



EXPRESS YOURSELF!™

where teens talk and the world listens

Teen Radio

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Express Yourself!
Sunday at 3 PM Pacific
February 9th 2016: The Power of Love

“When the power of love overcomes the love of power the world will know peace”-Jimi Hendrix Express Yourself!™ shares the love with hosts Brigitte Jia and Zahra Hasanaian as they interview two authors who know a lot about amour. First up is Jennie Lee, healing yoga therapist and author of True Yoga, an inspirational guide through the Yoga Sutras outlining how to create enduring happiness, overcome life's challenges, and experience the Universal Love that is available through meditation. Numerologist Michelle Arbau, author of The Energy of Words, shows us how the numbers are never wrong a

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Featured Guests



Jennie Lee
Jennie Lee is a Yoga Therapist who has used the formula she writes about in True Yoga, to help people conquer paralyzing anxiety, depression, grief, post-traumatic stress, attention deficit issues, eating disorders, and challenging relationship dynamics. An expert in the field of Yoga Therapy, Jennie lives the principles of the Yoga Sutras to navigate times of trial and to remain happy regardless.
www.jennieleeyogatherapy.com

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Michelle Arbeau
Michelle Arbeau is an internationally recognized Celebrity Numerologist, author, inspirational speaker and radio and tv host. She has a Hollywood clientele base that includes Twilight vampires, Big Bang Theory actress, Pirates of the Caribbean actor, NBC Director, Celebrity stylist and many more. A media favorite and considered an expert in her field, Michelle is the author of The Energy of Words. <http://www.michellearbeau.com/>

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