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October 3rd 2013: What If There's Nothing Wrong?

Alison Kay poses the questions: Have you been feeling like life has become less? Less reliable, safe, and stable? Are you looking for more from life? More authenticity, more hope, more meaning, more health, more love, more feeling safe and/or more calm in your life? You're not alone. There are external factors causing these feelings. We will tackle these questions and talk about how to take your power back. We will also discuss how we can use ideas from the East in our lives in the West to make life better. And hopefully, as we listen to what Alison has to share, we will each wake up just a li

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Featured Guest



Alison J. Kay

Alison J. Kay, PhD is a holistic life coach, an India-trained YA yoga and meditation teacher, an ACE certified personal trainer, and an energy healer/shifter of sixteen years. The unique blend of credentials,

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