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The Wellness Lounge – A Step Further Archives Available

July 07th 2014: Embrace Your Innerself

Embrace Your Innerself - will be our discussion topic at The Wellness Lounge, A Step Further 9 a.m. E.S.T. Monday when host Desiree Watson welcomes guest Sangita Patel to the show. Sangita Patel is a Global Holistic Practitioner, who supports people in creating a more Joyful Life. She will share simple techniques so you can live your life in Joy, Embrace your inner self and Awaken your natural ability to heal yourself and others. She understands the pain, frustration you may be feeling. Years ago Sangita had a traumatic car accident and her body was severely injured. She also lost her only

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Featured Guest



Sangita Patel

As a energy healer Sangita Patel works with people who are struggling with Physical (back aches, injury pain, joint pain) pain or Emotional pain (anxiety, fear, stress, depression) and have tried traditional methods to get help and have not gotten relief. She uses simple yet powerful holistic methods and Heart Coaching that help them FINALLY heal and live a pain free- joy filled life. Her journey began after surviving a car accident and losing her only brother. When Sangita embraced her inner self she awakened her natural ability to heal. She is committed to help those who are willing to heal themselves to live a joy filled life. She is available for keynote speaking, workshops and corp

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