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EMPOWERMENT



Women Thriving, Unapologetically
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May 19th 2022: Thriving Through Adversity

In this inaugural episode, get to know the host of Women Thriving Unapologetically, Lysie McKeown. Emotion Code Practitioner, Shamanic healer, Angel Guide, mesa carrier for Peace and long-time friend, Anya Shepelavey, asks the questions you all want to know. What are the pivotal points in Lysie's life that guided her from despair to joy, heartache to profound love, and depression and loss to a thriving coaching business. Discover what it means to thrive, unapologetically. It's not what you think! Lysie will also share her solution to stepping into a life that is filled with magic, wo

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Featured Guest



Anya Shepelavey

Anya was thrust onto the path of spiritual awakening while living in Oregon, pursuing her Master's degree in (International) Public Health. Anya's (then) husband was diagnosed with a life-threatening heart condition which set her on a path to explore alternative health treatments in an effort to help him heal. His medical issues triggered unconscious memories of her own personal, generational, and past life traumas inspiring Anya, over the years, to take up yoga, meditation, and other spiritual and healing practices to relieve the overwhelm, anxiety, and panic she was experiencing. Since 1995 Anya has been on a deep and long soul-searching and self-growth quest as a result of her desire for

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