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May 19th 2014: Spiritual Hygiene with Marguerite Baca

Join us as we discuss with Marguerite her upcoming workshop at Illuminate Film Festival in Sedona, AZ where she will share a direct experience of deeply connecting with the place of peace that is right here, always, within you. She will extol Paramahansa Yogananda's scientific and spiritual principles for guaranteed results. Using these powerful, yet simple tools to program the most magnificent computer in the universe, the body temple, one can learn how to become aware of and cleanse your inner atmosphere of anxiety producing emotions. As one gives themselves this spiritual shower, the peace

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Featured Guest



Marguerite Baca

Marguerite Baca, Kriyaban Yoga Master, Speaker & Comedian Creating a yoga video for the internationally distributed Buns of Steel label was a catalyst for Marguerite's career. With a family background in entertainment, she trained and performed on stage and TV. Beginning her dedicated meditation practice with Paramahansa Yogananda's teachings at 13, she is bringing these ancient practices to the mainstream - military, universities, hospitals, stage, and at-risk youth..

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