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**December 2nd 2015: Awaken, Empower and
Embody Your Life**

My guest this week is Sacha Fossa, we talk openly about her background and past experiences which included depression and a path of sexual trauma. In learning from her past experiences she had awakenings that along with her MA in Health, Arts and Sciences, serve her as she coaches others to live a life they truly love. We talk about Tantra, what it is, and the different types. Dispel common misconceptions regarding this and how each of us can integrate this in our lives. Discuss forgiveness, trust, self care, self love and the importance of this to overall health. As well as other holistic he

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Featured Guest



Sacha Fossa

Sacha L. Fossa, is a Sex, Relationship and Intimacy Coach, Advanced Certified Tantric Educator (ACTE) and Holistic Healer who helps individuals and couples get the Best Sex and Love Life they have always wanted.

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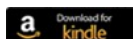
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