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The Wellness Lounge – A Step Further Archives Available

December 15th 2014: Women Living Consciously

Women Living Consciously– 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 Miriam Belov to the show. Miriam Belov is the founder of The Wellness Agenda and Creative Concentration. She has been involved in body/mind health and fitness for over 35 years and has created programs for optimal physical and mental performance and spiritual centering using self-care, meditation, mindfulness, relaxation, healing and empowerment. Conscious living is something to which you can aspire, awaken, and put into practice—no matter

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Featured Guest



Miriam Belov

Miriam Belov is the founder of The Wellness Agenda and Creative Concentration. She has been involved in body/mind health and fitness for over 35 years and has created programs for optimal physical and mental performance and spiritual centering using self-care, meditation, mindfulness, relaxation, healing and empowerment. Due to her expertise and life experience, Miriam has diverse professional exposure. With a Master of Arts in Teaching from Brown University, she instructs on all the media, in the corporate world and at spas. She also produced the "Relax...Feel Great! Stay young" DVD and download." Miriam has done many guest appearances on top national radio shows. Topics included

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