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EMPOWERMENT



with **AJ Jonczak**  
and **Traci Sanginiti**

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**February 3rd 2020: Kundalini: Waking up the  
Sleeping Serpent to Create & Manifest!**

Join us as we interview Kundalini Yogi & Transformational Coach, Joe Longo! Joe explains the Art of Kundalini as well as how to awaken the serpent within in your own life to manifest the deepest wishes of your soul's calling.

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#### Featured Guest



##### Joe Longo

Joe Longo, Transformational Coach, Kundalini Yoga, and Meditation Guide and Photographer. Joe has spent the last year studying with John Kim AKA The Angry Therapist focusing on the world of Transformational Coaching and Positive Psychology merging the Woo and Science to give you an experience of yourself and your higher self.

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