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HEALTH & WELLNESS



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with
Dr. Emil Haldey



Prescription for Success with Dr. Emil Haldey
Archives Available
July 18th 2019: Relationships and success

In this episode we'll interview Sondra Stewart - the teacher, transformational speaker, mentor and expert in relationships. We'll ask her for advice about relationships and questions about relationships. Sondra will explain us the importance of relationships to health and the importance of health in a relationship. How one affects the other and can be done about it. Sondra will present us her perspective on the role of masculine and feminine energy in a romantic relationship. Sondra is also a meditation instructor and she will tell us how meditation and relationships are connected. Then sh

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Featured Guest



Sondra Stewart

Sondra is a teacher, transformational speaker and mentor in the area of creating mindful relationships, sustainably filled with joy and connection. She is a Wisdom Teacher and Meditation Instructor trained in India, as well as a Certification Partner with Alison Armstrong. She has put into practice, in her own life and marriage, the principles she writes and teaches, and shares her lived-experience and that of the hundreds of people she has researched. She helps heal people from the wounds relationships can cause and provides a path to greater connection and joy for people in all stages and types of relationships.

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