



# Patricia Raskin

## POSITIVE LIVING SHOW

### The Patricia Raskin Show Monday at 11 AM Pacific

February 25th 2019: Elyse Simon, Mindfulness/ Sky Nelson Isaacs, Science Synchronicity

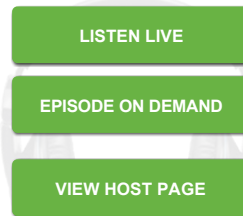
In the first half hour Patricia interviews Elyse Simon, MA, MSC, Senior SALT Practitioner. SALT - Self-Awareness, Let's Talk, is an immersive, integrative well-BEing studio. Members learn to center themselves through the constant changing waves of life. Elyse will discuss how SALT aims to get to the underlying root causes of experiences that lead to pain and dysfunction in our physical, emotional, psychological, sexual, and spiritual well-being and how we learn to recognize feelings of gratitude, appreciation and contribution around life experiences of happiness. In the second half hour Pat

[Read more](#)



### Tune in

Monday at 11 AM Pacific Time on  
VoiceAmerica Variety Channel



Questions? Comments?  
Call In Live!  
Toll Free: 1-866-472-5788  
Int: 001-480-398-1394

### Featured Guests



#### Elyse Simon

Elyse Simon, MA, MSC – Senior SALT Practitioner is a relational, mindfulness and compassion practitioner and educator. She received her Master's degree in integrative health, and is trained in mindfulness-based treatment programs.

[Read more](#)



#### SKY NELSON-ISAACS

SKY NELSON-ISAACS is a theoretical physicist, speaker, author, and musician. He has a masters degree in physics from San Francisco State University and a BS in physics from UC Berkeley.

[Read more](#)

### Share This Episode



### Connect with VoiceAmerica

Download our mobile apps

