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Choose Your Energy: Change Your Life! Archives Available

December 4th 2013: Listen up Ladies! Say YES to ALL of You and Step Into Your Greatness!

Would you like to open the door to a global community of women just like you--a sisterhood devoted to the sensual, emotional and intuitive empowerment of all women? My guest, Kara McKay, is going to help you do just that. Kara is a Vividly Woman Embodied Leader and Facilitator devoted to guiding women back home to the wisdom their bodies! She and her colleagues help you rediscover the amazing woman you are by tapping into the power and wisdom of your beautiful body. Through experiential live and virtual events, books, audiovisual tools, and a thriving online community of kindred spirits, Vivid

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Featured Guest



Kara McKay

Kara McKay is a Vividly Woman Embodied Leader and Facilitator devoted to guiding women back home to the wisdom their bodies!

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