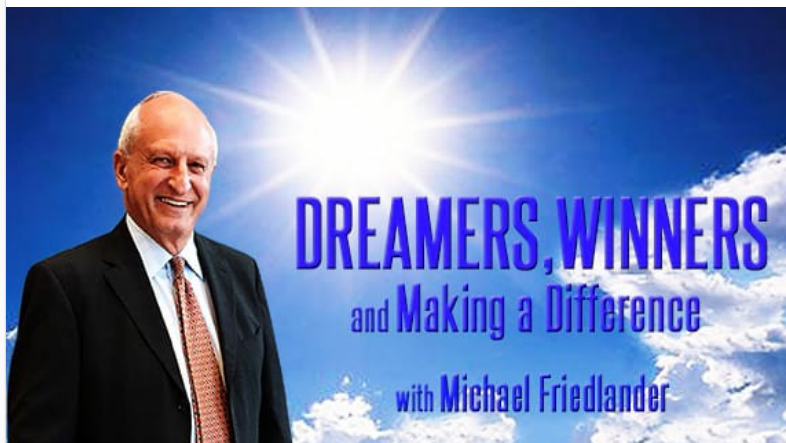


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There are many who rely on meditation and yoga to provide them with the balance and tranquility they need to make wise decisions...

There are many who believe that they are indispensable activities for realizing one's dreams and achieving one's potential...

Our guest, Kristen Eykel, has devoted her life to teaching yoga and meditation techniques.



Featured Guest



Kristen Eykel

Kristen Eykel CHT. Brings a wealth of experience to her clients. From Supermodel in Paris to LA's Red Carpets, Kristen has travelled the world of Beauty & Self-Empowerment.

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