA - GENERAL
File Number: 3411335
Filing State: California (CA)
Filing Status: Converted Out
Filing Date: September 23, 2011
Company Age: 13 Years, 9 Months
Registered Agent:  Alanna Zabel
949 Euclid St #10
Santa Monica, CA 90403
Principal Address:  949 Euclid St #10
Santa Monica, CA 90403
Mailing Address:  Po Box 267
Santa Monica, CA 90406
Expiration Date: October 22, 2012
Products/Services: MANUFACTURING
Business Category: Manufacturing
Governing Agency: California Secretary of State

Sponsored
Links

Company Contacts

[ALANNA ZABEL](#)
Chief Executive Officer
 Po Box 267
Santa Monica, CA 90406

[ALANNA ZABEL](#)
Chief Financial Officer
 Po Box 267
Santa Monica, CA 90406

[ALANNA ZABEL](#)
Director
 Po Box 267
Santa Monica, CA 90406

[ALANNA ZABEL](#)
Secretary
 Po Box 267
Santa Monica, CA 90406

Reviews

[Write Review](#)

There are no reviews yet for this company.

Questions

[Post Question](#)

Other

 Business Records

 System ID: [591824](#)

 [Alanna Marie Zabel](#)

 <https://www.bizapedia.com/ca/aziam-inc.html>



Posted: Jun 17, 2025



Captured: Jun 02, 2025

After DOI

Business records for Aziam.

https://www.bizapedia.com/ca/aziam-inc.html

New tab

Home > U.S. > California > Santa Monica

AZIAM, INC

California Secretary Of State Business Registration - Updated 1/21/2025

Sponsored Links

AZIAM, INC is a California Stock Corporation - Ca - General filed on September 22, 2008. The company's filing status is listed as Terminated and its File Number is 3164586.

The Registered Agent on file for this company is Alanna Zabel and is located at 1528 16th St Suite A, Santa Monica, CA 90404. The company's principal address is 1235 4th St, Santa Monica, CA 90401 and its mailing address is 1528 16th St Suite A, Santa Monica, CA 90404.

The company has 1 contact on record. The contact is Alanna Zabel from Santa Monica CA.

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Company Information

Company Name:	AZIAM, INC
Entity Type:	CALIFORNIA STOCK CORPORATION - CA - GENERAL
File Number:	3164586
Filing State:	California (CA)
Filing Status:	Terminated
Filing Date:	September 22, 2008
Company Age:	16 Years, 9 Months
Registered Agent:	 Alanna Zabel 1528 16th St Suite A Santa Monica, CA 90404
Principal Address:	 1235 4th St Santa Monica, CA 90401
Mailing Address:	 1528 16th St Suite A Santa Monica, CA 90404
Expiration Date:	November 9, 2022
Products/Services:	FITNESS AND YOGA SERVICES
Business Category:	Fitness & Instruction
Governing Agency:	California Secretary of State

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Filing State:	California (CA)
Filing Status:	Terminated
Filing Date:	September 22, 2008
Company Age:	16 Years, 9 Months
Registered Agent:	 Alanna Zabel 1528 16th St Suite A Santa Monica, CA 90404
Principal Address:	 1235 4th St Santa Monica, CA 90401
Mailing Address:	 1528 16th St Suite A Santa Monica, CA 90404
Expiration Date:	November 9, 2022
Products/Services:	FITNESS AND YOGA SERVICES
Business Category:	Fitness & Instruction
Governing Agency:	California Secretary of State

Company Contacts

ALANNA ZABEL
Chief Executive Officer
 1528 16th St Suite A
Santa Monica, CA 90404

ALANNA ZABEL
Chief Financial Officer
 1528 16th St Suite A
Santa Monica, CA 90404

ALANNA ZABEL
Director
 1528 16th St Suite A
Santa Monica, CA 90404

ALANNA ZABEL
Secretary
 1528 16th St Suite A
Santa Monica, CA 90404

Reviews

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Other

US Phonebook

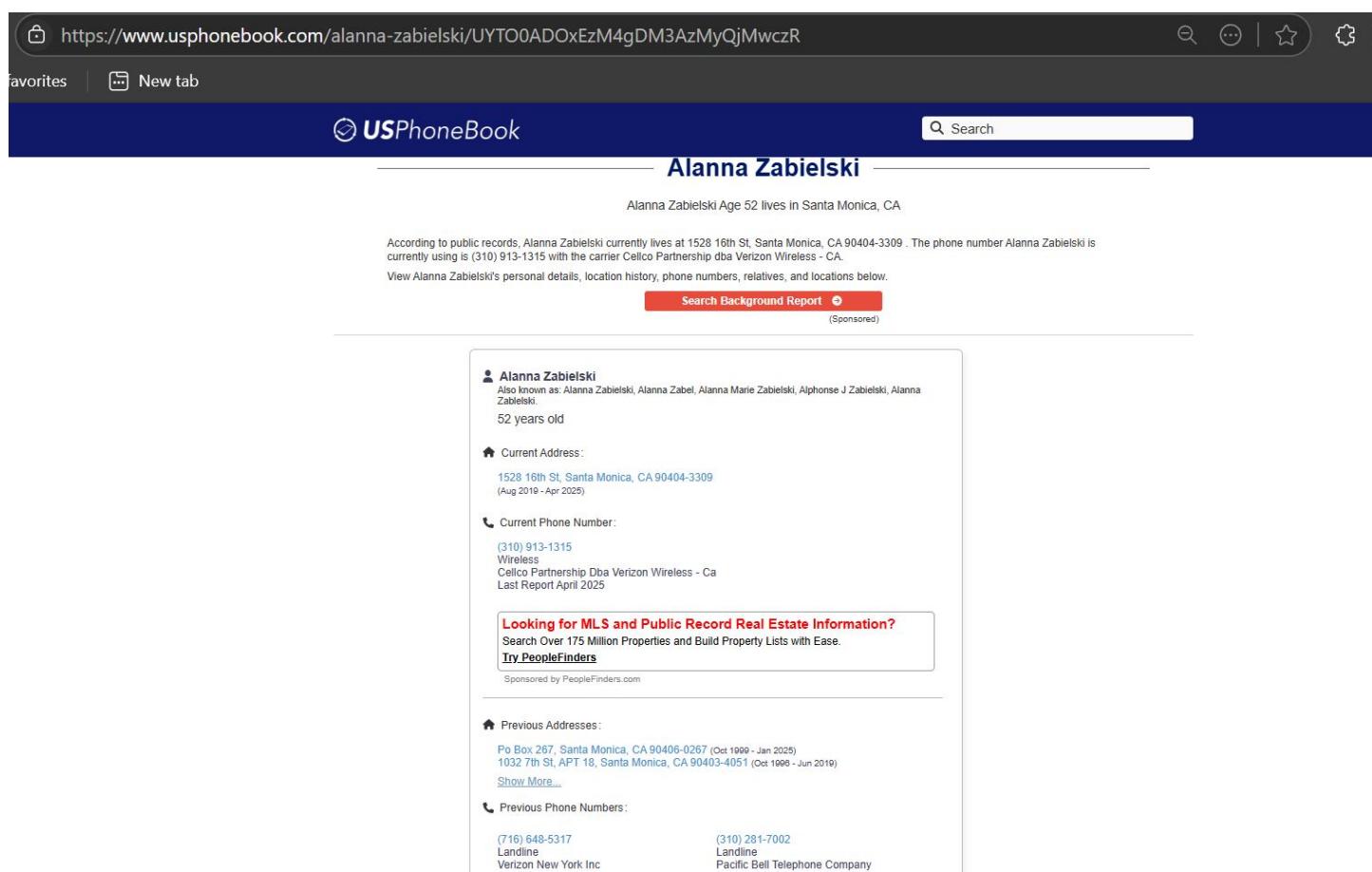
System ID: [591482](#)

[Alanna Marie Zabel](#)

<https://www.usphonebook.com/alanna-zabielski/UYTO0AD0xEzM4gDM3AzMyQjMwczR>

After DOI

US Phonebook entry for Subject.



The screenshot shows a web browser window for the USPhoneBook website. The URL in the address bar is <https://www.usphonebook.com/alanna-zabielski/UYTO0AD0xEzM4gDM3AzMyQjMwczR>. The page title is "Alanna Zabielski". The main content area displays the following information:

- Profile Summary:** Alanna Zabielski, Age 52, lives in Santa Monica, CA.
- Current Address:** 1528 16th St, Santa Monica, CA 90404-3309 (Aug 2019 - Apr 2025)
- Current Phone Number:** (310) 913-1315 (Wireless, Celico Partnership Dba Verizon Wireless - Ca, Last Report April 2025)
- MLS and Public Record Real Estate Information:** A red box with text: "Looking for MLS and Public Record Real Estate Information? Search Over 175 Million Properties and Build Property Lists with Ease. Try [PeopleFinders](#)".
- Previous Addresses:** Po Box 267, Santa Monica, CA 90406-0267 (Oct 1999 - Jan 2025), 1032 7th St, APT 18, Santa Monica, CA 90403-4051 (Oct 1996 - Jun 2019). A "Show More..." link is present.
- Previous Phone Numbers:** (716) 648-5317 (Landline, Verizon New York Inc) and (310) 281-7002 (Landline, Pacific Bell Telephone Company).

https://www.usphonebook.com/alanna-zabielski/UYTO0ADOxEzM4gDM3AzMyQjMwczR

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Workplace for Alanna Zabielski

Current

Yoga And Fitness Expert
Az I
Santa Monica, CA, 90406
Business Services

[Show More...](#)

Relatives

Alanna Zabielski	Alphonse Zabielski
Joanne Zabielski	Mary Zabielski
Thomas Zabielski	Monica Fricchione
Alan Siska	Alicia Days
Anna Fricchione	and 31 more available

Associates

Azoacha Forcheh	Baldeep Singh
Bradley Wing	Charles Calkins
Clifford Nale	Kimberly Cromer
Lynda Carre	Naima Jones
Nicole McGuire	and 4 more available

Email:

alannazabielski@hotmail.com
alannazabs@yahoo.com

Other

Google Maps

System ID: 591495

Alanna Marie Zabel

[https://www.google.com/maps/place/1528+16th+St,+Santa+Monica,+CA+90404/@34.0236815,-118.4815504,19z/data=!4m16!1m9!3m8!1s0x80c2bb33f4681443:0x10ad6bdb9a9e317a!2s1528+16th+St,+Santa+Monica,+CA+90404!3b1!8m2!3d34.0235316!4d-118.4816803!10e5!16s%2F11csgj99p9?entry=ttu&q_ep=EgoyMDI1MDUyNy4wIKXMDSoASAFQAw%3D%3D](https://www.google.com/maps/place/1528+16th+St,+Santa+Monica,+CA+90404/@34.0236815,-118.4815504,19z/data=!4m16!1m9!3m8!1s0x80c2bb33f4681443:0x10ad6bdb9a9e317a!2s1528+16th+St,+Santa+Monica,+CA+90404!3b1!8m2!3d34.0235316!4d-118.4816803!10e5!16s%2F11csgj99p9!3m5!1s0x80c2bb33f4681443:0x10ad6bdb9a9e317a!8m2!3d34.0235316!4d-118.4816803!16s%2F11csgj99p9?entry=ttu&q_ep=EgoyMDI1MDUyNy4wIKXMDSoASAFQAw%3D%3D)

Posted: Jun 21, 2025

Captured: May 30, 2025

After DOI

Google maps search results for 1528 16th St, Santa Monica, CA 90404. Property records containing ownership information were not located.

